

Abstract

The present study was conducted with the aim to find comparison of psychological stress, academic motivation and quality of life in sciences and fine arts students. It was also aimed at finding out the association of psychological stress, academic motivation and quality of life as well as to identify the predictors of quality of life. Total 600 participants (n=300; sciences students) and (n=300 fine arts students) were recruited using stratified random sampling. The scales used in the study were Psychological Stress Scale (PSS: Cohen, 1983), Academic Motivation Scale (AMS: Guay, Mageau & Vallerand, 2003) and WHO Quality of Life (QOL: WHOQOL-BREF; WHO, 1998). The data was analyzed using Independent Sample t-test, Pearson Product Moment Correlation, and Stepwise Multiple Regression Analysis. The results of present study depicted that both sciences and fine arts students experienced same levels of psychological stress and quality of life. Hence proved, university students deal with increased psychological pressure and mental tension. The academic motivation is seen to be higher in sciences students than fine arts students ($p < .001$). Results also indicated that academic motivation predicted quality of life in sciences students. Further, results indicated males to experience higher quality of life than female sciences students. Similarly male's quality of life was significantly higher than female fine arts students ($p < .05$). As low levels of psychological stress and academic motivation was in males ($p < .001$). Moreover higher the GPA of students, higher levels of psychological stress. It further suggested that the more the students are satisfied with the field of study be it sciences or arts, the higher is their quality of life as physical and psychological health.