

# Predictors of presence of and search for meaning in life among Omani

students during the COVID-19 pandemic  
 Ahmad Al-Sahoudi<sup>1</sup>, Rana Al-Oudhri<sup>2</sup>, Mohamed Elsheh<sup>3</sup>, Jada Al-Sheh<sup>1</sup>, Maryam Al-Mukhaini<sup>4</sup>, Salim Al-Huseini<sup>1</sup>, Firdous Jahan<sup>4</sup>, Naser Al Balushi<sup>2</sup>,  
 Mohammed Al Alawi<sup>2</sup>

<sup>1</sup> Oman Medical Specialty Board

<sup>2</sup> Sultan Qaboos University

<sup>3</sup> Ministry of Health

<sup>4</sup> National University of Science & Technology

## Background

- **Presence of meaning in life (MIL):** Individuals' ability to comprehend their sense of self, life, and their ability to define purpose & significance in life
- **Search for meaning in life:**

Individuals' ability

## Objectives

- There is a dearth of research on Arab undergraduate students exploring the factors that predict MIL.
- This study investigated the personal and academic factors associated with the presence and search

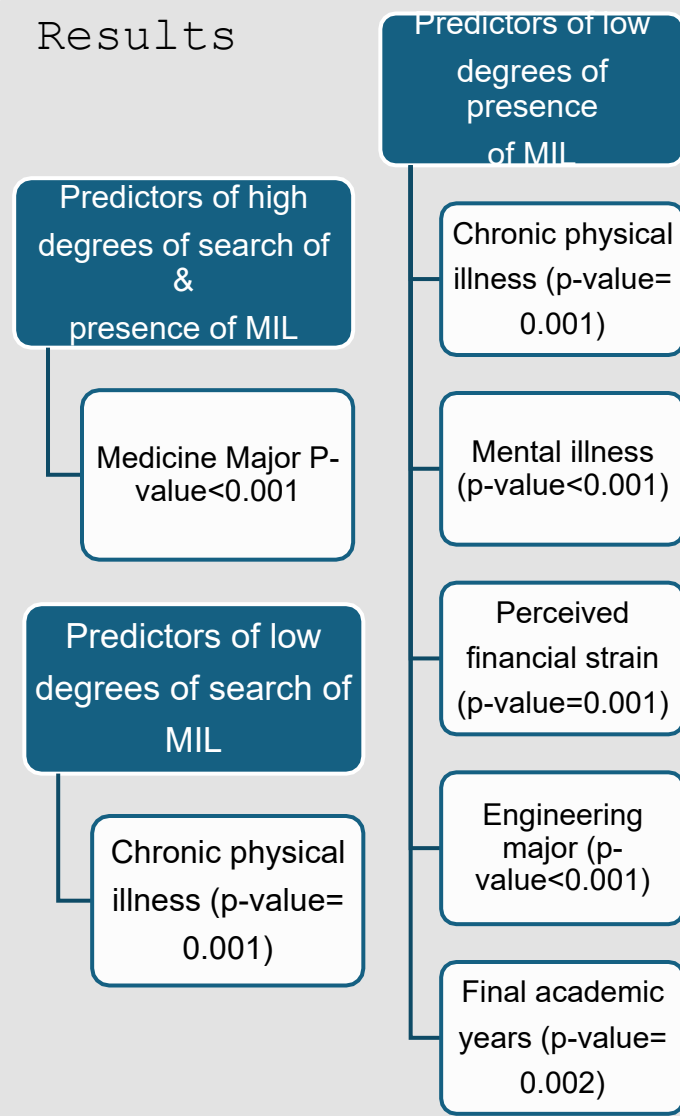
## Methods

- **Study design & Setting:** Cross-sectional study, at the National University of Science and Technology, Oman
- **Data collection:** Self-administered online questionnaire distributed via institutional email from 1st to 30th April 2021
- **Outcome measures:** The Meaning in Life Questionnaire (Presence of meaning in life sub-scale & Search for

## Results

- A total of 970 students participated
- **Data analysis:** internal consistency analysis, linear regression analysis, (SPSS)
- Cronbach's alpha for the presence of meaning in life scale ( $\alpha=0.834$ ) &

## Results



## Discussion

- No prior research demonstrated higher levels of meaning in life among medicine major students compared to those in engineering or pharmacy majors.
- Several academic, socio-economic, and health-related factors

## Conclusion

- Individuals' sense of meaning & search in life. Consider these diverse factors when designing interventions to support individuals in exploring & enhancing their MIL, considering their unique needs and contexts.