

## The effect of relative deprivation on the quality of life of youth people (Case study: Tehran city)

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### *Abstract*

Life is the biggest blessing that God has gifted to humans. Having a desirable life has always been and is the will and desire of the man. The quality of life is considered as a concept for illustrating the social wellbeing and human as a basis for development in both material and mental aspects. relative deprivation feeling arising from the comparison to others is regarded as one of the factors affecting wellbeing and a life quality with its complex dimensions. This thesis aims to find an answer to the question that what relationship has been between the relative deprivation feelings and the quality of life in the youth. And importantly, what is the quality of this relationship? The statistical population of this investigation has been comprised of the youth eighteen to thirty years old residents of The city of Tehran in the year 2021.

The method of this research was survey study and the information collected by the technique of face to face in the format of questionnaire. The sample size is 404 people and the samples have been selected by systematic cluster probability sampling method. For judgement regarding the assumptions, we have used the Pearson coefficient tests and Linear regression. The findings showed that; increasing the relative deprivation feelings reduced the quality of life in the youth and vice versa.

**Keywords:** quality of life, relative deprivation, dissatisfaction, the youth of Tehran.

### **1. Introduction**

Life is the biggest blessing that God has gifted to humans. Having a desirable life has always been and is the will and desire of the man (UNFPA, 2007). Today, the issue of quality of life is one of the basic prerequisites for development and one of the accepted theoretical frameworks in examining the living conditions of different societies (Roback, 1982: 1259). It is in this

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direction that paying attention to the category of quality of life is one of the most important ways to achieve sustainable development among societies (Schuessler & Fisher, 1985).

The importance of the concept of quality of life is so much that it has attracted the attention of many researchers (Theodoropoulou & et al, 2006), (Giovanni & Paola, 1999) and many studies have been conducted on the concept of quality of life worldwide (Liu, 2006), (Hills, 1995), (Baldwin & et al, 1994: 1), (Rosen, 1979), (Getz & Huang, 1978) And it has been one of the main topics of interest in important international seminars and congresses (Schalock & et al, 2005: 298). Quality of life is an interdisciplinary, complex category (Bullinger, 2004), (Zuna & et al, 2009), Multidimensional (Schalock & et al, 2005: 308) and It includes both objective and subjective aspects (Dajian, 2010: 34) with all its dimensions are interdependent (Sodagar & et al, 2013) and it is defined at macro (society, mental) and micro (individual, objective) levels (Bowling & Windsor, 2001).

Historically, the first attempts to measure quality of life stem from the social indicators movement of the 1960s (Kim, 2002: 47). And this concept has become one of the favorite topics in the field of social sciences (Das, 2008: 298). In previous studies, different aspects of the quality of life have been studied in different social periods (Sturgeon & et al, 2009), (Barisin & et al, 2011). Therefore, according to "Kamp", until now, a comprehensive framework for quality of life studies, in an integrated and holistic manner, so that it can cover social, economic, physical and spatial indicators, has not been presented (Kamp & et al, 2003: 5). Nowadays, survival is not the only consideration and people want to live with a good quality (Zeighami Mohammadi & et al, 2008). Quality of life includes a concept more physical health (Rehse & Pukrop, 2003). According to "Latoush", a difference should be made between "good life" and "little life" (Asayesh, 2001). A good life is based on human and social values. But a prosperous life considers the improvement of the material aspects of life such as economic income (Rabbani Khorasani & Kianpour, 2005). Therefore, in order to find out the level of life of people in a certain area, we need to measure both aspects of life.

In every period of life, the criteria of having a good life changes. Considering that the current study examines the quality of life of Tehrani youth, it is necessary to know the quality of life of Tehran compared to the capitals of other countries. According to Columbia University's happiness report (Gallup Institute), in 2013 (Data from 2010-2012), Iran ranked 115 among 156 countries in the world in terms of happiness. Also, these data show the decreasing trend of happiness among Iranian people compared to the data of 2005-2007 (Helliwell & etal, 2013: 20). According to NUMBEO's report in 2015, in the quality of life index, the rank of Tehran is 106 among the cities of other countries among 113 countries, which is a very worrying number (NUMBEO, 2015). According to the report of July 31, 2013 by the Islamic Republic News Agency (Irena), Iran is among the most unhappy countries in the world (Akhund Faiz, 2015). Also, on April 25, 2015, Iran ranked 110 among 158 countries in the world. After Iran, war-torn or backward African countries were placed (Sachs & etal, 2015).

The feeling of relative deprivation is a product of the process of modernity, Because in the process of development and modernization, due to the rapid economic, social, cultural and political changes and developments, it is more and more intense to make comparisons. If, as a result of the comparison, a person feels that based on the amount of investment and effort, the reward and the result obtained is not fair and fair compared to others, he will experience a feeling of relative deprivation, and this will cause dissatisfaction and a feeling of boredom in both individual and social level (Hazarjaribi & Safari Shali, 2010: 43) (Rafipour, 1999: 45). In her book, Social Mobility, "Sorokin" points out that the ideal society is one in which a person finds work and social status according to her merits (Kazemipour, 1995).

According to the results of the social capital project that was carried out throughout the country in 2014, the members of the society have given answers with a significant level of discrimination to the cases that indicate the existence of justice in the society (Center of social observation, 2015).

The greatest impact of relative deprivation on human development indicators is that if they have unfavorable conditions, this is the source of two currents, a) Lack of manifestation of human talents and capacities, b)

Emigration of talented people will be due to deprivation with in both of the above situations, the productivity in the society will decrease and this will lead to the aggravation of deprivation(Gurr, 2020).

As identified by researchers in this field(Goh & Jie, 2019),( Matraeva & etal, 2019),( Su & etal, 2019) youth are the most creative part of each country's human capital, as they have reaffirmed their desire to accumulate their intellectual capital, making their future social productivity potentially greatest. If a feeling of dissatisfaction with the quality of life is formed in this group, such consequences are very dangerous for the prospects of restoring of the country's intellectual capital (Mishchuk & etal,2019).Therefore, studies of the behaviour of this social group are often conducted in the context of quality of life satisfaction(Grabowski & etal, 2019),(Tilga & etal,2019). also What is evident across existing studies that a concern for RD is more pronounced among the youth, and that this is not limited to richer countries. That people do have status concerns that, in turn, affect their well-being and aspirations (Sakketa & Gerber, 2018).

Since humans always seek to be treated fairly(Mc Care & etal, 1999: 53), Bergner (1989) states: Quality of life increases when the distance between achieved goals and desired goals is reduced(king & etal, 2006). Therefore, improving the quality of life is a factor that increases efficiency and also the feeling of individual satisfaction. And any material or educational investment in this field should be considered a fundamental investment. Therefore, dealing with the category of relative deprivation should be included among research concerns and priorities in order to prevent the occurrence of serious challenges in the society. Therefore, in this research, we will investigate the relationship between the feeling of relative deprivation and the quality of life of young people.

## **2.Review of Literature**

In order to collect the internal background related to the dependent and independent variables of this research, all theses related to the variables in the universities of(Tehran, Allameh Tabatabai, Shahid Beheshti, Al-Zahra, Tarbiat Modares, Research Sciences Tehran) And also all the articles of reliable domestic sites(SID, Noormags, Magiran, Iran Doc, Ihcs, etc.) And the research

projects of different organizations (Municipality, Parliament, etc.) were seen and reviewed, and it was tried to give priority to the fields of sociology and in terms of the time frame of the years closer to the research.

In the review and comparison between the internal and external backgrounds of this research, it can be seen that: Due to the importance of the concept of quality of life, it has been investigated in many fields such as medicine and health, psychology, sociology, etc. Researches that have specifically addressed the variable of quality of life, whether those that were used in this research or those that were omitted due to not being in the selected historical period or the similarity of the topic and the result, in most The cases have used survey method and questionnaire technique. And the standard questionnaire has not been designed to measure the variables in Iran. On the other hand, this situation was also evident in the examination of the variable of feeling of relative deprivation and issues related to this field.

Also, the statistical population of the research on the feeling of relative deprivation was generally made up of people aged 18 and over, and the research population of the quality of life was generally made up of the elderly and immigrants. Most of the internal dissertations in the master's degree and the studied community of Tehran and according to the research topic have used the theories of sociology, psychology, feeling of relative deprivation, quality of life, social comparison, basic needs. In foreign research related to the feeling of relative deprivation, the variable of social support and in research related to the quality of life, the neighborhood and the area of residence have had the greatest impact. Also, the feeling of relative deprivation usually leads to the tendency of delinquent patterns and crimes, and the low quality of life causes dissatisfaction with life.

In general, it can be concluded that the feeling of relative deprivation has different effects and consequences, all of which have a negative effect on the level of life satisfaction, and the researcher's preliminary studies show that the feeling of dissatisfaction is the most important element in reducing the quality of life. So, it can be said that the feeling of relative deprivation leads to a decrease in the quality of life, which is investigated in this research.

Looking at the concept of quality of life in the last three decades, it can be said gradually, The concept of quality of life as a sensitive individual-social issue was used to reflect a meaning of respect and attention to humanity from a human point of view(Schalock, 2004). Quality of life is one of the most fundamental concepts in social sciences(Schalock, 2000: 120). with is both multi-dimensional and sensitive to environmental conditions(Schalock & etal, 2005: 718). Measurement in QOL includes measured experiences both common to all humans and those unique to individuals(Schalock, 2005: 710).

Also Individuals in different cultures are enculturated in varying ways perceiving themselves, Thus, assumptions about happiness, well-being, or satisfaction may not be universal, and judgments of QOL based upon such assumptions may not be generalizable from one culture to another. (ibid: 719). measuring QOL is required to understand the degree to which people experience a life of quality and personal well-being. involves assessing perceptions of personal satisfaction or happiness(Schalock, 2005: 710). In 2004 study, "Schalock" concluded that despite many theoretical differences among researchers, there was a significant agreement in the field of measuring the quality of life among them in eight dimensions(Schalock & etal, 2005: 711-12).These dimensions are: Interpersonal relations, social inclusion, personal development, physical well-being, self-determination, material well-being, emotional well-being and rights(Schalock, 2004: 205).

Eight domains most commonly reported in the international QOL literature(Schalock & etal, 2005: 715). he deduced this result using sixteen published analytical studies and identified a total of 125 indicators for these eight dimensions(Schalock, 2004: 205). From 1987 to 2004, over 20900 published articles have appeared in the international literature containing the term quality of life in their title(Schalock, 2004: 205). In an analysis that Schalock and Verdugo(2002), Based on reading 9749 abstracts and 2455 articles, and studying in-depth 897 articles that met stringent criteria, resulted in the identification of the three most common indicators for each of the eight core QOL domains. These core indicators and descriptors per core QOL domain are summarized in Table 4(Schalock, 2004: 206). The term quality of life domain`s refers to the set of factors composing Personal Well-

Being(Schalock, 2004: 205). And it has two dimensions of personal evaluation and functional evaluation. In a summary, it can be said that the quality of life in the individual dimension, by objective indicators (health, economic situation, social activities, etc.) and mental (happiness, security, satisfaction, self-confidence, optimism, sense of well-being, The feeling of being valuable and ...) can be measured(Schalock, 2004).

In the discussion of deprivation, it is necessary to pay attention to the basic issue that deprivation in a society can be an illusion or a reality, and the formation of a feeling of deprivation is not only caused by deprivation and discrimination, but depends on various other factors such as(Umana, 2008: 21) the level of literacy and awareness, social class, external interactions And within the group, advertising, etc. is related(Lohm, 2006: 35). As Runciman puts it, "if people have no reason to expect or hope for more than they can achieve, they will be less discontented with what they have, or even grateful simply to be able to hold on to it." For example, people may be subjectively deprived with reference to their expectations even though an objective observer might not judge them to be in want. Similarly, the existence of what the observer judges to be abject poverty or "absolute deprivation" is not necessarily thought to be unjust or irremediable by those who experience it(Gurr,1971: 24),(Gurr,2020: 47). RD is said to arise when individuals compare their own situation with that of a reference group which has what they want and think they should have.

Figure(1): Decremental deprivation



Source:(Gurr,1971: 47)

The greater the individuals' negative discrepancy, the greater their RD(Gurr,1971: 105),(Gurr,2020: 141). An individual's point of reference may be his own past condition, an abstract ideal, or the standards articulated by a leader as well as a "reference group"(Gurr,1971: 25),(Gurr,2020: 48). Gurr, Relative deprivation (RD) is defined as actors' perception of discrepancy

between their value expectations and their value capabilities. Value expectations are the goods and conditions of life to which people believe they are rightfully entitled. Value capabilities are the goods and conditions they think they are capable of getting and keeping(Gurr,1971: 24),(Gurr,2020: 47). Gurr proposes three types of deprivation, which we discuss below.

In descending deprivation, Men in these circumstances are angered over the loss of what they once had or thought they could have; they experience RD by reference to their own past condition(Gurr,1971: 46),(Gurr,2020: 69).

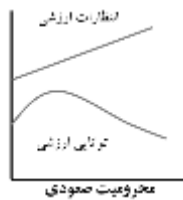
Figure(2): Aspirational deprivation



Source:(Gurr,1971: 51)

In deprivation caused by ambition or aspirational deprivation An "increase" in value expectations may reflect demands for a greater amount of a value already held in some degree(Gurr,1971: 50),(Gurr,2020: 72).

Figure(3): Progressive deprivation



Source:(Gurr,1971: 53)

In progressive deprivation which there is substantial and simultaneous increase in expectations and decrease in capabilities(Gurr,1971: 46),(Gurr,2020: 68). If value capabilities stabilize or decline after such a period of improvement, progressive RD is the result(Gurr,1971: 52),(Gurr,2020: 74). In the case of aspirational and progressive RD, the degree of discrepancy is the distance perceived between the value position sought and value potential. In the case of decremental RD, the degree of discrepancy is the perceived distance between the value position previously held and the residual value position(Gurr,1971: 60),(Gurr,2020: 90-1). If a society has extensive resources and a demonstrated capacity to convert them into more satisfying conditions of



life, and if people have varied and reasonably effective opportunities for sharing the benefits, perceived value capabilities are likely to be high. But if resources are limited and past value performance poor, or if opportunities are few and narrow, people are likely to have poor hopes for their future (Gurr, 1971: 123) (Gurr, 2020: 164). A group's value opportunities are differentially low if its members are barred on ascriptive grounds from using value-enhancing techniques open to other groups (Gurr, 1971: 128) (Gurr, 2020: 168). But the greater the rate of growth or "progress" in a society, the greater the likelihood that differential lack of opportunity to share in its benefits will be intensely resented (Gurr, 1971: 129) (Gurr, 2020: 169).

Quality of life is a subjective assessment of life satisfaction (Donald, 2001). and has a significant effect on it (World Health Organization, 1995: 285). Life satisfaction is emphasized as the main component of quality of life (Dong & et al, 2008). From examining the theoretical frameworks related to this issue, it can be concluded that none of these frameworks alone are sufficient to influence the role of the feeling of relative deprivation on the quality of life, and choose a hybrid theory that can be used to explain all dimensions of quality of life and the feeling of relative deprivation. Although the theoretical framework of "Schalock" and "Gurr" is closer to our work, but for the above reasons, it cannot be our only choice for the theoretical framework. Therefore, our approach is a combined and complementary method in the theoretical framework. Based on this, it can be said that the feeling of relative deprivation has different effects and consequences, all of which have a negative effect on the level of dissatisfaction, and the researcher's preliminary studies show that the feeling of dissatisfaction is the most important element in reducing the quality of life.

### **3. Methodology**

The current research is an positivist and quantitative approach, and its method is a survey, and according to the subject of the research, it can be said that its type is descriptive-explanatory Collect data from youth of Tehran is done. Therefore, the unit of observation is the individual (One of the family members living in this city). Since the investigation and analysis is done in the

case of individuals and the generalization of the results to individuals, the level of analysis is small. And in terms of time, the current research is cross-sectional, because it was done at a specific point in time, that is, the year 1400. Also, since the study was conducted on a large population (Tehran citizens), the research is broad in terms of depth. Finally, due to the fact that it seeks to know and help to solve a social problem, it is placed in the category of applied research. The statistical population of the current research, from which a representative sample is obtained, includes all families living in Tehran. The sample was selected using a systematic cluster probability sampling method. In this way, firstly, Tehran city was divided into five areas (North, South, East, West, Center) based on geographical areas and one area (Municipality) was randomly selected from each area. According to the website of the Statistics Center, the number of households in the 22 districts of Tehran Municipality in 2015 is equal to 2911065 households(www.Nlai.ir,2016). By placing the above number in Cochran's formula, a sample size of 384 people was obtained, and due to the possibility of outlier data, the number of collected questionnaires was considered 10% more than the sample amount, and a total of 420 questionnaires were collected. The sample size depends on the variance of the dependent variable, after discarding incomplete and invalidated questionnaires, 404 people (202 Women and 202 Men) were reported.

The tool of data collection is a researcher-made questionnaire To ensure the validity of the research, content validity is used, which emphasizes whether the definitions provided for the concepts measure the desired concepts or not. To ensure the Validity of the tool, the formal credit method was used. In this way, the project tool was presented to the experts and judges and the raised defects were fixed. In order to check the reliability or validity, the Test – Retest method has been used. In the present study, Wilcoxon test was used to check the correlation in two repeated measurements (one week apart). In the two measurements, there was no significant difference in any of the indicators, in other words, itsreliability was confirmed. Cronbach's alpha test method was used to measure the reliability of the variables in the present study, and the results showed that the quality of life measurement questionnaire and the independent variable of feeling of relative deprivation have good reliability.

**Table (1):Reliability Statistics**

N of Items	Cronbach's Alpha
Quality of life	0.928
Relative deprivation	0.925

Source: ( Research findings)

In the end, the final questionnaire was prepared to conduct the research and the information was collected through face-to-face interviews. After collecting the data through the questionnaire, first coding and then statistical analysis was done using Spss version 26 software.

**Table (2): Operational definition Quality of life(Dependent variable)**

Concept	Domain	Indicators and descriptors
Quality of life	Emotional Well-being	Contentment(satisfaction,moods, enjoyment)
		Self-concept(identify, self-worth, Self-esteem)
		Lack of stress(predictability,control)
	Interpersonal Relations	Interactions(social networks,social contacts)
		Relationships(family,friends,peers)
		Supports(emotional,physical,financial,feedback)
	Material Well-being	Financial status(income,benefits)
		Employment(work status,work environment)
		Housing(type of residence,ownership)
	Personal Development	Education(achievemets,status)
Personal competence(cognitive,social,practical)		
Performance(success,achievement,productivity)		
Physical Well-being	Health(functioning,symptoms,fitness,nutrition)	
	Activities of daily living(self-care skills,mobility)	
	Leisure(recreation,hobbies)	
Self-Determination	Autonomy/personal control(independence)	
	Goals and personal values(desires,expectations)	
	Choices(opportunities,options,preferences)	
Social Inclusion	Community integration and participation	
	Community roles(contributor,volunteer)	
	Social supports(support network,services)	
	Right	Human(respect,dignity,equality)
		Legal(citizenship,access,due process)

Source:(Schalock,2004: 206)

**Table (3): Operational definition Relative deprivation(Independent variable )**

Concept	Domain	Bit Domain	Indicators and descriptors
Relative deprivation	Value Copabilities	Welfare	Economic Values (Physical well-being)
		Values	Self-actualization value
		Deference	Power Values(Security, Participation)
		Values	Interpersonal Values(Communality, Status, Ideational coherence)
	Value Expectations	Welfare	Economic Values (Physical well-being)
		Values	Self-actualization value
		Deference	Power Values(Security, Participation)
		Values	Interpersonal Values(Communality, Status, Ideational coherence)

Source:(Gurr,1971)

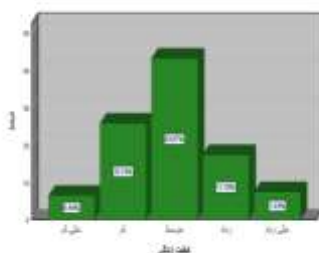
The findings of the research were examined at two descriptive and inferential levels, which are presented below.

#### 4. Findings

**Table (4): Frequency and percentage distribution of Quality of life**

Quality of life	Frequency	Percent	Valid Percent
Very little	26	6/4	6/4
little	104	25/7	25/7
Average	174	43/1	43/1
High	70	17/3	17/3
Very much	30	7/4	7/4
Total	404	100/0	100/0

The table above shows, the quality of life 43/1 percent, is Average to have the highest rates.



**Figure (4): column chart, the percentage distribution of Quality of life**  
**Table (5): Frequency and percentage distribution of Relative deprivation**

Relative deprivation	Frequency	Percent	Valid Percent
Very little	2	0/5	0/5
little	80	19/8	19/8
Average	198	49/0	49/0
High	102	25/2	25/2
Very much	22	5/4	5/4
Total	404	100/0	100/0

The table above shows, the relative deprivation 49/0 percent, is Average to have the highest rates.

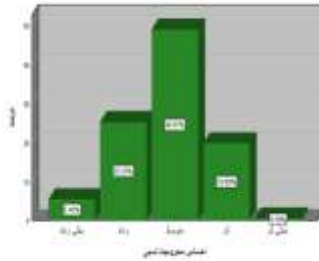


Figure (5): column chart, the percentage distribution of Relative deprivation

Table (6): Descriptive statistics of Quality of life

Valid	Mean	Median	Mode	Std. Deviation	Percentiles		
					25	50	75
Quality of life	183/2246	181/1035	166/72	25/28587	167/2824	181/1035	196/8462

The information in the above table is related to the scale measurement level. Sample average, a quality of life 183/2246 are. Is equal to the median score of 181/1035 means that half of the respondents were less than 181/1035 half again more than 181/1035 have been. Indicator is equal to 166/72, the highest level of quality of life may be repeated. Standard 25/28587 is. 25% of the sample had scores of 167/2824 and less than 50% of the sample had scores of 181/1035 and less than 75% of the sample had scores of 196/8462 or less.

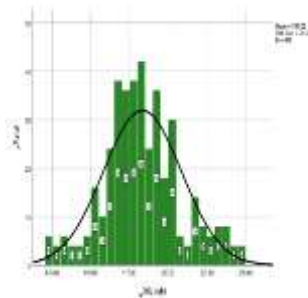


Figure (6): Histogram chart, the frequency distribution of Quality of life

Table (7): Descriptive statistics of Relative deprivation

Mean	Median	Mode	Std. Deviation	Percentiles		
				25	50	75
-3/6458	-3/0000	0/00	13/28669	-12/0000	-3/0000	4/0000

The information in the above table is related to the scale measurement level. Sample average, a relative deprivation -3/6458 are. Is equal to the median score of -3/0000 means that half of the respondents were less than -

3/0000 half again more than -3/0000 have been. Indicator is equal to 0/00, the highest level of relative deprivation may be repeated. Standard 13/28669 is. 25% of the sample had scores of -12/0000 and less than 50% of the sample had scores of -3/0000 and less than 75% of the sample had scores of 4/0000 or less.

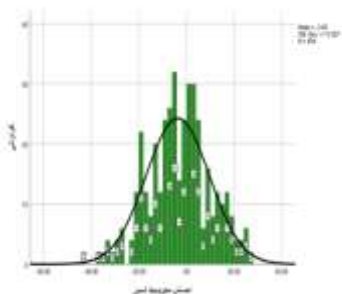


Figure (7): Histogram chart, the frequency distribution of Relative deprivation

Table (8): Pearson's correlation coefficient test between Relative deprivation and Quality of life

	Correlations	Quality of life
Relative deprivation	r	-0/609
	sig	0/000
	n	404

According to the Pearson correlation coefficient matrix table with 99% confidence interval, significance level sig=0.000; That is, with the available information, H1 is confirmed and H0 is In other words, there is a significant relationship and correlation between the feeling of relative deprivation and the quality of life. According to the absolute value of the correlation coefficient, which is equal to r=0.609; The intensity of the relationship is very strong and according to its sign, which is negative, the direction of the relationship is indirect That is, as the feeling of relative deprivation increases, the quality of life decreases and vice versa.

It seems that the feeling of relative deprivation affects the quality of life.

Considering the significance of the Pearson correlation test between the main variables of the research, which is a prerequisite for the regression test, Now, here, to determine the effect of he independent variable of relative deprivation on the quality of life, linear regression with the Enter method has been used.

Table (9):Model Summary

Model	(R <sup>2</sup> )	R
1	0/369	0/609

According to the results of the table above, the value of the explanation coefficient (R<sup>2</sup>) obtained to explain the quality of life is R<sup>2</sup>=0.369. This rate in humanities shows that the dependent variable is explained to a high (strong) extent by the independent variable. In fact, the quality of life is explained by the relative deprivation to the extent of 0.369.

**Table (10):ANOVA**

Model	Sum of Squares	df	Mean Square	F	Sig
1 Regression	95447/442	1	95447/442	236/529	0/000
Residual	162220/712	402	403/534		
Total	257668/154	403			

According to the significance level which is equal to sig = 0.000, the regression line has the ability to explain the quality of life and the model is meaningful.

**Table (11):Coefficients**

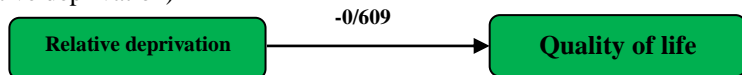
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig
		B	Std. Error	Beta		
1	Constant	178/999	1/037		172/694	0/000
	relative deprivation	-1/158	0/075	-0/609	-15/379	0/000

According to the significance level that is equal to sig = 0.000, that is, with the available information, H1 is confirmed and H0 is rejected; In other words, the feeling of relative deprivation is effective in the quality of life of youth.

In this model, according to the above regression coefficients, the independent variable of relative deprivation affects the quality of life, The equation of the regression line is as follows:

$$Y = a + b_1 .x_1$$

$$Y = 178/999 - 1/158(\text{Relative deprivation})$$



The constant value is equal to 178/999, The effect coefficient of the relative deprivation variable is -1.158, In other words, the quality of life changes by one standard deviation in exchange for the change of the feeling of relative deprivation variable by the corresponding coefficient.

### 5.Conclusion

From the second half of the 20th century onwards, we have seen significant progress in the field of study and research on quality of life(Tu`rksever &

Atalik, 2001),(Schalock & etal, 1994),(Noll, 2004),(Lee, 2006),(Bohnke, 2007),(Phillips, 2006),(Sirgy & etal, 2006).

Brown believes that quality of life means feeling safe, self-satisfied, having fun and etc(Brown & etal, 2004: 20), And Murray considers material resources, security, self-esteem, satisfaction, justice, freedom to improve the quality of life(Ghafari & Omid, 2009: 9). According to Adams' theory of equality, each person brings characteristics and capabilities such as experience and proficiency, education, intelligence, talent, age and work history with her to the organization or social environment. On the other hand, she expects rewards and benefits that match her abilities. If this fit is provided, there will be a feeling of satisfaction and ultimately social vitality(Hazarjaribi & Safari Shali, 2010: 41-2).

Gurr believes: The event that inflicts the sense of RD may be simply the realization that a goal thought to be near at hand is still remate. The intense anger of underemployed university graduates in developing nations is partly a consequence of their pre- or postgraduate loss of innocence, the discovery that they cannot attain the good positions and high status they expected education to make possible (Gurr,1971: 72),(Gurr,2020: 102). Also, If other groups achieve value gains because they have such characteristics as education or wealth, and if the perceivers, individual or group, have these same characteristics but do not experience improvement, they will feel entitled to the same gains and be discontented over their lack(Gurr,1971: 111),(Gurr,2020: 146). According to Cobb, social support will help to produce and reproduce social capital. A society rich in social capital reserves can provide a higher level of quality of life(Cobb, 1976). According to Goffman, those who suffer from the heat of discredit, their social relationships are disturbed(Khosravi, 1995: 29). In the direct dimension, social inequalities have a major impact on the different access of social classes and groups to resources and services. In the indirect dimension, social inequalities affect the quality of life through the mediation of social capital. So, we can hope to increase the quality of life and consequently the social vitality by increasing social support and creating appropriate factors and sharing people in social profits and losses.



The results of the descriptive statistics of the present study show that most of the youth have an average quality of life, which with the results of research (Shalfi, 2013)•(Jamshidi, 2013)•(Zare, 2010)•(Shabani & etal, 2012)•(Rabbani Khorasgani & Kianpour, 2007) it is aligned. The results of the research indicate that the quality of life decreases as the feeling of relative deprivation among young people increases and vice versa. This finding is with theories (Ritzer, 2002: 423)•(Crosby, 1976: 102)•( Kerisberg, 1973)•(Inglehart, 1994: 45•( )Veenhoveen, 1995)•(Turner, 1994)•( Sirgy, 2004: 171 )•(Brown & etal, 2004: 20 )•(Cobb,1976)• (Gurr, 1971: 111 & 72 )is consistent. Also, the research results with findings(Ziari & etal,2018)•(Moghimi, 2017)•(Sedighiyan Bidgoli, 2016) •(Hosseini Amin, 2015)•(Bagheri & etal, 2014)•(Almasi & etal,2014)•(Hatamvand, 2011)•(Hazarjaribi & Safari Shali, 2009)•(Ghafari & Tajuddin, 2005)•(Xia & Zhunma, 2020)•(Leviston & etal, 2020)•(Demakakos & Nunn, 2006) it is aligned.

Ritzer on feelings of helplessness, Crosby on deprivation of desires, Kerisberg on inequality and incompatibility, Inglehart on imbalance in ideals and desires, Veenhoven on elements such as lack (health, justice, freedom, independence in work, ability, Turner on the imbalance in rank and dignity, Sarji on dissatisfaction in the society, Brown on self-dissatisfaction and etc, Murray on the lack of justice and etc, Adams on the mismatch between capabilities and rewards, Gurr on space between value expectations and value capabilities, Cobb on decreased social support, Goffman on the heat of discredit It is emphasized.

In the above theories, the effects and consequences of the feeling of relative deprivation do not focus on the quality of life. The difference between the presented theories and the present research is that in the presented theories, the feeling of relative deprivation from the channel of creating dissatisfaction leads to a decrease in the quality of life. While in the present research, we examined the direct effect of the feeling of relative deprivation on the quality of life. Therefore, the main finding of this research can be considered to complete the previous theories.

Considering that social sciences examine the quality of life with a more comprehensive view than medicine, However, the amount of quality of life

studies in Iran in the field of medicine is more than eight times the number of studies in the field of social sciences. Since access to facilities and resources and equal life opportunities is the right of all citizens, and the youth as the largest demographic segment of the Iranian society (the statistical population of the current research is the population of 18 to 30 years old), Although they represent their future lives, they also represent society. According to Gurr, the lack of attention and respect for their proper place can strengthen social indifference. Therefore, managers and officials of the society, regardless of the political and economic interests of a certain group, should improve the dimensions of the quality of life fairly among all members of the society in order to take steps towards establishing social justice and achieving sustainable development. Because any disturbance in the health of youth people, in addition to individual effects, also brings social complications and can easily threaten their quality of life.

Among the suggestions that can be reminded to the official authorities is that other researches in this field in the studied city and other regions and cities of the country are periodically recommended at the three national, regional and local levels in order to test the validity and reliability of the research indicators. Also, due to the increasing attention to the concept of quality of life, it seems necessary to develop a comprehensive and complete model that is influenced by the elements of Iranian culture. Because the presented models are based on Western culture. Future researchers are suggested to use qualitative and mixed methods. and consider other statistical societies for comparison with Tehran.

The limitations of the research, especially during the outbreak of the Covid-19 disease, which delayed the research process for a year, can be mentioned as follows:

- Lack of easy access to national research conducted in government organizations.
- Existence of time, financial and human resources limitations.
- Hard access to households of high economic and social classes.
- In the field of social sciences, there are no standard items for measuring dependent and independent variables.

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