Iraqi Women's Perceptions toward the Importance of Quality of Life: Comparative Study

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Abstract: Objective (s): the study aimed at evaluating and comparing Iraqi's women perceptions; Arabic and Kurdish Women, toward the importance of quality of life and determining the relationship between these women's perceptions and their socio-demographic characteristics of age, education, marital status, education and monthly income. **Methodology:** A descriptive design was employed through the present study. Purposive sample of (400) woman was selected from those who were attending Baghdad and Kirkuk Cities' primary health care centers. A questionnaire was designed and constructed for the purpose of the study. Split-half technique for the internal consistency reliability of the study instrument was determined and content validity was achieved through panel of (10) experts. Data were collected through the use of the study instrument and the interview technique as means of data collection. Data were analyzed through the application of descriptive statistical data analysis and inferential statistical data analysis approaches. **Results:** The study revealed that there was significant difference between Arabic and Kurdish women's perceptions toward the importance of their quality of life. Kurdish women had experienced better perceptions than Arabic women had. **Conclusion:** The present study can conclude that Kurdish Women, from one culture, positively perceived the important of the quality of life more than Arabic women as they were representing another different culture. Therefore, the study recommends that Iraqi women, particularly Arabic Women, need to be aware toward the importance of the quality of their life throughout series of educational related sessions.

1. Introduction

The general well-being of individuals and societies that outline the negative and positive features of life referred to as Quality of Life (QOL) [1].

Standard indicators of quality of life include not only wealth and employment but also the built environment, physical and mental health, education, recreation and leisure time, family and social belonging, religious beliefs and finance [2] [3].

Quality of life (QOL) is a broad multidimensional concept that usually includes subjective evaluations of life's aspects [4].

Individual's perception of their position in life in the context of their culture and value systems in which they live can determine their quality of life and in relation to their goals [5].

Physical, psychological, and social domains of health, as distinct areas influenced by a person's experiences, beliefs, expectations, and perceptions [6]. Collectively refer to as perceptions of health. Each of these domains can be measured in two dimensions: objective assessments of functioning or health status and more subjective, perceptions of health concepts of health-related quality of life [7]. Although the objective dimension is important in defining the degree of health, the subjective perceptions and expectations translate that objective assessment into the actual quality of life experienced [8].

Iraqi Women are an integral part of today's society. They have an active social life. They participate in various social and cultural functions. Women, with her intelligence and personality, protect the family from disruptions and disintegration; they are the building block of society. Iraq is convinced of her fundamental role in the society, whether at home or in the workplace. They raise and guide the family, directing the interests of its members according to the principle of shared duties. Proliferation and arms control [9] [10].

The status of women in Iraq at the beginning of the 21st century is affected by many factors most recently the Iraq Wars that has been through, in addition to community's cultural traditions. Hundreds of thousands of Iraqi women are widowed. Overall, 26% of Iraqi women are illiterate, for youth aged 15–24 years, the literacy rate is 80% for young women, Girls are less likely than boys to continue their education beyond the primary level, and their enrollment numbers drop sharply after that [11].

Iraqi women making up 65% of the Iraqi population, they are a vital part of the culture. A UN agency preparing to help Iraqi women is warning that

their health needs are being overlooked. Women's health in Iraq has been so undermined by sanctions and conflict, that it's was a dangerous situation [12].

Being a woman has a significant impact on health. The health of women is of particular concern because, in many societies, they are disadvantaged by discrimination rooted in sociocultural factors [13].

The present study aims at evaluate Iraqi Women's perceptions toward the importance of quality of life through a comparison between the Arabic and Kurdish women' perceptions and specify differences in their perspectives about the importance of being, belonging and becoming in life as they are the main domains. The study would determine the extent of these women's quality of life as being comfortable or satisfying.

2. Methodology

A descriptive design was employed for the purpose of the present study. A purposive sample of (400) Iraqi women; (200) Arabic woman and (200) Kurdish woman aged (25-65) years old who were selected for the study. The exclusion criteria for the sample selection were included those who had chronic illness, pregnant, having major surgeries and having physical disability. Arabic women were recruited from Baghdad City primary health care centers and Kurdish women were recruited from Kirkuk City primary

health care centers. All study subjects had signed informed consent to present the agreement for their participation in the study. The study proposal had been approved by the subject committee and the scientific committee at the College of Nursing University of Baghdad. The study had experienced a limitation that the findings could not be generalized to entire population due to the sample type.

For the purpose of the questionnaire construction, the domains of the quality of life were adopted from the Centre for Health Promotion Conceptual Model [14]. They were designed to be applicable to the target population and constructed to measure women's perceptions toward the importance of quality of life. Such domains included:

1. Being Domain which was comprised of (18) items that present Physical Subdomain, Psychological Being Subdomain and Spiritual Being Subdomain,

2. Belonging Domain which was consisted of (16) items that present.

Physical Belonging Subdomain, Social Belonging Subdomain and Community Belonging Subdomain, and.

3. Becoming Domain which was contained of (16) items that present.

Practical Becoming Subdomain, Leisure Becoming Subdomain and Growth Becoming Subdomain.

Table 1. Demographic Characteristics of the Study Sample (N=400)

Demographic Characteristics	Arabic Women		Kurdish Women	
	F	%	F	%
1. Age(years)				
25-44	87	43.5	129	64.5
45-65	113	56.5	71	35.5
2. Marital Status				
Single	74	37	102	51
Married	48	24	37	18.5
Divorced	28	14	22	11
Separated	21	10.5	18	9
Widowed	29	14.5	21	10.5
3. Education				
Read and Write	67	33.5	20	10
Primary School	38	19	18	9
Intermediate School	36	18	18	9
Secondary School	37	18.5	53	26.5
College	22	11	91	45.5
4. Occupation				
Employed	116	58	113	56.5
Unemployed	84	42	87	43.5
5. Monthly Income				
≤ 300000 IqD	30	15	26	13
3000001-600000 IqD	54	27	25	12.5
6000001-900000 IqD	69	34.5	34	17
900000 IqD	47	23.5	115	57.5<

N: Numbers, F: Frequency, %: Percentage, IqD: Iraqi Dinars

All items were rated and scored on 5-levels type of Likert scale as (5) for very important, (4) for important, (3) for not sure, (2) for less important and (1) for not important. Split-half technique for the internal consistency reliability of the questionnaire

was determined through computation of Cronbach alpha correlation coefficient of (r= 0.87). This coefficient has indicated that the scale is adequately reliable measure for the phenomenon underlying the study. Data collection process was performed through

the use of the study instruments and the interview technique with each subject after obtaining their consent to participate in the study. The data collection was initiated from January 5th 2017 through June 22nd 2017. Data were analyzed through the application of the descriptive statistical data analysis approach of frequency (F), percentage (%), mean, total score, Cronbach alpha correlation coefficient, and mean of scores and inferential statistical data analysis approach of T-test, chi-squared test and analysis of variance (ANOVA). Mean of scores of (M.S $\geq$ 4) is considered important, (M.S $\geq$ 3) is less important, and (M.S= less than 3) is not important. The data analysis was originated from June 23rd 2017 through September 30th 2017. A probability level of P$\leq$0.05 was employed for all of the statistical measures.

3. Results

The table 1 presented that most of Arabic women's age was (45-65) years (56.5%) and Kurdish women was (25-40) years old (46.5%); most of Arabic and Kurdish women were single (37%) and (51%) respectively; (33.5%) of Arabic women were able to read and write and (45.5%) of Kurdish women were college graduate. Most of Arabic and Kurdish women were employed (58%) and (56.5%) respectively and most of Arabic women with family income of 600.0001-900.000) IqD (34.5%) and most of Kurdish women were with family income of more than (900.000) IqD (57.5%).

Table 2. Overall Evaluation of Arabic Women's Perceptions toward the Importance of Quality of Life

Overall Evaluation		
Not Important (50-116.6)	Less Important (116.7-183.3)	Important (183.4-250)
95(47.5%)	95(47.5%)	10(5%)

This table indicated that Arabic women had experienced equal level of low and no perceptions toward the importance of quality of life (47.5%).

Table 3. Overall Evaluation of Kurdish Women's Perceptions toward the Importance of Quality of Life

Overall Evaluation		
Not Important (50-116.6)	Less Important (116.7-183.3)	Important (183.4-250)
40(20%)	76(38%)	84(42%)

This table indicates that most of the Kurdish women have important perceptions toward their quality of life (42%).

Table 4. Mean of Score for Arabic Women's Perception Items of the Domain of Being of Quality of life

Domains	Very Important	Important	Not Sure	Less Important	Not Important	Mean of Scores	Level of Importance
Being:							
1. Physical Being:							
1.1. How important is your physical health?	35	140	6	8	11	3.9	Less Important
1.2. How important is your personal hygiene?	69	95	6	20	10	3.875	Less Important
1.3. How important is eating a healthy balanced food?	29	7	29	65	70	2.3	Not Important
1.4. How important is physical activity?	13	15	30	82	60	2.195	Not Important
1.5. How important is clothing and grooming?	13	75	6	43	63	2.66	Not Important
1.6. How important is the general personal appearance?	12	78	15	35	51	2.69	Not Important
2. Psychological Being:							
2.1. How important is to be positive in your life?	17	21	113	17	32	2.87	Not Important
2.2. How important is to be stress free?	124	57	5	7	7	4.42	Important
2.3. How important is to be in good mood?	74	103	5	13	5	4.14	Important
2.4. How important is to have good memory?	52	77	27	24	20	3.585	Less Important
2.5. How important is to be proud and self-valued?	41	70	35	39	15	3.415	Less Important
2.6. How important to have self-control?	12	14	55	63	56	2.315	Not Important
3. Spiritual Being:							
3.1. How important is life to be valuable?	63	52	22	36	22	3.44	Less Important
3.2. How important is personal values?	39	33	46	40	42	2.935	Not Important
3.3. How important to be right or wrong in dealing with life situations? Not Important	9	70	29	32	60	2.68	
3.4. How important is to have hope in the future?	12	30	40	33	85	2.255	Not Important
3.5. How important is to have spiritual values?	141	39	6	8	6	4.505	Important
3.6. How important is to have faith?	123	54	6	12	5	4.39	Important

Not important (MS less than 3), Less important (MS $\geq$ 3), Important (MS $\geq$4)

This table reveals that the mean of scores on most items is not important and is less important and important on other items.

Table 5. Mean of Score for Arabic Women's Perception Items of the Domain of Belonging of Quality of life

Domains	Very Important	Not Important	Less Sure	Not Important	Important	Mean of Scores	Level of Importance
Belonging:							
1. Physical Belonging:							
1.1. How important to own a proper home?	103	63	12	16	6	4.285	Important
1.2. How important to live in safe neighborhood?	101	76	6	8	9	4.26	Important
1.3. How important is to belong to productive society?	87	92	5	10	6	4.22	Important
1.4. How important is to have a job?	68	80	6	26	20	3.75	Less Important
1.5. How important is to perform a safe job?	101	46	8	40	5	3.99	Less Important
2. Social Belonging:							
2.1. How important is being belonged to a tight family?	90	78	7	15	10	4.115	Important
2.2. How important is to be part of significant others?	7	65	28	63	37	2.71	Not Important
2.3. How important is to have close friends?	15	24	37	71	53	2.385	Not Important
2.4. How important is the relation with neighbors?	63	45	12	10	70	3.105	Less Important
2.5. How important is to be compatible with your co-workers?	38	62	20	35	45	3.065	Less Important
3. Societal Belonging:							
3.1. How important is to have sufficient income?	103	60	6	21	10	4.125	Important
3.2. How important is to gain health and social services?	91	51	8	40	10	3.845	Less Important
3.3. How important is the work that increases the opportunity of engagement in the community?	20	31	73	56	20	2.875	Not Important
3.4. How important is to participate in the recreational activities that benefit to the community?	22	20	60	61	37	2.645	Not Important
3.5. How important is the educational programs to increase the society awareness?	30	120	23	18	9	3.72	Less Important
3.6. How important is to engage in the community-oriented activities and occasions?	95	60	9	20	16	3.99	Less Important

Not important (MS less than 3), Less important (MS ≥ 3), Important (MS ≥4)

This table depicts that the mean of scores on most items is not important, on some of them is less important and on few of them is important.

Table 6. Mean of Score for Arabic Women's Perception Items of the Domain of Becoming of Quality of life

Domains	Very Important	Not Important	Less Sure	Not Important	Important	Mean of Scores	Level of Importance
Becoming:							
1. Practical Becoming:							
1.1. How important is to participate in household chores?	50	84	10	26	30	3.59	Less Important
1.2. How important is to have a paid job?	130	30	6	6	28	4.14	Important
1.3. How important is to be school graduate?	34	90	5	49	22	3.325	Less Important
1.4. How important is to participate in voluntary activities?	21	23	70	46	40	2.695	Not Important
1.5. How important is to gain advanced health status?	80	69	6	30	15	3.845	Less Important
2. Leisure Becoming:							
2.1. How important is participate in outdoor activities like walking?	20	30	45	45	60	2.525	Not Important
2.2. How important is to participate in indoor activities liking watching TV?	102	51	7	29	11	4.02	Important
2.3. How important is to go out for a picnic?	45	80	15	50	10	3.5	Less Important
2.4. How important is to participate in a gym?	20	12	28	55	85	2.135	Not Important
2.5. How important is to go out for public gardens?	60	56	6	48	30	3.34	Less Important
2.6. How important is to go out to a theatre or cinema?	20	15	7	98	60	2.185	Not Important
3. Growth Becoming:							
3.1. How important is to acquire knowledge through use publications and the internet?	22	20	20	75	63	2.315	Not Important
3.2. How important is to promote work -related skills?	36	25	60	45	34	2.92	Not Important
3.3. How important is to adapt with the loss of significant one?	102	50	6	36	6	4.03	Important
3.4. How important is to adapt to work change?	65	30	45	35	25	3.375	Less Important
3.5. How important is to adapt with the loss of significant belongings?	70	25	30	55	20	3.35	Less Important

Not important (MS less than 3), Less important (MS ≥ 3), Important (MS ≥4)

This table presents that the mean of scores on most items is not important, on some of them is less important and on few of them is important.

Table 7. Mean of Score for Kurdish Women's Perception Items of the Domain of Being of Quality of life

Domains	Very Important	Important	Not Sure	Less Important	Not Important	Mean of Scores	Level of Importance
Being							
1. Physical Being:							
1.1. How important is your physical health?	121	54	8	8	9	4.35	Important
1.2. How important is your personal hygiene?	101	72	5	15	7	4.2	Important
1.3. How important is eating a healthy balanced food?	33	9	32	63	63	2.43	Not Important
1.4. How important is physical activity?	27	32	5	86	50	2.5	Not Important
1.5. How important is clothing and grooming?	50	84	20	26	20	3.59	Less Important
1.6. How important is the general personal appearance?	45	89	23	26	17	3.595	Less Important
2. Psychological Being:							
2.1. How important is to be positive in your life?	60	55	28	30	27	3.455	Less Important
2.2. How important is to be stress free?	129	52	5	8	6	4.45	Important
2.3. How important is to be in good mood?	132	49	5	8	6	4.495	Important
2.4. How important is to have good memory?	49	85	23	33	10	3.65	Less Important
2.5. How important is to be proud and self-valued?	91	75	15	14	5	4.165	Important
2.6. How important to have self-control?	51	64	36	20	29	3.44	Less Important
3. Spiritual Being:							
3.1. How important is life to be valuable?	103	69	9	11	8	4.24	Important
3.2. How important is personal values?	114	57	5	14	10	4.255	Important
3.3. How important to be right or wrong in dealing with life situations?	14	68	22	33	63	2.685	Not Important
3.4. How important is to have hope in the future?	122	46	7	14	11	4.27	Important
3.5. How important is to have spiritual values?	135	40	5	12	8	4.41	Important
3.6. How important is to have faith?	103	64	9	18	6	4.2	Important

Not important (MS less than 3), Less important (MS ≥ 3), Important (MS ≥4)

This table depicts that the mean of scores on most items is important, on some of them is less important and on few of them is not important.

Table 8. Mean of Score for Kurdish Women's Perception Items of the Domain of Belonging of Quality of life

Domains	Very Important	Important	Not Sure	Less Important	Not Important	Mean of Scores	Level of Importance
Belonging:							
1. Physical Belonging:							
1.1. How important to own a proper home?	116	67	5	7	5	4.41	Important
1.2. How important to live in safe neighborhood?	98	86	5	6	5	4.33	Important
1.3. How important is to belong to productive society?	80	97	7	8	8	4.165	Important
1.4. How important is to have a job?	65	75	13	24	23	3.675	Less Important
1.5. How important is to perform a safe job?	98	49	11	37	5	3.99	Less Important
2. Social Belonging:							
2.1. How important is being belonged to a tight family?	90	76	9	13	12	4.095	Important
2.2. How important is to be part of significant others?	95	46	10	41	8	3.895	Less Important
2.3. How important is to have close friends?	70	90	14	8	18	3.93	Less Important
2.4. How important is the relation with neighbors?	68	41	13	13	65	3.17	Less Important
2.5. How important is to be compatible with your co-workers?	35	60	22	43	40	3.035	Less Important
3. Societal Belonging:							
3.1. How important is to have sufficient income?	105	66	6	18	5	4.24	Important
3.2. How important is to gain health and social services?	90	53	10	40	7	3.895	Less Important
3.3. How important is the work that increases the opportunity of engagement in the community?	18	33	70	57	22	2.84	Not Important
3.4. How important is to participate in the recreational activities that benefit to the community?	20	15	58	65	42	2.53	Not Important
3.5. How important is the educational programs to increase the society awareness?	28	110	33	17	12	3.625	Less Important
3.6. How important is to participate in the community-oriented activities and occasions?	122	61	5	6	6	4.61	Important

Not important (MS less than 3), Less important (MS ≥ 3), Important (MS ≥4)

This table presents that the mean of scores on some items is important less important and on few of them is not important.

Table 9. Mean of Score for Kurdish Women's Perception Items the Domain of Becoming of Quality of life

Domains	Very Important	Not Important	Less Sure	Not Important	Important	Mean of Scores	Level of Importance
Becoming:							
1. Practical Becoming:							
1.1. How important is to participate in household chores?	90	70	15	15	10	4.075	Important
1.2. How important is to have paid job?	90	32	10	30	38	3.53	Less Important
1.3. How important is to be school graduate?	30	93	6	51	20	3.31	Less Important
1.4. How important is to participate in voluntary activities?	20	20	65	53	42	2.615	Not Important
1.5. How important is to seek health?	79	70	6	35	10	3.856	Less Important
2. Leisure Becoming:							
2.1. How important is participate in outdoor activities like walking?	84	75	7	25	9	3.1	Less Important
2.2. How important is to participate in indoor activities liking watching TV?	100	55	8	24	13	4.025	Important
2.3. How important is to go out for a picnic?	123	58	6	7	6	4.425	Important
2.4. How important is to participate in a gym?	18	14	21	57	90	2.065	Not Important
2.5. How important is to go out for public gardens?	124	58	6	5	7	4.435	Important
2.6. How important is to go out to a theatre or cinema?	21	17	8	87	67	2.19	Not Important
3. Growth Becoming:							
3.1. How important is to acquire knowledge through use publications and the internet?	20	15	11	80	74	2.135	Not Important
3.2. How important is to promote work -related skills?	35	21	58	48	38	2.835	Not Important
3.3. How important is to adapt with the loss of significant one?	108	47	5	32	8	4.075	Important
3.4. How important is to adapt to work change?	71	43	15	40	31	3.415	Less Important
3.5. How important is to adapt with the loss of significant belongings?	73	40	17	40	30	3.43	Less Important

Not important (MS less than 3), Less important (MS ≥ 3), Important (MS ≥4)

This table reveals that the mean of scores on some items is important and less important and on few of them is not important.

Table 10. Comparative Differences between Arabic and Kurdish Women's Perceptions toward the Importance of Quality of Life

Variables	Mean	N	SD	Standard Error of Mean	T	Df	Sig.
Arabic Women	120.63	200	44.262	3.130	38.542	199	0.000
Kurdish Women	161.96	200	55.513	3.925	41.259	199	

N: Group Size, SD: Standard deviation, t: T-test, df: Degree of freedom, Sig: Level of Significance at P≤0.05

Results out of this table presented significant differences between Arabic women and Kurdish women's perceptions toward the importance of quality of life.

Table 11. Association between Arabic Women's Perceptions toward the Importance of Quality of life and their Demographic Characteristics

Demographic Characteristics	X^2Observed	df	X^2Critical	P≤ 0.05
Age	31.96	2	5.991	S
Marital Status	9.4	8	15.507	NS
Education	22.15	8	15.507	S
Occupation	9.08	2	5.991	S
Monthly Income	7.75	6	12.592	NS

X^2: Chi-squared Test, df: degree of freedom, S: Significant, NS: Not Significant, P:

Probability Value

This table showed that there was significant association between Arabic women's perceptions toward the importance of quality of life and their age, education and occupation.

Table 12. Association between Kurdish Women's Perceptions toward the Importance of Quality of life and their Demographic Characteristics

Demographic Characteristics	X^2Observed	df	X^2Critical	P≤ 0.05
Age	59.55	2	5.991	S
Marital Status	136.51	8	15.507	S
Education	104.24	8	15.507	S
Occupation	38.06	2	5.991	S
Monthly Income	716.08	6	12.592	S

X^2: Chi-squared Test, df: degree of freedom, P: Probability value, S: Significant

This table presented that there was significant association between Kurdish women's perceptions toward quality of life and all of their demographic characteristics.

4. Discussion

Summary statistics of women's demographic characteristics depicted that most of Arabic women's age was (45-65) years and Kurdish women is (25-40) years old; most of Arabic and Kurdish women were single; most of Arabic women were only able to read and write while Kurdish women were college graduate. More than half of Arabic and Kurdish women were employed; most of Arabic women were with family income of (600.0001-900.000) IqD and most of Kurdish women with family income of more than (900.000) IqD, these characteristics demonstrate the real features of these women's nature of living (Table1). Such summary reveals the actual presentation of the study samples.

Part I. Discussion of Overall Evaluation of Iraqi Women's Perceptions toward the Importance of the Quality of Life

The current study aimed at evaluating Iraqi women's quality of life depending on the Quality of Life Model (QOL) Domains developed by the Quality of Life Research Unit at Toronto University; the model considers both the components and determinants of health and well-being consistent with recent definitions of health and health promotion by the World Health Organization. The model conceptualized quality of life as the degree to which a person enjoyed the important possibilities of his or her life, possibilities which resulted from the opportunities and limitations each person had in his/her life and reflect the interaction of personal and environmental factors [14]. The study evaluated the three domains of being, belonging, and becoming which measure the extent of a person's Quality of Life in the areas determined by two factors: importance and enjoyment. The current study has made an emphasis on the study of importance of the women's quality of life based on their individual perspectives.

Throughout this evaluation, the study reports that most of the Kurdish women had better perceptions and alertness toward the importance of having a quality of life than the Arabic Women do (Table 2 and Table3).

Such evaluation could be inferred through the findings of means of scores for the items related to QOL's domains and subdomains. Iraqi Women's perceptions items of the domain of being of quality of life; the Arabic women's had nine not important items (Table 4). These items reveal that eating a healthy balanced food, physical activity, clothing and grooming, general personal appearance, being positive in life, having self-control, personal values, being right or wrong in dealing with life situations, having hope in the future and having spiritual values, all these were not important for them while the Kurdish Women had, only three not important items from the early stated ones (Table 7).

With respect to the domain of belonging, the Arabic women had four not important items (Table 5), which indicate to the non-importance of being part from others, having close friends, having work that increased the opportunity of engagement in the community, and participating in recreational activities that benefited to the community while the Kurdish Women's had only two not important items from the stated ones (Table 8).

Relative to the domain of becoming, the Arabic women had six not important items (Table 6) related to the non-importance of participating in voluntary activities, participating in outdoor activities, participating in a gym, went out to a theatre or cinema, acquired knowledge through publications and the internet and promoting work-related skills while the Kurdish women had five not important items (Table 9) which included four items from the early stated ones and the item of adapting with the loss of significant ones.

It had been realized that most not important items were shared between Arabic and Kurdish women. Therefore, it could be concluded that all women in the study had experienced problems to certain degrees in their perceptions to these items. If women's perception is negatively valued, their quality of life can be dramatically influenced as a result to their perceptions.

Part II. Discussion of the Comparative Differences between Arabic Women and Kurdish Women's Perceptions toward the Importance of Quality of Life

Findings of the comparative differences presented empirical evidence that the study could confirm that Kurdish women had experienced better perceptions toward the importance of quality of life than the Arabic women did (Table 10). This finding has emerged due to the fact that Kurdish Women experience more regional stability in their life more than the Arabic women.

Part III. Discussion of the Association between the Iraqi women's Perceptions toward The Importance of Quality of life and their Demographic Characteristics

The study has presented that Kurdish Women regardless of their differences relative to their demographic characteristics have positively valued the quality of life. Arabic Women who were late adult, well-educated and employed experience positive perception toward the importance of the quality of life more than others were (Table 11 and 12).

Unfortunately, supportive evidence was not available in the literature including national studies to provide reinforcement to the present study findings.

From cultural background, the study can conclude that Kurdish Women, from one culture, positively perceived the importance of the quality of life more than Arabic women as they are representing another different culture. Such truth has existed to reflect that Kurdish women express more comfort and satisfaction about their life. Based on the early discussed and interpreted findings, the study recommends that all Iraqi women, particularly Arabic Women, need to be aware toward the importance of the quality of their life throughout series of educational related sessions.

References

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