DETERMINANTS OF RESIDENTS' QUALITY OF LIFE IN NEIGHBOURHOODS OF MINNA METROPOLIS, NIGER STATE, NIGERIA

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DETERMINANTS OF RESIDENTS' QUALITY OF LIFE IN NEIGHBOURHOODS OF MINNA METROPOLIS, NIGER STATE, NIGERIA

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Abstract: *Cities around the world grow organically and their management requires some well researched indicators that will guide the spatial and cities planning policies for sustainable wellbeing of the inhabitants. A city's quality of life (QoL) depends relatively to its environment and infrastructures provided in the city. In this context, this study through survey examined the determinants of QoL of residents of Minna metropolis. From the extant literature, four major factors were extracted: physical, environmental, social, and institutional factors. Based on this, a questionnaire survey was developed to obtain views from the residents of Minna. Out of six hundred and ten (610) questionnaires distributed across ten major neighbourhoods of Minna Metropolis, a total of four hundred and twenty-one (421) responses was achieved. Analysis of data through Pearson Product Moment Correlation and multiple regression revealed that physical factor (r = 0.732** p<0.01), environmental factor (r = 0.381** p<0.01), social factor (r = 0.405** p<0.01) and institutional factor (r = 0.297** p<0.01) positively correlated respectively with quality of life. The regression analysis shows that the independent variables statistically significantly predict the dependent variable, F (4, 409) =*

226.419, p < .0005. The four factors combined accounted for 68.6% variance in the prediction of quality of life in the study area. The two most potent factors were

physical (β = 1.319, t = 26.116, P = 0.000) and environmental (β = -0.550, t = -9.828, P = 0.000) factors. This implies that to impact positively on the QoL of residents in the study area, the results of this study should be prioritized by the policy makers for sustainable development. A scientific element of originality in this research is evident in the QoL framework developed.

Keywords: *Quality of life, city environment, sustainability, development, regression analysis*

INTRODUCTION

In the late 60's, quality of life (QoL) served as an indicator of the set of measuring instruments to determine the impact of development policies and efforts. The realization of the fact that economic growth and development do not necessarily result in improvements in the lives of the inhabitants of a country (Das, 2008) has led to the increasing attention giving to the study of QoL. Efforts in the study of QoL originated from western world by different scholars from various disciplines such as sociology, psychology and many more disciplines (Seik, 2000). Evidently, QoL research efforts continue to expand in the developed world (Andrews and Withey, 1976; Campbell, Coverse, and Rodgers 1976; Pacione 2003; Marans and Stimson, 2011). On the other hand, QoL study in the developing country like Nigeria is still scare and infrequent such as (Omuta, 1988; Olajuyigbe, Osakpolor, and Adegboyega, 2013). However, quality of life (QoL) is a broad concept which concerns with the necessary conditions for satisfaction in a given society. Mohit (2013) says "QoL should not be confused with the income-based concept of standard of living. Instead, standard indicators of the QoL include not only wealth and employment, but also the built environment, physical and mental health, education, recreation and leisure time, and social belonging". QoL study is a complex concept that required careful composition of measurement instruments, its complexity also reflect in the literature as there are dozens of definitions of it. However, the World Health Organisation / Quality of life group (WHOQoL Group, 1998) defines QoL as "An individual's perception of his/her position in the context of culture and value systems in which they live in and in relation to their goals, expectations, standards, and concerns. It is a broad-ranging concept incorporating, in a complex way, the person's physical health, and psychological state, level of independence, social relationships, personal beliefs and relationships to salient features of the environment". As the concept of QoL is multifaceted and loosely defined, extant literature has revealed that no universal measurement standard exists (Cummins, 1997; Cummins *et al*., 2012; Mohit, 2013). Thus, QoL measurement is usually undertaken using indicators, either in the form of objective or subjective indicators or a combination of it (Das, 2008). Therefore, this research combined objective and subjective indicators to assess the QoL in Minna Metropolis, Nigeria. The objectives of the study include; finding out fundamental dimensions of quality of life in the study area, examining the factors that impact on the QoL of the inhabitants

in the study area and to measure the level of importance of different aspects of QoL indicators to the residents of Minna, Metropolis. The outcomes of this study will help city planners, development policy decision makers and the estate managers to understand and prioritize the problems that the selected neighbourhoods are facing.

LITERATURE REVIEW

The concept of Quality of Life (QoL) like many other concepts such as subjective wellbeing, life satisfaction, liveability is a multi-dimensional concept which entails measuring the people's perception of their entire life satisfaction against the conditions of their living environment. It has been defined as a measure of citizens' satisfaction through the understanding of their needs and implementing most development in the future (Sepideh, et al., 2013). QoL in cities, communities and nations emerges through the assessment of the needs and aspirations of dwellers. The fulfilment of these needs is fundamental to the good life, and it creates more development on needs satisfaction theories which are very much referred to in QoL literature (Mohit, 2013). The Maslow's theory of needs suggested a conceptual model of needs satisfaction measurement to include physiological needs, safety needs, sense of belonging, self-esteem and self-actualization needs. Several other scholars have developed models for measuring QoL which includes neighbourhood satisfaction and individual wellbeing (Marans, 2012), physical, psychological, social relationships and environment (Skevington *et al.*, 2004), subjective approach as used by (Pearl, 2011; Salleh and Badarulzaman 2012; Olajuyigbe *et al.*, 2013; London's Quality of Life Indicators Report, 2017) has three main domains, the physical/environment, social, and economic which constitute the measurement parameters. Also, Cummins *et al.*, (2012) developed seven domains to measured QoL of Australians which includes; standard of living, health, life achievement, personal relationships, safety community connectedness and future security. Other dimension of QoL evaluation includes; jobs and income, conditions of housing, healthcare system, education, environmental quality, security, civic engagement, work-life balance, infrastructure and services, mobility and culture /leisure (Bernard *et al.*, 2015). Another initiative framework for measuring QoL by Eurostat (2015) includes; Material living conditions; Productive employment; Health; Education; Leisure and social interaction; Economic and physical safety; Governance and basic rights; Natural and living environment and Overall experience of life. Notably, people's perception about their environment differs based on different cultural environments (Lotfi, et al., 2010).

From empirical perspective, many cross-cultural studies have been conducted to examine QoL at neighbourhoods, cities, and nations' levels. Cummins *et al.,* (2012) examined QoL in Australia with seven factors (standard of living, health, life achievement, personal relationships, safety community connectedness and future security) regressed against the whole life satisfaction. These factors contributed 50.9% total variance explained, however the strength of the major contributions was found in three factors of standard of living, life achievement and relationships. Similarly, quality of life study of the neighbourhoods of Pulau Pinang, Malaysia revealed the great importance of social indicator as measures of QoL above physical and economic indicators (Salleh and Badarulzaman, 2012). In Hong Kong, a comparative study of two cities was conducted and microeconomic indicators contribute highly to the QoL

in Sai Ying Pun than Tin Shui Wai given the vibrancy of the economic activities of the former (Bouffard *et al.*, 2013). In another research, evidence has been found that

tourism destination of Shiraz, Iran impacted strongly on the quality of life of the residents in terms of emotional wellbeing, community well-being, and income and employment while the other variables of health and safety well-being are found to be the least favourable (Aref, 2011). Also, dissatisfaction was found with public transportation, cultural facilities, availability of retail outlets, green space, air quality, trustworthiness of people, public administration, and administrational efficiency in the 79 European cities examined for QoL (Dorota, 2016). Similarly, overall perceived QoL of residents of Kumasi, Ghana was explored through the following independent variables, income levels, housing, healthcare services, education services, employment, transportation system and neighbourhood safety. Based on the subjective residents' assessment, the main determinants of QoL in Kumasi Ghana are health, housing, economic status, and neighborhood (Nanor, Adarkwa and Poku-Boansi, 2018). Also, the determinants of life satisfaction was investigated in three districts of Metropolitan Lima: La Victoria, Los Olivos and Villa El Salvador through spheres of influence which include; individual sphere (income, house infrastructure, health and education services); the urban sphere, (safety conditions, parks and green areas, cleaning conditions of the streets); and the civil society/trust sphere, which includes indicators related to recreational activities and trust in neighbors, which result from repeated social interactions over time. It was found that La Victoria enjoys more ample coverage of public services and urban facilities being in the heart of Lima while Los Olivos and Villa El Salvador are suburbs of Lima (Alcázar and Raul, 2008). Tesfazghi *et al.* (2010) studied the variability of QoL in Addis Ababa adopting subjective and objective QoL dimensions. The correlation of the two dimensions at sub-city level study revealed variability of QoL at small scales indicating a state of dissonance, adaptation, deprivation or well-being. In Nigeria, Ejechi and Ogege (2016) worked on the quality of life of female public service retirees in a Nigerian setting and the study found that over 50% of them revealed an unsatisfactory quality of life. The QoL domains considered in the study are (physical health, life satisfaction, subjective happiness, psychological wellbeing, cognitive wellbeing) and was used to obtain information from 560 retirees. The study is based on gender and a circle of inhabitants. In another research, Bille and Wokekoro (2019) examined the quality of Life of inmates and prison staff of the Port Harcourt maximum prison in Rivers State Nigeria. From the passive observational survey research design adopted by the researchers, it revealed that that the quality of life of both prison staff and inmates were very poor.

The most potent factor from the study shows inadequate accommodations. The original capacity of the prison facility found to accommodate 804 inmates however the study discovered that 3,963 inmates were accommodated which accounted for the poor quality of life in the prison facilities in study locale. The study focused on correctional facilities (Prison) thus limiting its generalization. Further, Ofole (2022) investigated the quality of life of youths as associated with resilience, locus of control and perceived social supports in Anambra State of Nigeria. The three hypothesized factors (i.e resilience, locus of control and perceived social supports) tested in the study accounted for 50.2% variance in the quality of life of the out of school youths in the study area.

The most potent factor was found to be resilience. The various studies analysed shows that quality of life study had been carried out with both objective and subjective

indicators. The scanty study of quality of life in the Nigerian context necessitated further research. The extant literature on quality of life study in Nigeria focuses on a circle of inhabitants. Thus, creates gap that this study fills by conducting quality of life at city level.

METHODOLOGY AND FRAMEWORK

Quality of life (QoL) in this study was measured through four components which are institutional factors, social factors, physical factors, and environmental factors (Figure 1). Institutional Factors were examined through the Efficiency of administrative services & trustworthiness of public administration (Charron, Dijkstra, & Lapuente, 2014; Dorota, 2016). Social Factors were Sense of Security, trustworthiness of people in the neighbourhood city (Das, 2008; Azahan, *et al.*, 2009; Baum *et al.*, 2010; Kahrik *et al.*, 2015; Dorota, 2016;). Physical Factors has been investigated by the indicators of public transport, state of the streets and buildings in the neighbourhood (Insch & Florek, 2010; Dorota, 2016). Environmental Factors were explored by availability of green space such as parks & gardens, quality of the air, noise level and cleanliness in the city (Azahan, *et al.*, 2009; Insch & Florek, 2010; Zenker, *et al.*, 2013; Dorota, 2016).
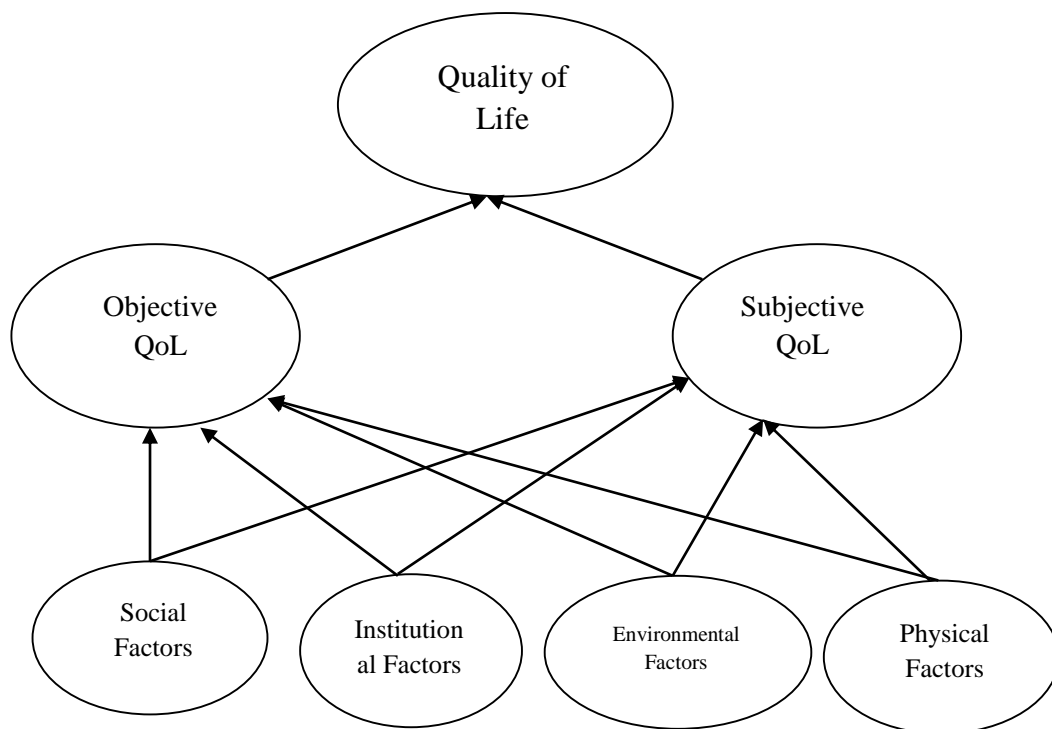

Figure 1: Quality of Life Components (Adapted from Das, 2008)

Following the QoL framework developed (Fig. 1) in this study having four latent factors with which the indicators were identified and supplemented based on the extant literature, the following hypotheses were formulated;

Hypothesis 1: There is a relationship between social factors and quality of life.
Hypothesis 2: There is a relationship between institutional factors and quality of life.
Hypothesis 3: There is a relationship between environmental factors and quality of life.
Hypothesis 4: There is a relationship between physical factors and quality of life.

SAMPLING PROCEDURE

This study used a cross-sectional design approach. Households were sampled from major neighbourhoods that made up Minna Metropolis which includes Dutsen Kura, Jikpan, Bosso Town/ Bosso Estate, F-Layout, Maitunmbi, Tudun-Wada North, Chanchaga, Barkin Sale, Tunga, Sauka Kahuta. In this study, a convenience random sampling approach was adopted for the questionnaire distribution to the head of households in each neighbourhood. From the 610 questionnaires distributed, a total of 421 questionnaires were appropriately filled and returned which gave a return rate of 69%.

METHOD OF DATA ANALYSIS

Data analysis for this study includes descriptive statistics, inferential statistics, and regression analysis. Descriptive statistics was used to analysed demographic information of the respondents. Inferential statistics was used to show the relationship of the independent variables and dependent variables (Pearson Product Moment Correlation) while the regression analysis was conducted for the prediction of dependent variable (Quality of Life).

RESULTS AND DISCUSSION

Table 1: Socio-Economic Characteristics of the Respondents

Variable	Category	N = 421	Percentage (%)
Gender	Male	362	86.0
	Female	59	14.0
Age bracket	15 – 30yrs	68	16.2
	31 – 45yrs	130	30.9
	46 – 60yrs	106	25.2
	61 – 75yrs	117	27.8
Education status	Primary	32	7.6
	Secondary	29	6.9
	Tertiary	271	64.4
	Vocational	89	21.1

Employment status	Local government	4	1.0
	State government	178	42.3
	Federal government	166	39.4
	Self-employed	50	11.9
	Unemployed	23	5.5
Monthly income	< N50,000	131	31.1
	N51,000 – N100,000	123	29.2
	N101,000 – N150,000	111	26.4
	N151,000 – N200,000	37	8.8
	> N201,000	19	4.5
Marital status	Married	226	53.7
	Single	71	16.9
	Divorced	84	20.0
	Widow	40	9.5
Period of stay	1 – 10yrs	195	46.3
	11 – 20yrs	168	39.9
	21yrs and above	58	13.8

Evidence from Table 1 shows that majority of the respondents are males representing 86% while female respondents represent 14%. These two categories of respondents fall within the age brackets 15-30yrs (16.2%), 31 – 45yrs (30.9%), 46 – 60yrs (25.2%) and 61 – 75yrs (27.8%). Furthermore, majority of the respondents are graduate of tertiary institutions 271 representing 64.4%. Highest number of the respondents (178) representing 42.3% are employee of the state government, followed by federal government employees (166) representing 39.4%. It is revealing that 31.1% of the respondents earned less than or equal to N50,000 monthly. Also, majority (53.7%) of the respondents are married. Finally, the respondents have stayed in the study area ranging from 1 -10 years, 11 – 20 years and 21 years and above representing 46.3%, 39.9% and 13,8% respectively as at time of conducting this study.

Table 2: Correlation Matrix of the Factors (Independent Variables) And Quality of Life (Dependent Variable)

Variable	Mean	Std.Dev	1	2	3	4	5
Quality of life	3.2993	.93524	1.000				
Institutional factor	2.6146	1.23786	.297**	1.000			
Environmental factor	2.7696	.96932	.381**	.718	1.000		
Social factor	2.6499	.61395	.405**	.708	.796	1.000	
Physical factor	3.0105	.89003	.732	.646	.819	.769	1.000

**. Correlation is significant at the 0.01 level (2-tailed).

The result in Table 2 shows the Pearson correlation coefficient values obtained for institutional factor as .297**, environmental factor as .381**, social factor as .405** and physical factor as .732** meaning that there is positive correlation among these factors and quality of life. The least is institutional factor explaining the variance of

about 29.7% which is regarded as modest, environmental factor and social factor explained variance of 38.1% and 40.5% respectively are regarded as moderate while, physical factor explained the variance of 73.2% in the quality of life of the respondents in the study area is regarded as strong (Cohen *et al.*, 2007; Ramlia *et al.*, 2014). Therefore, the analysis has demonstrated that the four hypotheses (identifiable variables) based on the strength significantly correlated with the quality of life.

Table 3: Regression Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.830[a]	.689	.686	.52073

a. Predictors: (Constant), Physical_Fct, Institutional_Fact, Soc_Fact, Env_Fact

From Table 3, The regression model summary shows a good quality of prediction of the dependent variable (QoL). A regression R value of 0.830 represent a good model fit. The coefficient of determination $R^2 = 0.689$ (68.9%) explained the proportion of variability in the dependent variable (QoL). The adjusted $R^2 = 0.686$ suggested that the four predictors combined accounted for 68.6% variance in the prediction of quality of life in the study area while other factors not examined in this study accounted for the 31.4%.

Table 4: ANOVA (Test of Significance of Regression Model)

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	245.581	4	61.395	226.419	.000[b]
	Residual	110.903	409	.271		
	Total	356.484	413			

a. Dependent Variable: Ouality_Life
b. Predictors: (Constant), Physical_Fct, Institutional_Fact, Soc_Fact, Env_Fact

The table 4 shows that the independent variables statistically significantly predict the dependent variable, $F(4, 409) = 226.419$, $p < .0005$ (i.e., the regression model is a good fit of the data). Meaning that physical, institutional, social, and environmental factors are highly statistically significant to the quality of life in the study area.

Table 5: Regression Coefficients

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.200	.123		9.791	.000
	Institutional_Fact	-.053	.031	-.070	-1.678	.094
	Env_Fact	-.528	.054	-.550	-9.828	.000
	Soc_Fact	-.186	.076	-.122	-2.429	.016
	Physical_Fct	1.390	.053	1.319	26.116	.000

a. Dependent Variable: Quality_Life

From Table 5, the general form of the equation to predict Quality of life from institutional, environmental, social, physical factors is (Y) = 0.94 x 1 + 0.000 x 2 +0.016 x 3 + 0.000 x 4. It revealed the magnitude of significance of independent variables on the dependent variables. The most potent factor was physical factor (β = 1.319, t = 26.116, P = 0.000), followed by environmental factor (β = -0.550, t = -9.828, P = 0.000), social factor (β = -0.122, t = -2.429, P = 0.016). Institutional factor

(β = -0.70, t = -1.678, P = 0.094) is the least and not significant with the five percent level. As shown in Table 5, variables (Env_Fact), (Soc_Fact) and (Pyhsical_Fact) with p-values of 0.000, 0.016 and 0.000 respectively are the most indispensable elements in improving quality of life. This means that a unit change in the provision of environmental, social and physical elements while other variables are held constant could impacted positively on the quality of life of the residents.

DISCUSSION OF RESULTS

The findings of this study suggested that there was significant relationship between all the identifiable Variables (Table 2) as represented by physical, environmental, social, and institutional factors as to the QoL of the residents of Minna Metropolis. This finding on physical, environmental, social factors corroborates with some previous studies such as (Das, 2008; Sepideh *et al*., 2013; Osakpolor, 2013) and institutional factor (Charron *et al*., 2014; Doraty, 2016). Furthermore, the four factors combined accounted for 68.6% (Table 3) variance in the prediction of quality of life in the study area while other factors not examined in this study accounted for the 31.4%. This, therefore, give support to extant research that stated other factors such as economic, health as predictors of QoL (Osakpolor, 2013; Doraty, 2016; Nanor, *et al*., 2018). Also, the two most potent factors were physical and environmental factors. The contribution of social factor is modest while, institutional factor was almost significant with p value of 0.09 (Table 5).

CONCLUSION

Based on the outcome of this study we can infer that physical factor, environmental factor, social factor, and Institutional factor have substantial impact on the QoL of the residents of Minna Metropolis, Niger State, Nigeria. The implication of the findings to relevant authorities or policy makers is to use the four factors measured in this study as an intervention guide to achieve improved quality of life of residents of Minna Metropolis. This can be prioritized based on the outcome of this study which shows that physical factor – including public transport, state of the streets and buildings (i.e., physical planning of the neighbourhood) is highly a contributory factor to quality of life. Moreover, environmental, and social factors need to be enhanced to impact positively on the residents' quality of life. The practical implication of this study is that the city mayor needs to consider the four factors examined in the study while designing any interventions to enhance the quality of life. However, this study is limited to a state capital of Niger State known as Minna therefore, the results could not be generalized. Based on the aforementioned, the stakeholders should look beyond the four factors examined in this study for sustainable interventions.

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