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## Quality of Life among Primary School Teachers and Other Professions

### Abstract

The study provides a comparison of criteria for the quality of life as subjectively identified by members of three professional groups: (female) teachers, police officers and office workers. For the research project we applied the SEIQoL method, which is based on the identification of five life objectives and which then assesses how important they are for the respondents to the questionnaires. The analysis of the results will then show the level of satisfaction with the teaching profession and with the quality of the respondents' private lives.

**Key words:** *life objectives, satisfaction, quality of life, SEIQoL method*

### Indroduction

Most considerations of the quality of life (QoL) are linked with an individual's state of health. The first studies on this topic appeared in the 1930s in connection with patients suffering from chronic oncological, psychiatric and internal medical conditions. The medical research-based approach to the quality of life is currently represented by the World Health Organisation's WHOQOL project (1997). The project lists six domains, each with varying numbers of indicators, all of which contribute to the quality of life. The domains are: physical health, psychological state, level of independence, social relationships, environment and personal beliefs, spirituality. It is clear from the structure of this definition of the QoL that health is a necessary factor in the quality of life rather than a quality in its own right.