

INFLUENCE OF LIFE SATISFACTION AND DEMOGRAPHIC CLASS ON PROFESSIONALISM OF NIGERIAN MILITARY

Okechukwu Dominic Nwankwo, PhD,
Department of Psychology,
Chukwuemeka Odumegwu Ojukwu
University, Igbariam Campus, Anambra
State, Nigeria. Phone: +2348030809950,
+2348182559910,
Email: nwankwodo@gmail.com

Chinonso Gloria Buchi
Department of Religion and Human Relations,
Nnamdi Azikiwe University, Awka, Anambra
State, Nigeria.
Email: chybucchy@gmail.com
Phone: 08124386386, 08033483241

ABSTRACT: *The study focused on influence of life satisfaction and demographic class on professionalism of Nigerian military. Many of the actions taken by the Nigerian military lately such as the shooting of protesters at Lekki toll gate, Lagos State, the shooting of the unarmed Shite protesters in Abuja, and the massacre of the Biafran freedom agitators (IPOB members) in Eastern Nigeria suggested lack of professionalism on the Nigerian military. A sample of 44 personnel were drawn from the Military Barracks, Onitsha, Anambra State, Nigeria. Inferential statistics confirmed the hypothesis that life satisfaction would not significantly influence professionalism of Nigerian military. Again, demographic class did not significantly influence Nigerian military's professionalism. It is recommended for professionalism socialization be inculcated from time to time in Nigerian military personnel. Adequate deterrence actions need to be taken on unprofessional conducts of soldiers. This will instill professional attitudes in the Nigerian Armed Forces personnel.*

KEYWORDS: Life satisfaction, Professionalism, Military, Nigerian

INTRODUCTION

Life satisfaction is a very important psychological life quality and experience. It could have impact in anybody's conducts, including military professionalism for soldiers. Nigeria seems to be highly susceptible to psychosocial phenomena of demographic class. In the Nigerian military, there are some demographic clusters, which could as well have impacts on the professionalism of the Nigerian military. Nonetheless, the impacts of life satisfaction and demographic class on the professionalism of the Nigerian military have not been explored.

Buetell (2006) asserts that life satisfaction is an overall assessment of feelings and attitude about one's life at a particular point in time. Life satisfaction is assessment of quality of one's life. It is the way in which people show their emotions, feelings, (mood) and how they feel about their direction and options for the future. It is a measure of well-being assessed in terms of mood satisfaction with relationship achieved goals, self-concept and self-perceived

ability to cope with one's daily life. A soldier's satisfaction with life is the degree to which personnel positively evaluates the overall quality of his/her life (Veenhoven, 1996). It is a cognitive assessment of an underlying state thought to be relatively consistent and influenced by social factors (Ellison, 1989).

In the Nigerian military system, demographic class like religion, education and gender may influence military personnel's professionalism. Some soldiers have been heard shouting ethnic, religious, and other demographic class based derogatory insults to civilians. These are very unprofessional of the military personnel. Professionalism is the key to military job. It is referred to the qualities, aims, and conduct that characterize that dignify military profession, and (Alfredo, 2019). Military professionalism is a totality of conducts that enables the military to be effective and praise worthy in its undertaking.

Notably, the main attributes of a soldier who behaves professionally includes integrity, honesty, competency, accountability and self-regulation. These demonstrate values which

include trust, expertise, honourable service, esprit de corps, and stewardship. Professionalism is very important in many jobs because it is a mark of high levels of respect, commitment and discipline.

Professionalism enables soldiers to act ethically even when under pressure to perform many roles. Military professionalism should demonstrate high levels of emotional intelligence by considering the needs of civilians. Professionalism involves consistently achieving high standard both visible and behind the scenes (David, 2017). According to Veenhoven, and Wearing (1991), there are many attributes which are associated with professionalism. Such attributes are competence, integrity, conscientiousness, knowledge, emotional intelligence and appropriateness (Veenhoven & wearing 1991). These attributes are believed to be enhancers of life satisfaction.

Statement of The Problem

Observations shows that some Nigerian soldiers have nonchalant attitude towards their job responsibilities. In many cases, soldiers abandoned their professional responsibilities and engage in private sector activities such as body guards in burials and ceremonies, as well as being escorts to politicians. Politicians also use soldiers in election rigging which is unethical and unprofessional. These acts seem to reduce the dignity and respect of the military. Nigeria military exhibited irresponsibility during crack down on Nigerian EndSARS protest where some of the Nigerian soldiers were captured with the CCTV shooting innocent young unarmed civilians. This is absolutely unethical and unprofessional.

In the military profession, the contentment that comes with life satisfaction should be the enabler of military professionalism for Nigerian soldiers. Military standards, ethics and profession require a soldier not to allow any personal interest to affect or conflict with their roles/duties (Carnes, 2015). Unfortunately, it appears that some Nigerian military personnel through their conducts seem not satisfied with their profession. Again, Nigeria military seems to be more sensitive to class perception than professionalism conducts. Hence, some soldiers engage in odd jobs such as following politicians

and influential members of the society that can afford their (soldiers') services. Nigerian soldiers are often used by some influential members of the society to bully the civil society (civilians).

Military personnel that exhibit unprofessional activities lack professionalism and could as well lack life satisfaction. This study is therefore aimed at investigating the influence of life satisfaction and demographic class on professionalism of Nigerian military.

Research Question.

1. To what degree will life satisfaction influence the professionalism of the Nigerian military?
2. How does demographic class impact on the professionalism of the Nigerian military?

Purpose of The Study.

The purpose of the study is to find out the following:

1. If life satisfaction influences the professionalism of the Nigerian military.
2. The variations on how military demographic class influences the professionalism of the Nigerian military.

LITERATURE REVIEW

Theoretical Review

Life satisfaction theory: This theory was propounded by Veenhoven and Wearing (1991). According to them, there are two main types of theories about life satisfaction.

1. Bottom-up theories: Life satisfaction as experienced in many domains of life. Bottom-up theories hold that we experience satisfaction in many domains of life, like work, relationship, family, friends, personal development, health and fitness. Satisfaction with our lives in these areas combines to create our overall life satisfaction.
2. Top-down theories: Life satisfaction as experienced in specific domain of life (Heady, Veenhoven, & Wearing, 1991). On the other hand, top-down theories states that our overall satisfaction influences (or even determine) our life satisfaction in the many different domains. This debate is ongoing, but for most people it is enough to that

overall life satisfaction in the multiple domain of life are closely related.

scripts that breeds desire to join the military.

Maslow's (1954) Hierarchy of Needs theory:

- a. **Physiological needs:** Abraham Maslow realised that people need to deal with the survival and biological needs before they move on to any other needs. It is as a result of the lack of satisfaction of physiological needs that made Nigerian military personnel to be losing focus of the right ethics in their profession. It is lack of satisfaction of physiological responsibilities to themselves and their families that easily lure soldiers to do odd jobs like body guards for politicians.
- b. **Safety Measures:** Military organization is entrusted with the responsibility of securing the nation. They need personnel properly equipped with the right ammunition to help them function well. Lack of proper training, equipment and motivation are disastrous to any military entity.
- c. **Social Needs:** This level of Maslow's theory deals with love, acceptance, friendship and companionship. Soldiers need to be rehabilitated for social needs they return from war zone. They need to be integrated into the military social life. This is where social needs of these military men are met. They are also human and need social life to ease off the tension of war.
- d. **Esteemed Needs:** At this point of Maslow's hierarchy, the focus is on shifts to the personal ego: Self-respect, achievement and receiving recognition for effort given. Military personnel want to be respected by their colleagues and the civil society. Military personnel need to be recognized through issuance of medals, promotions, and awards that will encourage them to serve more. Motivation and reinforcement are key military professionalism.
- e. **Self-Actualization:** Think of the military slogans like "be all you can be", and "join us and we will provide you with tools and support you need to reach your maximum potential". These are motivator mental

Empirical Reviews

Life Satisfaction and Professionalism

Punchada and Jacobs (2016) conducted a research on professionals and soldiers by measuring professionalism among the Nigerian military. The sample of 569 collected was analysed and the result shows that generally the officers exhibited relatively high level of professionalism. Sander (2020) conducted a research on fire-eaters, professional soldiers, and the introduction of conscription. The finding of the study shows that the introduction of conscription changed the soldiers' professionalism. Viren (2007) examined the associations between life satisfaction, loneliness, general health and depression. He found out that life satisfaction was negatively and significantly correlated with suicidal attitudes, loneliness and depression; and positively with health, which was negatively and significantly correlated with depression and loneliness.

Boardman (1985) assessed the level of and relationship between life satisfaction and job satisfaction among teachers. Data were analyzed for the 830 respondents by the variables of age, gender, marital status, teaching assignment, and income. A one-way analysis of variance, pearson product-moment correlation, and a t-test were used to analyze the data. Findings of the study were: (1) The correlation between life and job satisfaction was positive with an $r = .535$. (2) The highest level of life satisfaction was reported for moral standards and beliefs, health, and family life. (3) A significant difference in the mean level of life satisfaction was found for the variables of age, marital status, and assignment. (4) The highest level of job satisfaction was reported for freedom to choose teaching methods, responsibility given, and sense of commitment to the job. (5) A significant difference in the mean level of job satisfaction was found for the variables of age, gender, marital status, and assignment.

Dubey and Agarwal (2007) tried to identify the effective coping strategies, which leads to satisfaction with life. The sample comprised of 180 chronically ill patients (55

diabetics, 55 heart patients, 35 cancer patients and 35 patients who have both diabetes and heart disease). To assess the coping strategies and satisfaction with life, questionnaires were used. The results of the stepwise multiple regression analysis indicated that the use of active coping strategies were effective in promoting the level of satisfaction as a whole and also the present and future satisfaction with life.

Hamama, Ronen, Shachar and Rosenbaum (2012) focused on links between stress, positive and negative affect, and life satisfaction among teachers in special education schools. The study investigated: (a) whether teachers can maintain their positive affect and life satisfaction despite the stress they experience, and (b) there sources that may elicit positive affect and life satisfaction including self-control as a personal skill and perceived organizational support (by peers, therapeutic staff, and manager) as an environmental resource. Participants were 125 teachers from 12 different special education schools. Both self-control and organizational social support contributed to explanation of positive affect and life satisfaction. Organizational support was found to moderate the link between stress and negative affect as well as the link between stress, positive affect, and life satisfaction among teachers.

Hypotheses

1. Life satisfaction will not significantly influence professionalism of Nigerian military.
2. Demographic class will not vary significantly on their influence on the Nigerian military professionalism.

METHODS

Participants: This study sampled 44 Nigerian military personnel. The data were collected from military cantonment Onitsha, Anambra State, Nigeria. The participants were selected based on educational level, gender, marital status, religion, and rank.

Table 1: Sample Size Distribution

	Value	Label	N
EDUCATIONAL LEVEL	1.00	waec/nco	15
	2.00	ond/nce	11
	3.00	hnd/bsc	16
	4.00	pgd/msc	2
GENDER	6.00	male	31
	7.00	female	13
MARITAL STATUS	8.00	married	34
	9.00	single	10
RELIGION	13.00	christianity	34
	14.00	islam	10
RANK	16.00	general	5
	17.00	colonel	6
	18.00	lieutenant	6
	19.00	sergeant	12
	20.00	warrant officer one	5
	21.00	captain	2
	22.00	corporal	2
	23.00	brigadier	3
	24.00	non-comm officer	1
	25.00	officer candidate	1
26.00	warrant officer two	1	

Instrument: Satisfaction with Life, and Professionalism scales were the instruments. Satisfaction with Life Scale was developed by Diener, Emmons, Larsen and Griffins (1985), while Professionalism Scale was developed by Johansen, Laberg and Martinussen (2013). Satisfaction with Life had concurrent revalidation in Nigeria by Nwankwo (2020) using Life Satisfaction Index-Z by Neugarten, Havighurst and Tobin (1961), with validity coefficient of 0.92. Also, Nwankwo (2020) found the Cronbach's Alpha reliability of 0.94 for the Satisfaction with Life Scale. In the current study, Professionalism Scale had convergent validity with Idealism Scale of Johansen et al (2013) in which the validity coefficient was found to be 0.99, with Guttman Split-Half coefficient of 0.74.

Procedure: The researchers recruited two research assistants. A letter of introduction from the Head of the Department of Psychology,

Chukwuemeka Odumegwu Ojukwu University, Anambra State, Nigeria, enabled the researchers gain research access, secure permission and informed consent of each participant used in the study. Confidentiality and anonymity of samples were assured. The questionnaire was administered on participants in their offices. The process took 14days and a total questionnaire properly responded to were 44.

Design and Statistics: The study had cross-sectional design. This was because the study sampled from a natural existing population. Statistics were descriptive and multiple analysis of variance (MANOVA). Life satisfaction as a continuous variable and demographic class as a categorical variable of the independent variables (IV), while professionalism was the dependent variable (DV).

RESULTS

TABLE 2: Descriptive Statistics for Influence of Life Satisfaction and Professionalism in Nigerian Military

Statistic	N	Minimum	Maximum	Mean	Std. Deviation	Variance	Skewness	Kurtosis		
								Statistic	Std. Error	
EDUCATIONAL LEVEL	44	1.00	4.00	2.1136	.94539	.894	.111	.357	-1.271	.702
AGE	44	25.00	59.00	37.4545	8.66818	75.137	.803	.357	-.055	.702
GENDER	44	6.00	7.00	6.2955	.46152	.213	.929	.357	-1.194	.702
MARITAL STATUS	44	8.00	9.00	8.2273	.42392	.180	1.348	.357	-.194	.702
RELIGION	44	13.00	14.00	13.2273	.42392	.180	1.348	.357	-.194	.702
RANK	44	16.00	26.00	19.2727	2.46240	6.063	.894	.357	.475	.702
Professionalism	44	30.00	60.00	49.7273	7.65951	58.668	-.564	.357	-.276	.702
LIFE SATISFACTION	44	12.00	45.00	20.1818	5.40143	29.175	2.238	.357	9.311	.702
Valid N (listwise)	44									

Table 2 showed soldiers' life satisfaction was below the average (20.1818 of 45.00). Skewness showed negative (-.564) professional performance of Nigerian military. Kurtosis supports professional performance for military demographic class being on negative (-.276) side. Life satisfaction was however positive.

TABLE 3: Tests of Between-Subjects Effects for Influence of Life Satisfaction and Professionalism in Nigerian Military

Source	Dependent Variable	Type III Sum of Squares	df	Mean Square	F	Sig.	Partial Eta Squared	Noncent. Parameter	Observed Power ^c
EDUCATION	professionalism	43.765	3	14.588	.188	.903	.036	.564	.077
	LIFE SATISFACTION	83.956	3	27.985	1.194	.346	.193	3.581	.257
GENDER	professionalism	54.825	1	54.825	.706	.414	.045	.706	.124
	LIFE SATISFACTION	.461	1	.461	.020	.890	.001	.020	.052
RANK	professionalism	199.148	10	19.915	.257	.982	.146	2.566	.104
	LIFE SATISFACTION	196.060	10	19.606	.836	.604	.358	8.362	.272
EDUCATION & GENDER	professionalism	9.016	1	9.016	.116	.738	.008	.116	.062
	LIFE SATISFACTION	12.800	1	12.800	.546	.471	.035	.546	.106
EDUCATION & RANK	professionalism	266.632	7	38.090	.491	.827	.186	3.435	.154
	LIFE SATISFACTION	281.192	7	40.170	1.713	.180	.444	11.993	.495
GENDER & RANK	professionalism	239.248	4	59.812	.771	.561	.170	3.082	.192
	LIFE SATISFACTION	63.594	4	15.898	.678	.618	.153	2.712	.173
EDUCATION & GENDER & RANK	professionalism	.000	0000	.000	.
	LIFE SATISFACTION	.000	0000	.000	.
Total	professionalism	111326.000	44						
	LIFE SATISFACTION	19176.000	44						

NOTE: p<.03

Table 3 showed life satisfaction has no significant influence on the professionalism of Nigerian military. Military demographic class like educational level (F=.188:1.194; p>.05; df=3:44), gender (F=.706:.020; p<.05; df=1:44), rank (F=.257:.836; p<.05; df=10:44), education and gender (F.116:.546; p<.05; df=1:44), education and rank (F.491:1.713; p<.05; df=7:44), gender and rank (F.771:.678; p<.05; df=4:44) and, education, gender and rank (F nil : nil; p<.05; df=0:44) did not significantly influence the Nigerian military's professionalism.

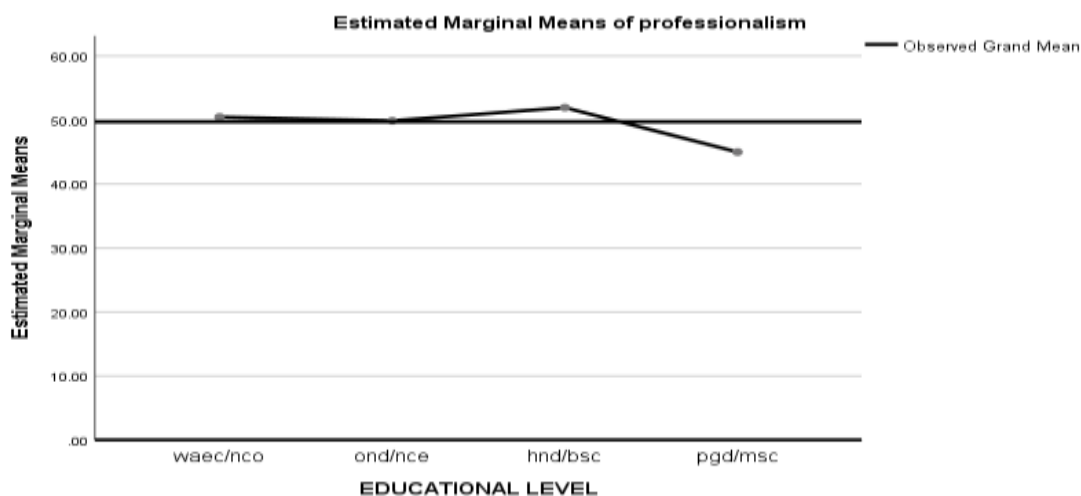


FIGURE 1: Professionalism Performance of the Nigerian Military Based on Educational Level as Influenced by Life Satisfaction

Figure 1 above is the graph for the professionalism performance of the Nigerian military based on the educational level. The graph showed that soldiers with WAEC/NECO, and OND/NCE had average (50.00) professionalism, soldiers with HND/BSc had about 51.00 professionalism, while soldiers with PGD/MSc had below the average (45.00) professionalism.

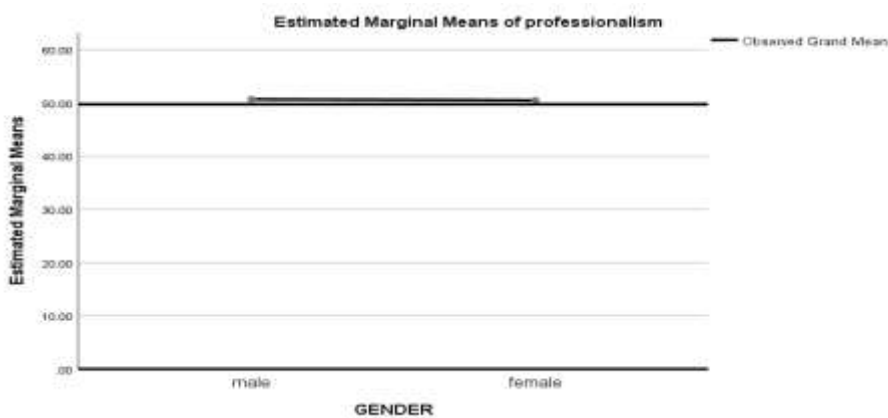


FIGURE 2: Professionalism Performance of the Nigerian Military Based on Gender as Influenced by Life Satisfaction

Figure 2 above is the graph for the professionalism performance of the Nigerian military based on gender. The graph showed that both the male and female soldiers had only average (50.00) professionalism performance.

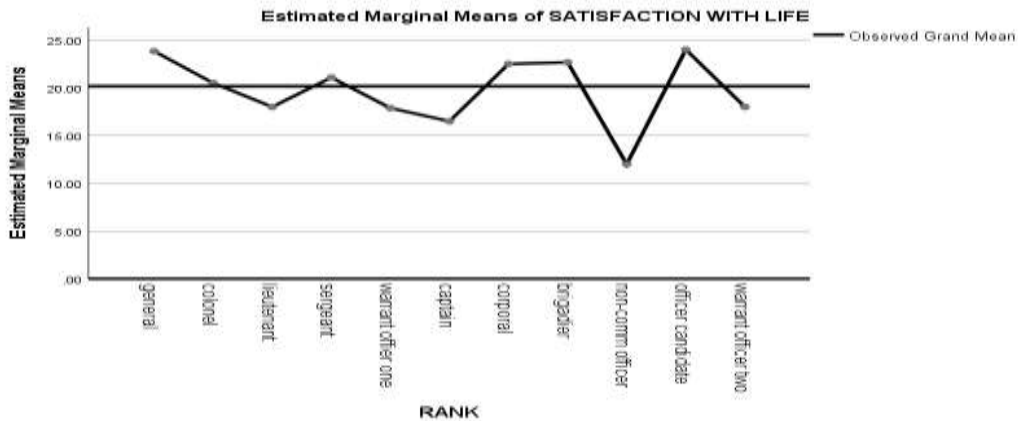


FIGURE 3: Professionalism Performance of the Nigerian Military Based on Rank as Influenced by Life Satisfaction

Figure 3 above is the graph for the professionalism performance of the Nigerian military based on the rank. The graph showed that General, Corporal, Brigadier, and Officer Cadet had above average (24.50) professionalism performance. Other ranks had professionalism performance below the average, with Non-Commissioned Officer being the worst at 12.00.

TABLE 4: Tests of Between-Subjects Effects for Influence of Life Satisfaction and Professionalism in Nigerian Military

Source	Dependent Variable	Type III Sum of Squares	df	Mean Square	F	Sig.	Partial Squared	Eta Noncent. Parameter	Observed Power ^c
MARITAL STATUS	professionalism	180.908	1	180.908	3.429	.071	.079	3.429	.439
	LIFE SATISFACTION	6.055	1	6.055	.208	.651	.005	.208	.073
RELIGION	professionalism	6.612	1	6.612	.125	.725	.003	.125	.064
	LIFE SATISFACTION	27.350	1	27.350	.939	.338	.023	.939	.157
MARITAL & RELIGION	professionalism	208.490	1	208.490	3.952	.054	.090	3.952	.492
	LIFE SATISFACTION	.463	1	.463	.016	.900	.000	.016	.052
Total	professionalism	111326.000	44						
	LIFE SATISFACTION	19176.000	44						

NOTE: p<.05.

Table 4 above showed that life satisfaction has no significant influence on Nigerian military professionalism. Military demographic class like marital status ($F=3.429;.208; p>.05; df=1:44$), religion ($F=.125;.939; p<.05; df=1:44$), marital status and religion ($F=3.952;.016; p<.05; df=1:44$) did not significantly influence the professionalism of the Nigerian military.

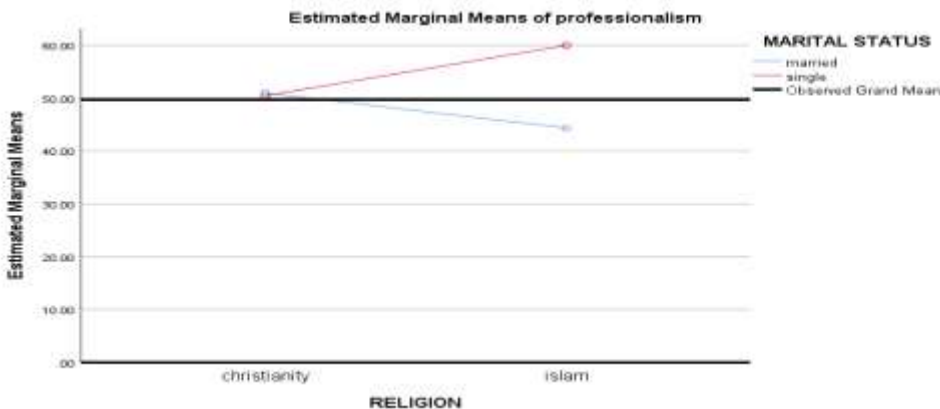


FIGURE 4: Professionalism Performance of the Nigerian Military Based on Marital Status and Religion

From the figure 4 above, Nigerian soldiers who are single showed more professional performance of 60.00 than those who are married that showed 44.00. Christians who are soldiers maintain stable average (50.00) professional performance for both married and single personnel, while those of Islam is above average (60.00) professional performance for single personnel and below average (44.00) for married personnel.

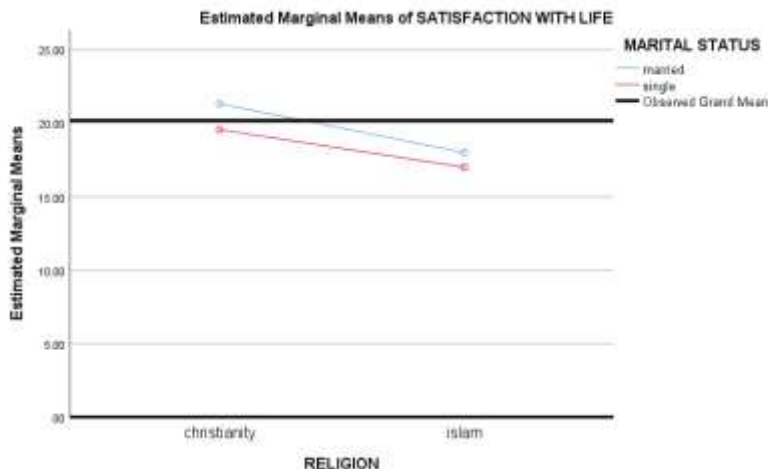


FIGURE 5: Life Satisfaction of the Nigerian Military Personnel Based on Marital Status and Religion

From the figure 5 above, Nigerian soldiers who are Christians and single showed slight below average (19.00) life satisfaction than their Islam counterparts that have pronounced below average (16.5) life satisfaction. Christians who are soldiers and married had slight above average (21.00) life satisfaction than their Islam counterparts who had below average (18.00) life satisfaction.

Summary of Findings/Results

Inferential (Significance) Results

1. Life satisfaction did not significantly influence Nigerian military's professionalism.
2. Educational level; gender; rank; marital status; religion; education and gender combined; education and rank combined; gender and rank combined; marital status and religion combined; as well as education, gender and rank combined respectively did not significantly influence the Nigerian military's professionalism.

Descriptive Results

3. Professionalism performance of Nigerian military is negative.
4. Life satisfaction of Nigerian military is positive.
5. In Nigerian military, soldiers with WAEC/NECO, OND/NCE, HND/BSc had average professionalism performance, while soldiers with

PGD/MSc had below average professionalism performance.

6. In Nigerian military, both male and female soldiers had only average professionalism performance.
7. For the Nigerian military, General, Corporal, Brigadier, and Officer Cadet had above average professionalism performance, while it (professionalism performance) is below the average for other ranks, with Non-Commissioned Officer being the worst of all.
8. Nigerian soldiers who are single showed more professional performance of than those who are married that showed.
9. Christians who are soldiers maintain stable average professional performance for both married and single personnel, while those of Islam is above average professional performance for single personnel but below average for married personnel.
10. Nigerian soldiers who are Christians and single showed slight below average life satisfaction than their Islam counterparts

that had pronounced below average life satisfaction.

11. Christians who are soldiers and married had slight above average life satisfaction than their Islam counterparts who had below average life satisfaction

DISCUSSION

The result showed that life satisfaction has no significant influence on professionalism of the Nigerian military. It also showed that military demographic class did not significantly influence professionalism of Nigerian military. It is surprising that many Nigerian soldiers act unprofessionally. The result indicated that in Nigerian military, soldiers with WAEC/NECO, OND/NCE, and HND/B.Sc had average professionalism performance, while soldiers with PGD/M.Sc had below average professionalism performance. This finding is very shocking as it was expected that higher academic achievement would positively correlate with professionalism. The unprofessional behavior among the Nigerian military could be as a result of the personality of the personnel and the military culture. Some military personnel possess personalities that are antagonistic to the military professionalism, while others may have perceived professionalism as a sign of weakness.

Limitations of the Study

1. The result should be viewed within the context of its limitations necessitated by the sample size, and individual differences when it comes to personality traits and genetic makeup.
2. The research was conducted using only military personnel at Army Barrack Onitsha.

Recommendations

The findings of this study show that life satisfaction and demographic class of Nigerian military did not significantly influence professionalism of Nigerian military. Therefore, the following recommendations are proffered:

1. It is recommended for professionalism socialization be inculcated from time to time in Nigerian military personnel.
2. Adequate deterrence actions need to be taken on unprofessional conducts of soldiers.

3. These above recommendations will instill professional attitudes in the Nigerian Armed Forces personnel.

Suggestion for Further Study

1. It is vital that other areas such as motivation, incentive and training also be explored.

REFERENCES

- Alfredo, O. (2019). define military professionalism. Retrieved from <https://www.careertread.com/about-5476748-define-military-professionalism.html>
- Boardman, R.M. (1985). The relationship between life satisfaction and job satisfaction among teachers in four Midwestern states.ETD collection for University of Nebraska - Lincoln. Paper AAI8602923.\ <http://digitalcommons.unl.edu/dissertations/AAI8602923>
- David, A, (2017) define military professionalism. Retrieved from [https://www. Barbradozier.wordpress.com](https://www.Barbradozier.wordpress.com).
- Diener, E., Emmons, R.A., Larsen, R.J., & Griffin, S. (1985). Satisfaction with life scale. *Journal of Personality Assessment*, 49(1), 71-75.
- Dubey, A., & Agarwal, A. (2007). Coping Strategies and Life Satisfaction: Chronically Ill Patients' Perspectives. *Journal of the Indian Academy of Applied Psychology*, 33(2), 161-168.
- Hamama, L., Ronen, T., Shachar, K., Rosenbaum, M. (2012). Links between stress, positive and negative affect, and life satisfaction among teachers in special education schools. *Journal of Happiness Studies*.
- Johansen, R.B., Laberg, J.C. & Martinussen, M. (2013). Measuring military identity: Scale development and psychometric evaluation. *Social Behaviour and Personality*, 41(5), 861-880.
- Maslow, A, (1954). theory of hierarchy of needs. Retrieved from <https://www.successeries.com/blog/2011/10/14/maslows-hierarchy-in-the-work>.
- Neugarten, B.L., Havighurst, R.J. & Tobin, S.S. (1961). The measurement of life satisfaction. *Journal of Gerontology*, 16, 134-143.

- Nwankwo, O.D. (2020). *How to measure widows' emotional adjustment and life satisfaction? locus of control, fear of death and self-efficacy as predictors: The case of Anambra State, Nigeria.* Munich, Germany: GRIN Verlag Publishing. <https://www.grin.com/document/540087>.
- Punchanda , S. & Jacob, .(2016). <https://www.researchgate.net/publication/297601222>.
- Sander G (2020). Professioner Soldiers and the introduction of conscription. *Sagepub journal of science.vol27(1)*.
- Veenhoven, R & Wearing, A.(1991). Top-Down versus Bottom-up theories of subjective well-being, *social indicators research,1991/24,81-100.mind tool(2021)professionalism.* Retrieved from <https://www.mindstools.com/pages/article/professionalism.htm>.
- Viren, S., Tomas, C.P , Dhachayani, S., Thambu, M., Kumara swami, K, Debbi, S., & Adrian, F. (2007). General health mediates the relationship between loneliness, life satisfaction and depression: A study with Malaysian medical students. *Journal Social Psychiatry and Psychiatric Epidemiology, 42,* 161-166.