

## **Quality of life of residents of rural-towns (case of study: the rural-town of Aslanduz)**

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### **Abstract:**

Quality of life is a concept that, due to its role in both mental and physical health of people, has assumed high importance in recent years. In this regard, the objective of this research is the determination of the quality of life of residents of historic and cultural center of rural-town of Aslanduz. In addition the factors that affect the quality of life will be analyzed. This is an applied research and has an eclectic approach in which a combination of various methods (descriptive-analytic and correlation) has been used. The research population consisted of all the residents of Aslanduz rural-town of which, on the basis of Cochran's formula, 384 residents of the study area were chosen as the sample. To analyze data, the various statistical methods including multiple regression analysis have been used. The obtained results showed that residents of this district are relatively satisfied with their quality of life. Also significant relationships were observed between individual variables with factors and sub-factors of research that in this regard, the identified independent variables are able to explain 59 percent of the variance of the dependent variable. Moreover, the variable of mental health with standardized Beta coefficient of 0.464, had the most impact on the satisfaction of residents with their lives.

**Keywords:** Quality of life, Life Satisfaction, Subjective health, Aslanduz

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