

## **Life stressors and psychosocial variables as predictors of quality of life among Saudi working women**

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### **Abstract:**

This study aims at examining the ability of daily life stresses and occupational variables in predicting quality of life among Saudi working women. Participants (n=274) working women in Jeddah distributed into four job categories. Teachers (n=212), work at prison (n=30), management and leadership (n=6), assistant management (n=6) and technical jobs (n=20). Occupational and personal information collected along with participant's response to quality of life test and daily life stressors test. Hypothesis of correlation between research variables and differences in quality of life and daily life stresses according to job tested. There is a hypothesis that daily life stressors could predict quality of life level in participants. Results show that there is a significant negative correlation between quality of life and daily life stresses, t-test results show that daily life stresses and quality of life level differ with job. As women who working at prison were highly scored on the daily life stressors test and scored low on the quality of life test comparing with teachers. Regression analysis revealed that daily life stressors score predict quality of life level in the participants. Results discussed in terms of research hypotheses and literature review.

**Key words:** quality of life- daily life stressors- working woman,