



# Healthcare, the Environment, and Biomedicine

University of Richmond SSIR 2018 - 2019



# To Flourish or Not to Flourish...

Aim:

To better understand the factors that impact student well-being at the University of Richmond, with a focus on those that raise happiness and reduce stress.

# Goals and Questions

- To find statistically significant data that correlates to who the happiest spidURs are
- Tried to separate student groups to identify individual factors
- Sought out students who had lowest stress, highest happiness

# Methods

Anonymous survey was sent on Facebook and other social media platforms and an announcement was made on Spiderbytes\*

- Could have influenced responses because results could be skewed towards our social groups

Survey contained questions asking status of wellbeing along with variables that could be identified in correlation

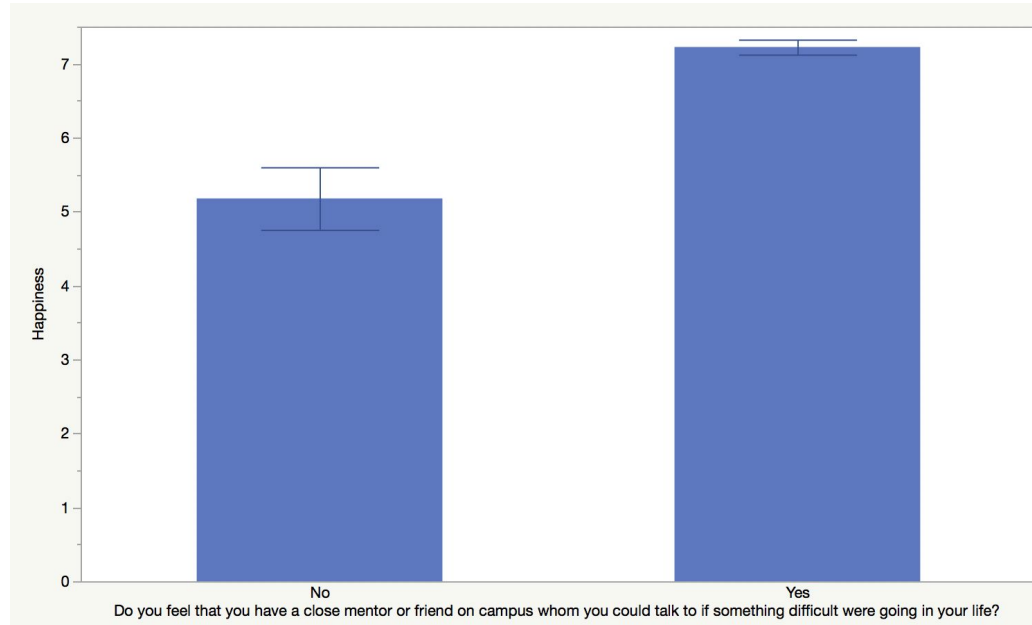
JMP was used to analyze the data for statistical significances in relationships between variables (t-tests, tukey test & etc)

Responses: 325 (Roughly 75% female, 25% male)

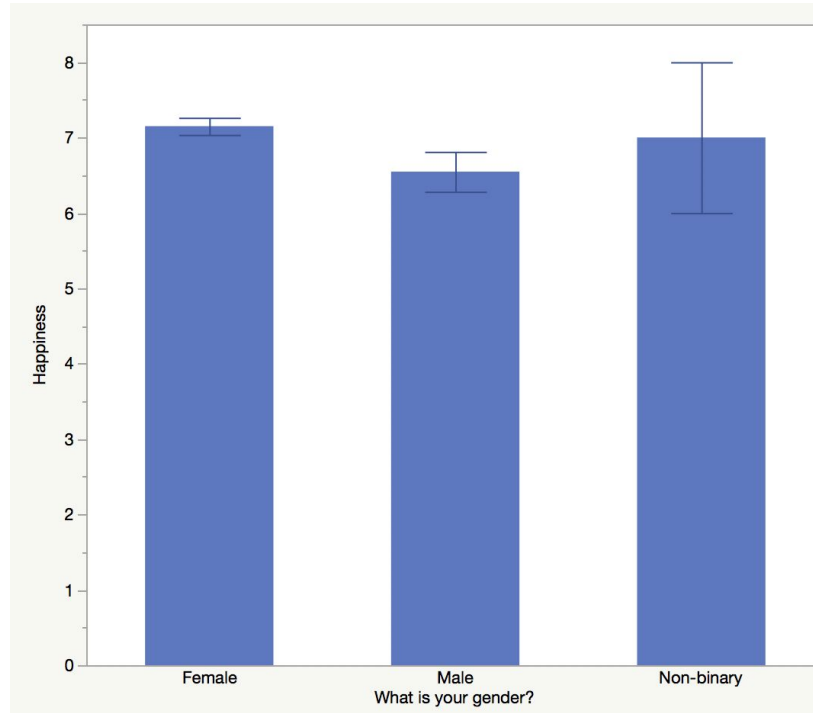
# Results on Happiness



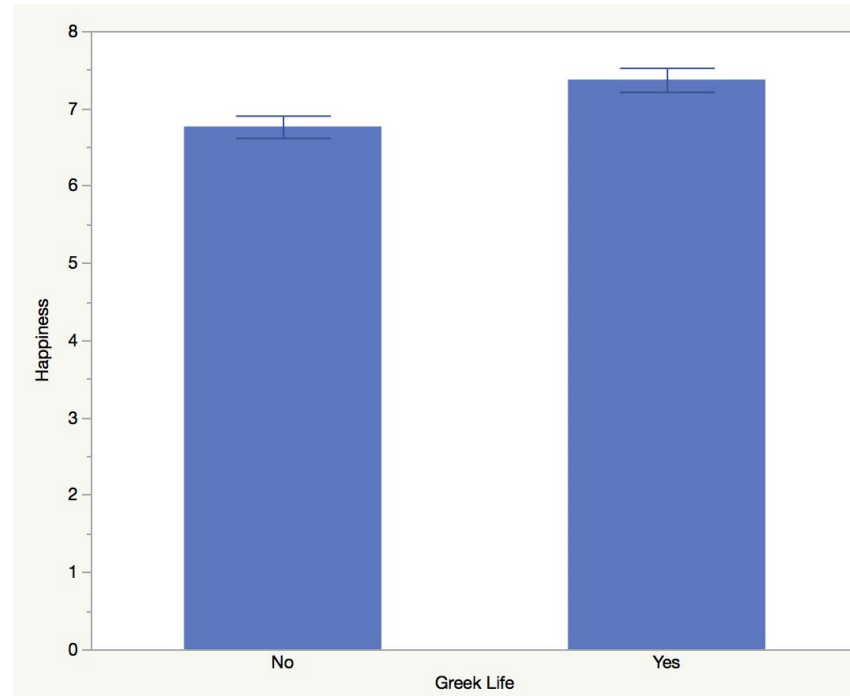
# Mentor



# Gender

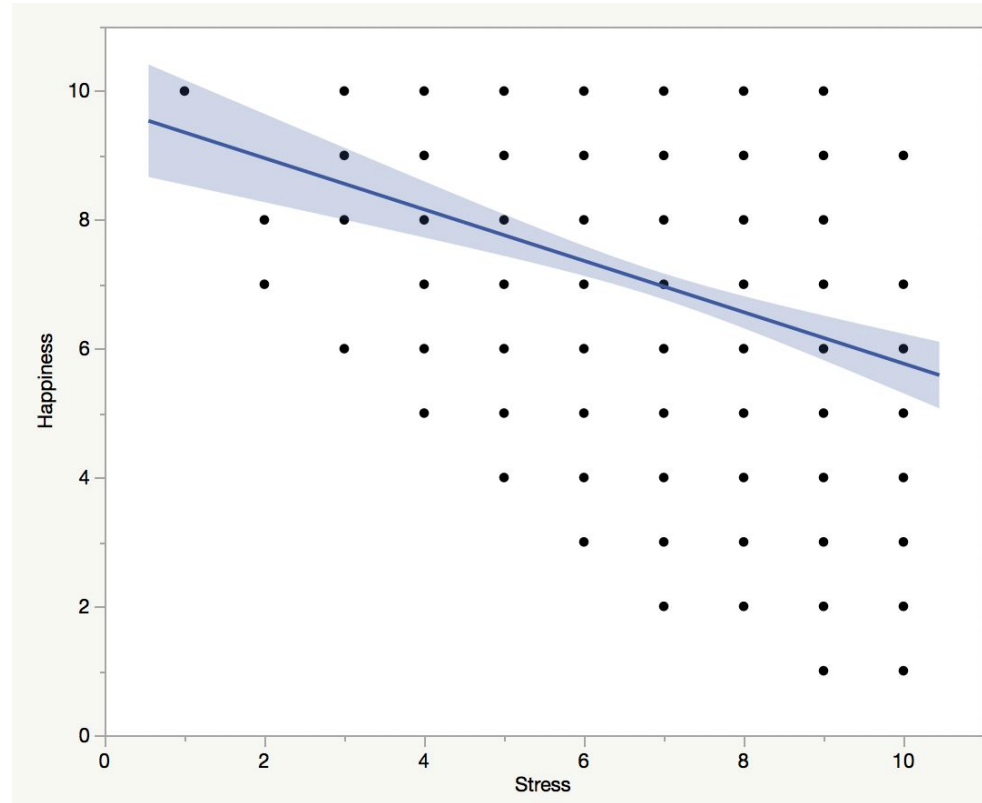


# Greek Life

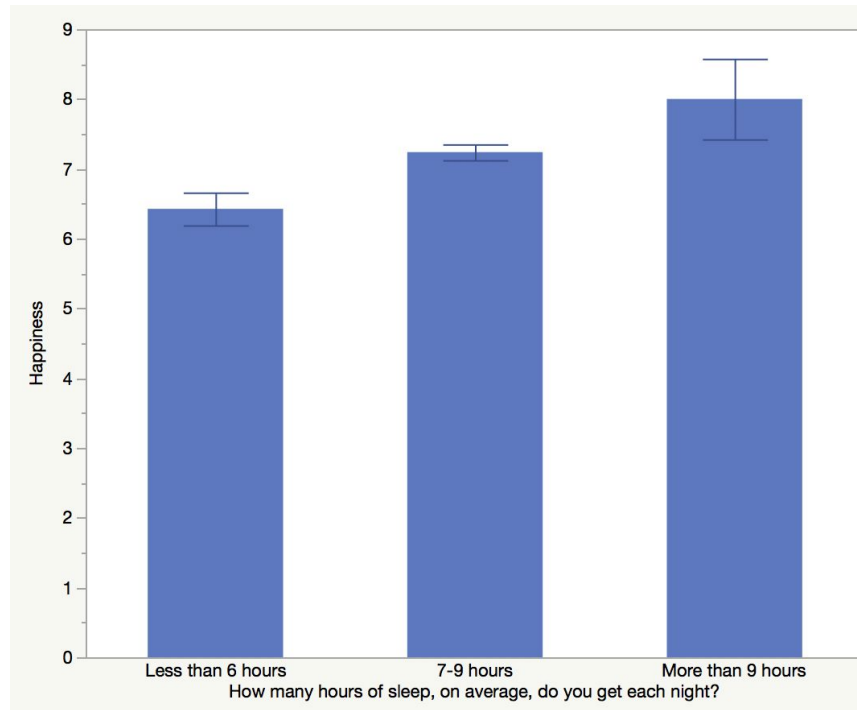




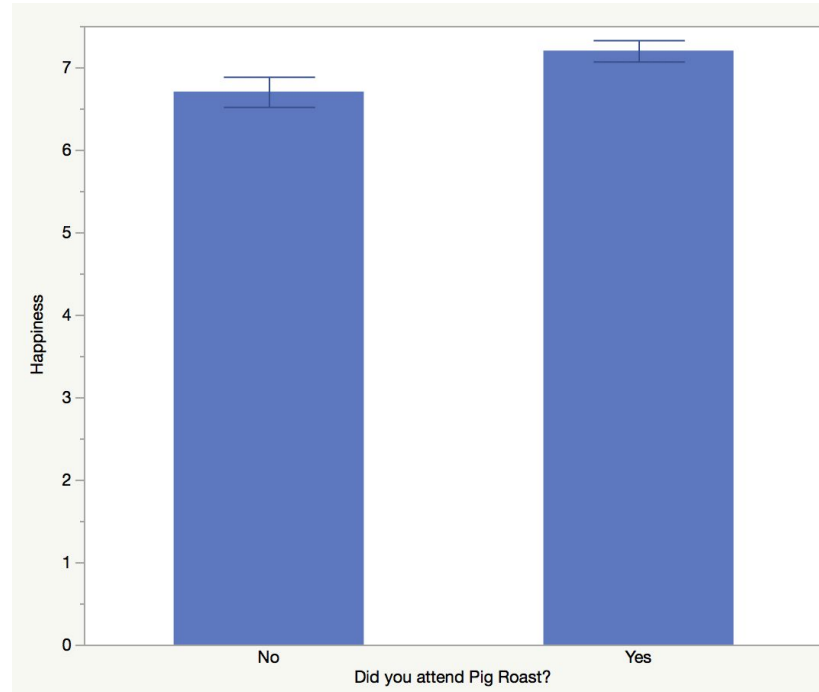
# Stress



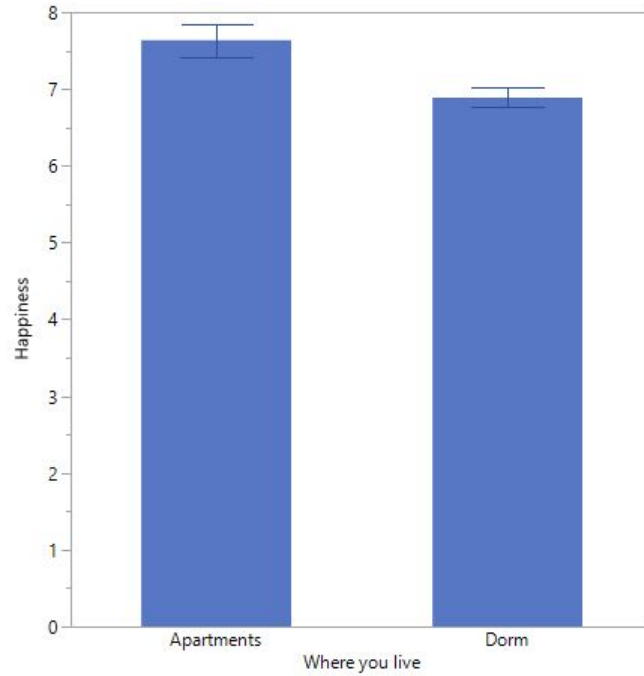
# Sleep



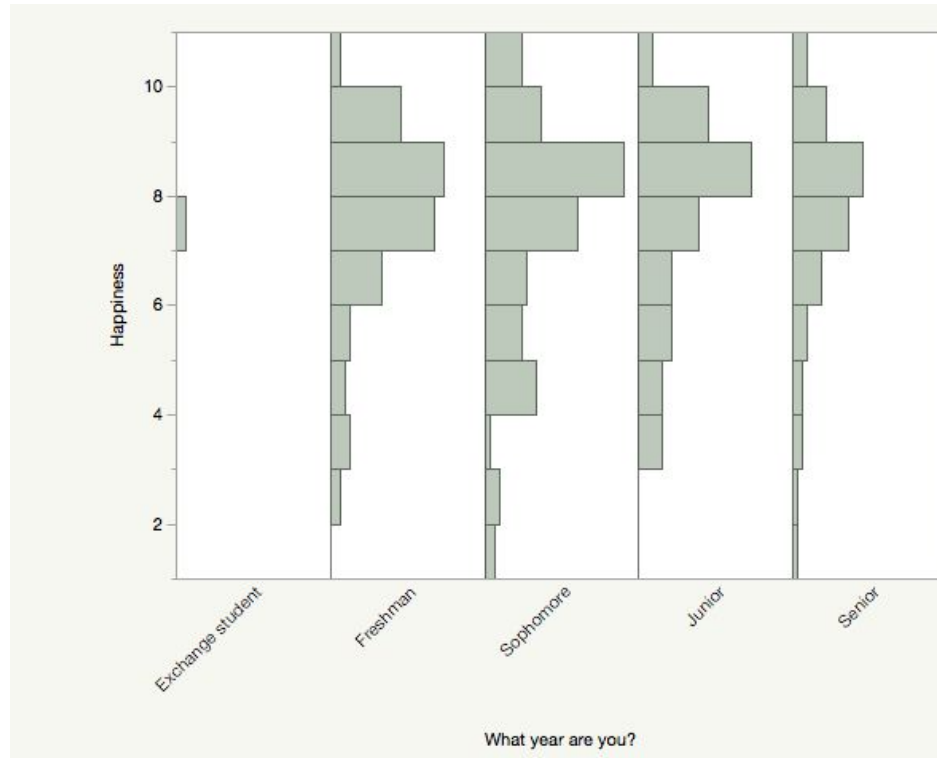
# Pig Roast Attendance



# Living Environment



# Year

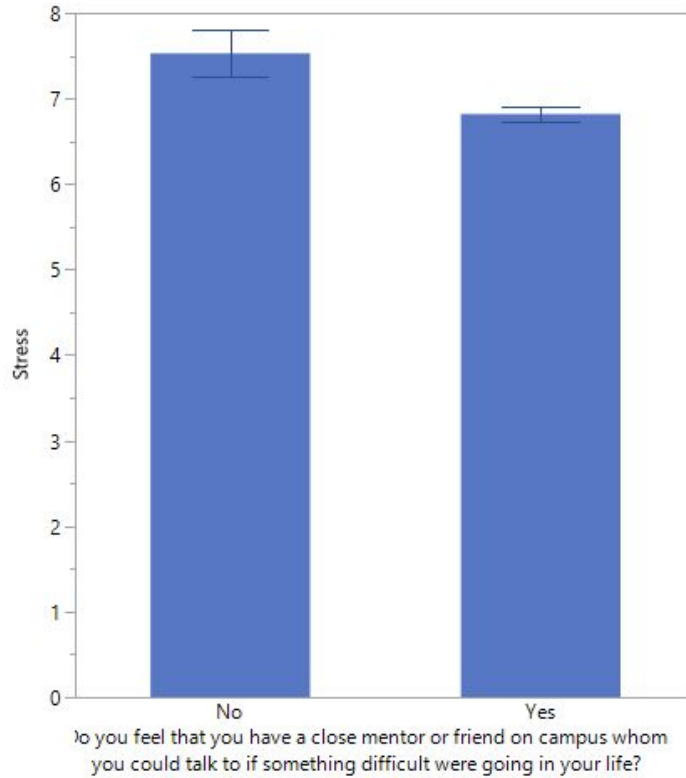




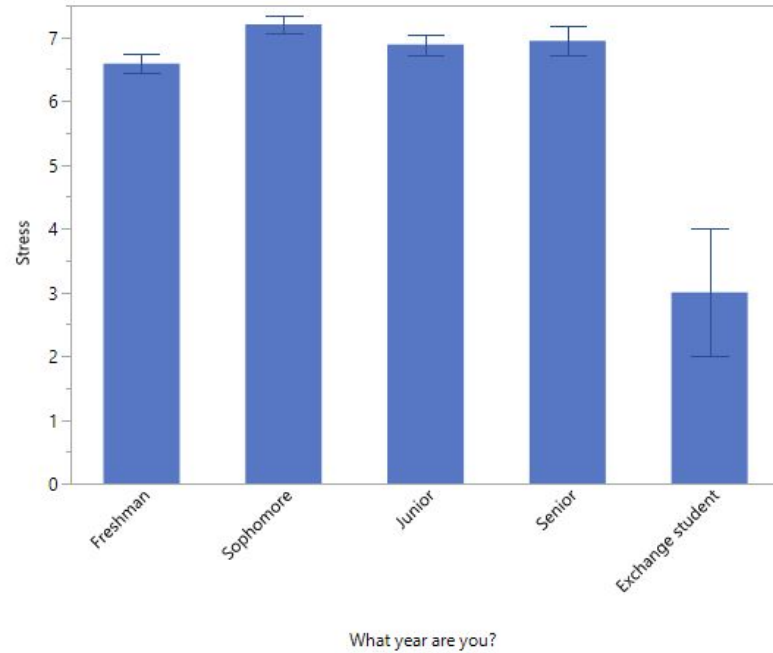
# Results on Stress



# Mentor

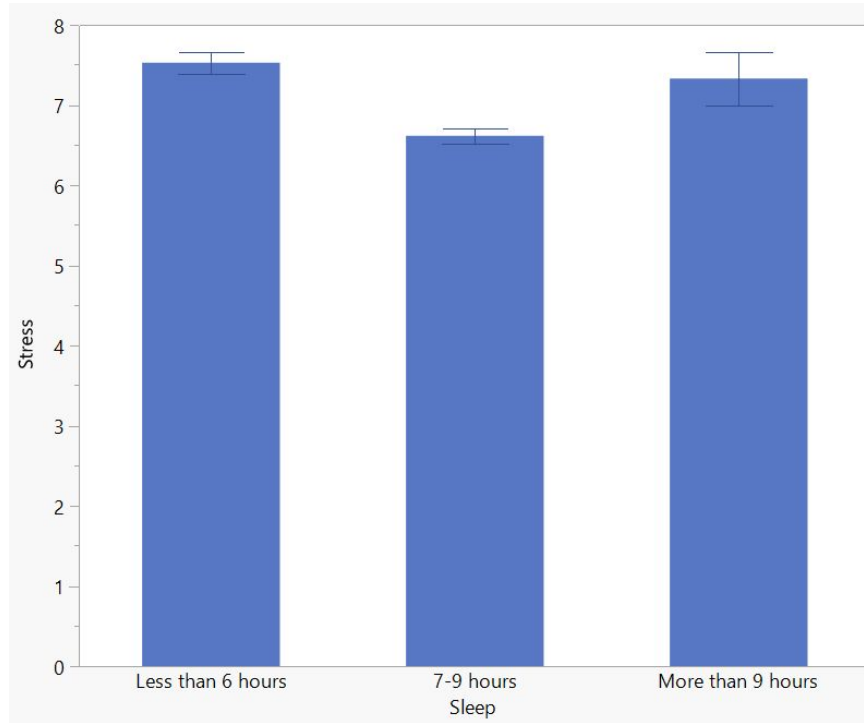


# Year in School





# Sleep

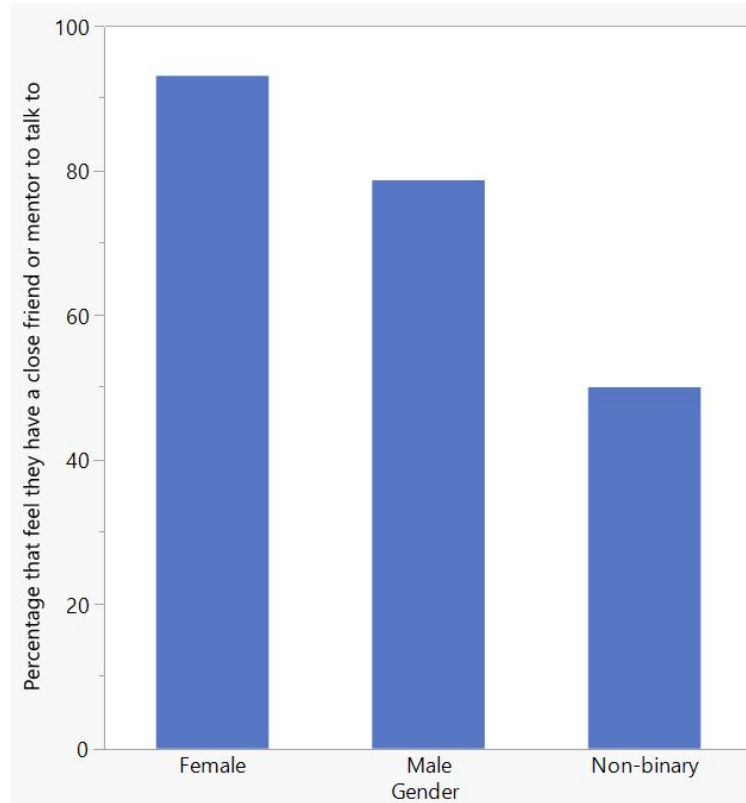




# Results of Mentorship



# Gender

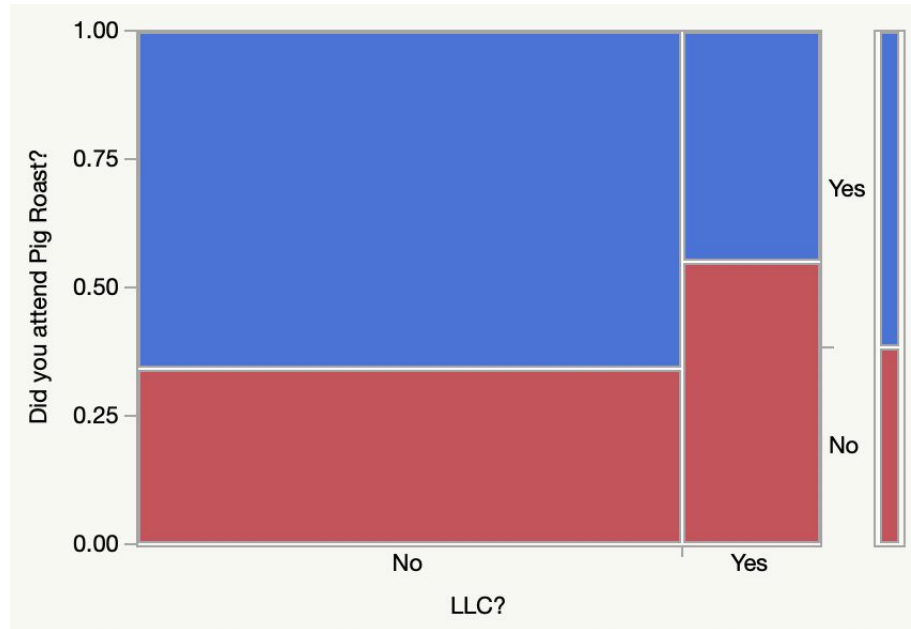




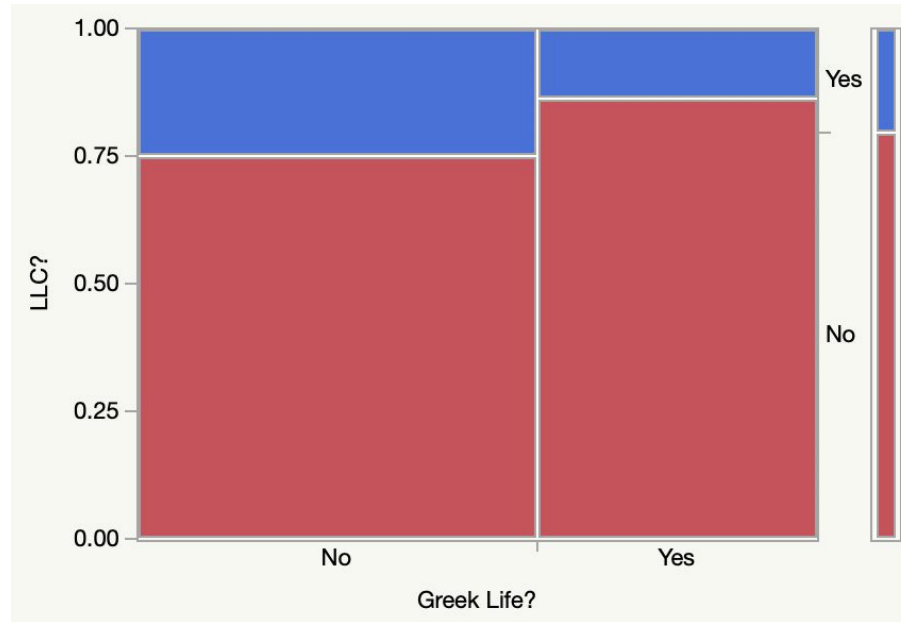
## Results of LLCs



# Pig Roast



# Greek Life



# Conclusions

So... Who are the happiest students at UR?

- Females
- Involved in Greek life
- Living in apartments
- Getting 7-9 hours of sleep
- Report having a mentor
- Pig roast attendees



# Future Research and Lessons Learned

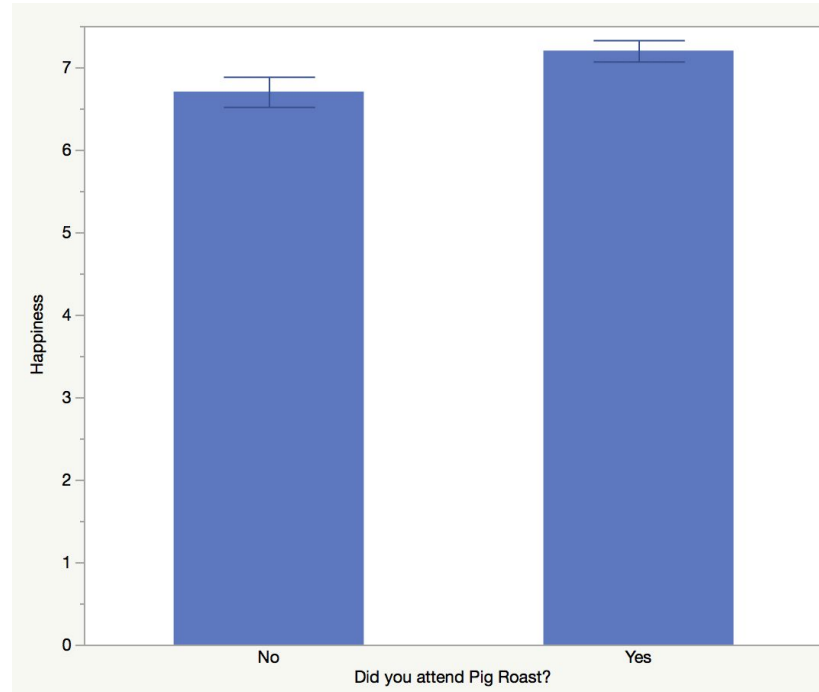
- Answers on a sliding scale rather than yes or no
- Attempt to find a representative sample through wider distribution
- Additional qualitative survey - what does happiness mean?
- Include more/other variables



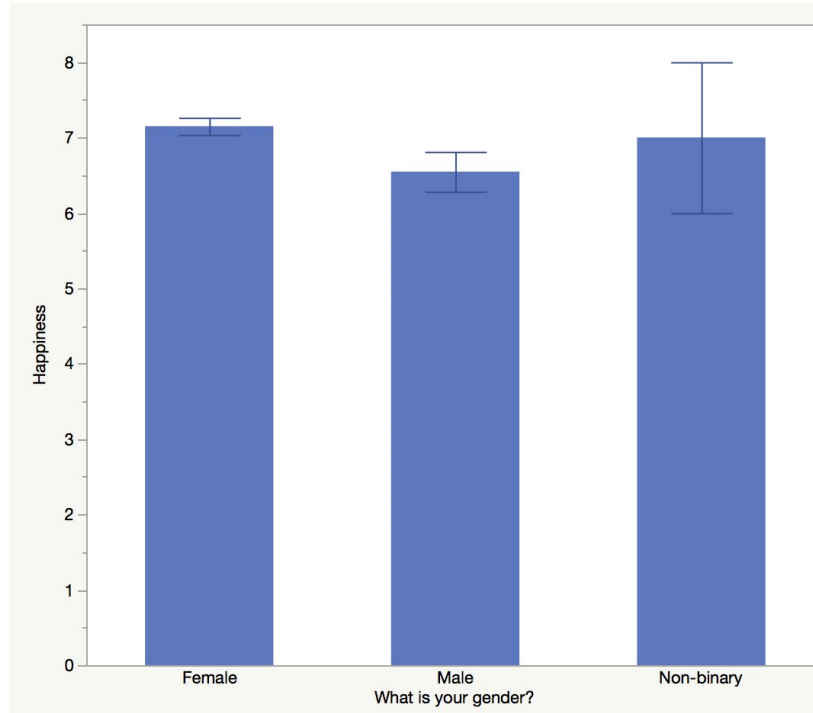


# Additional Data

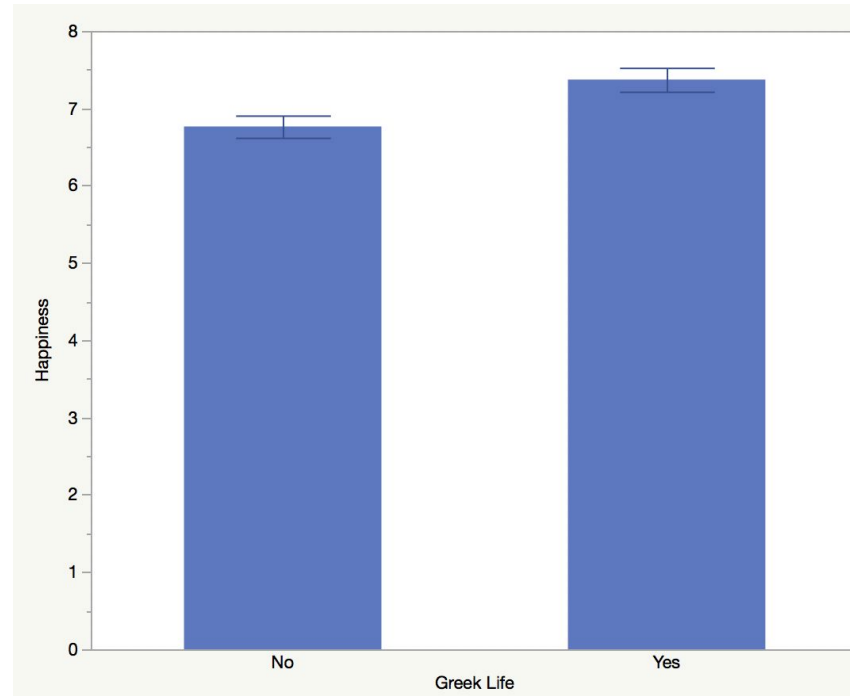
# Pig Roast Attendance



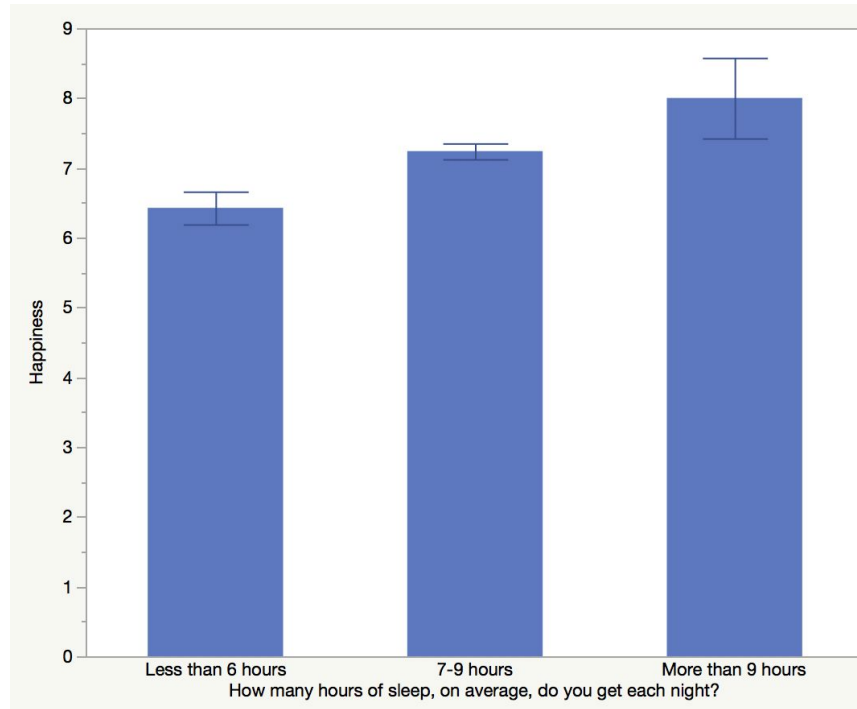
# Gender



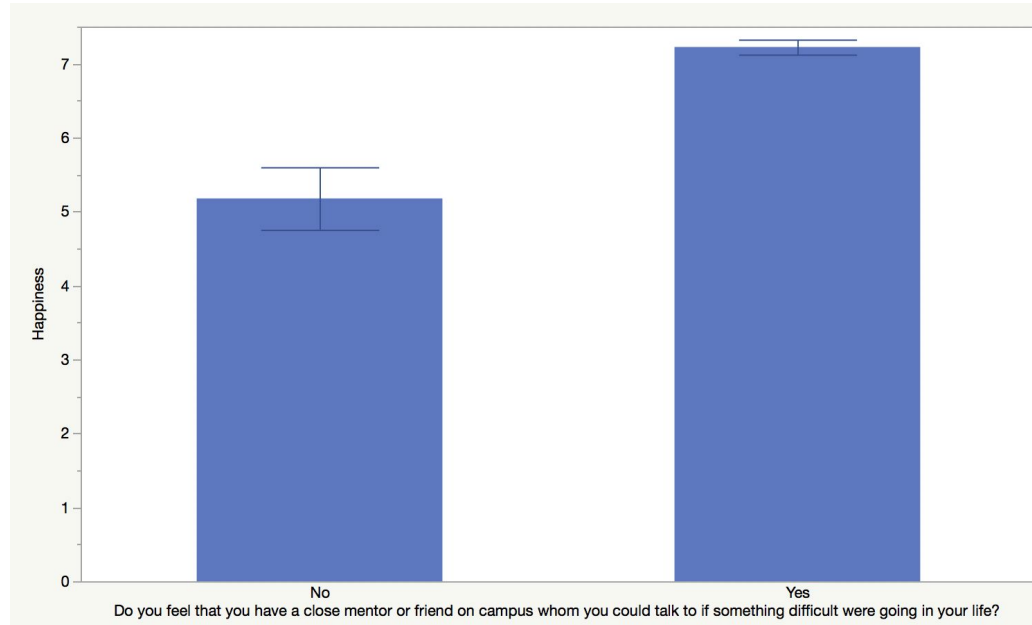
# Greek Life



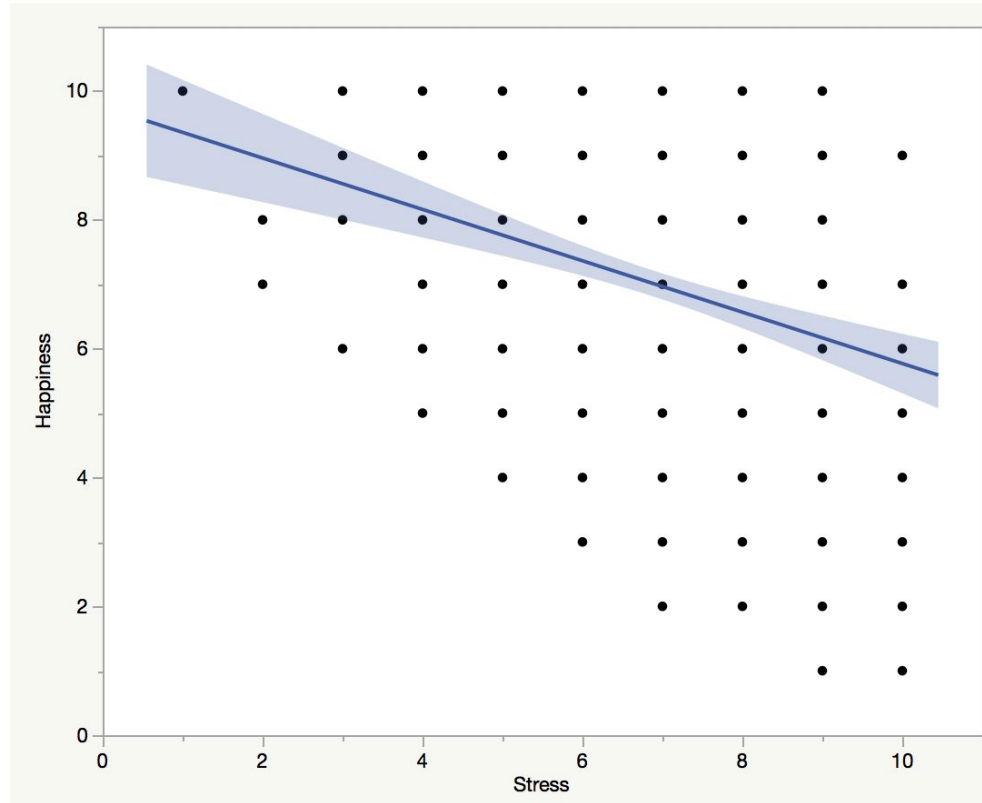
# Sleep



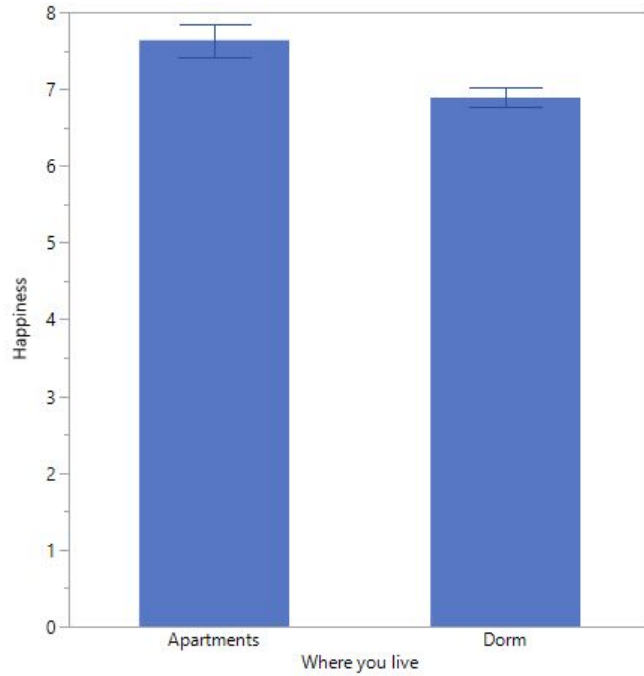
# Mentor



# Stress

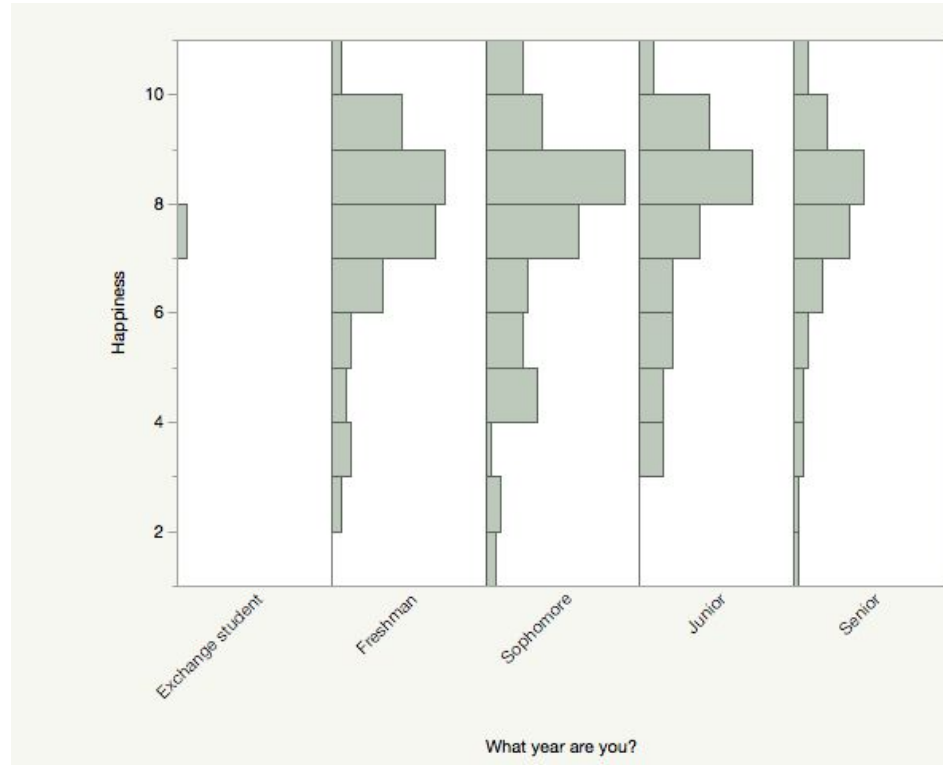


# Where You Live

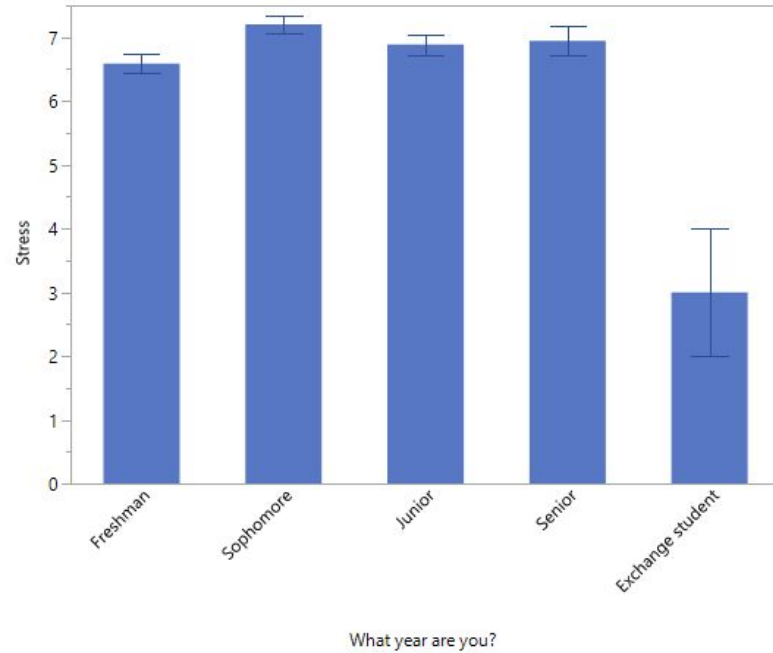




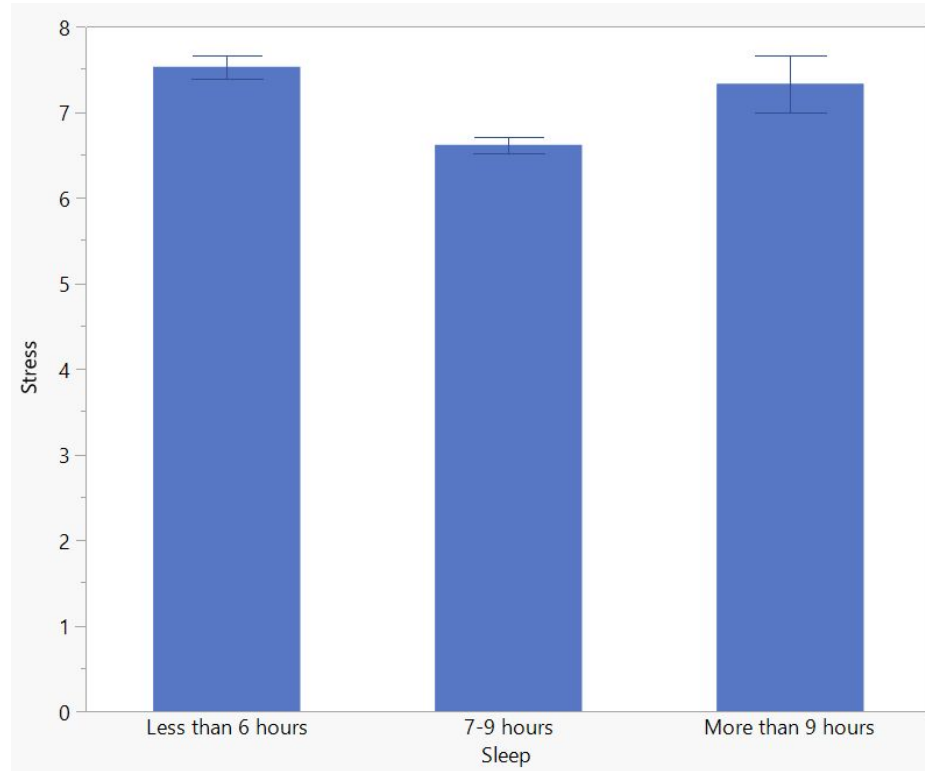
# Year



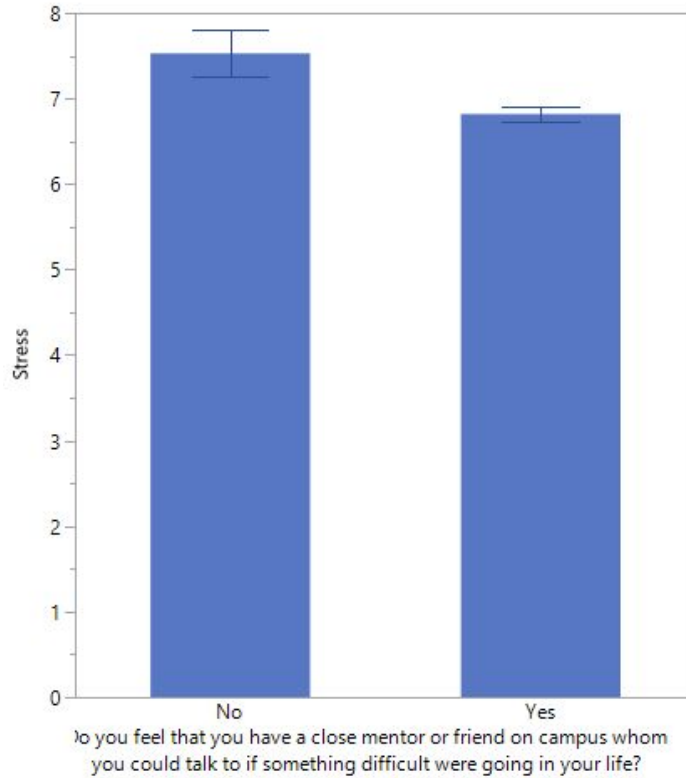
# Year in School



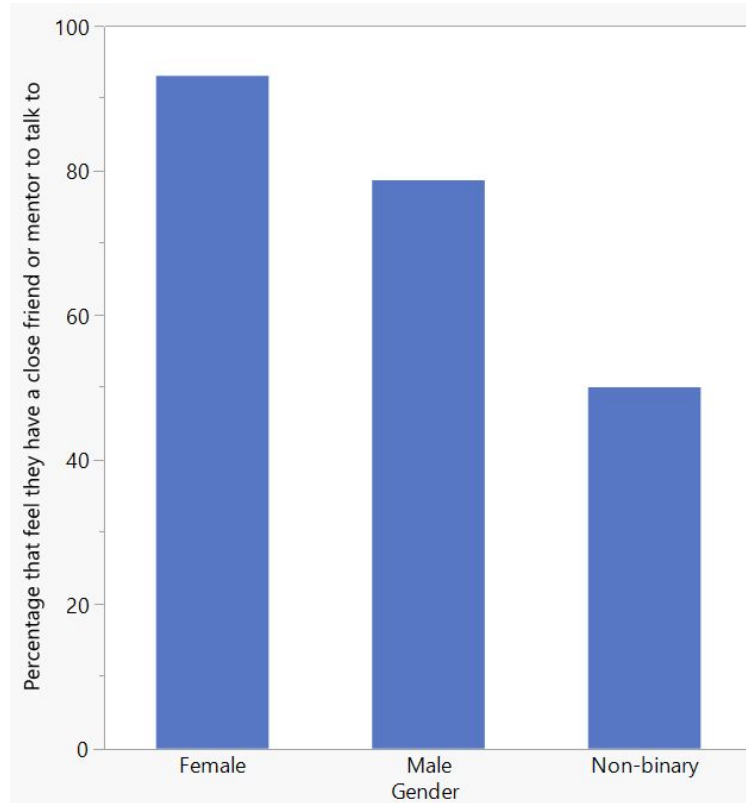
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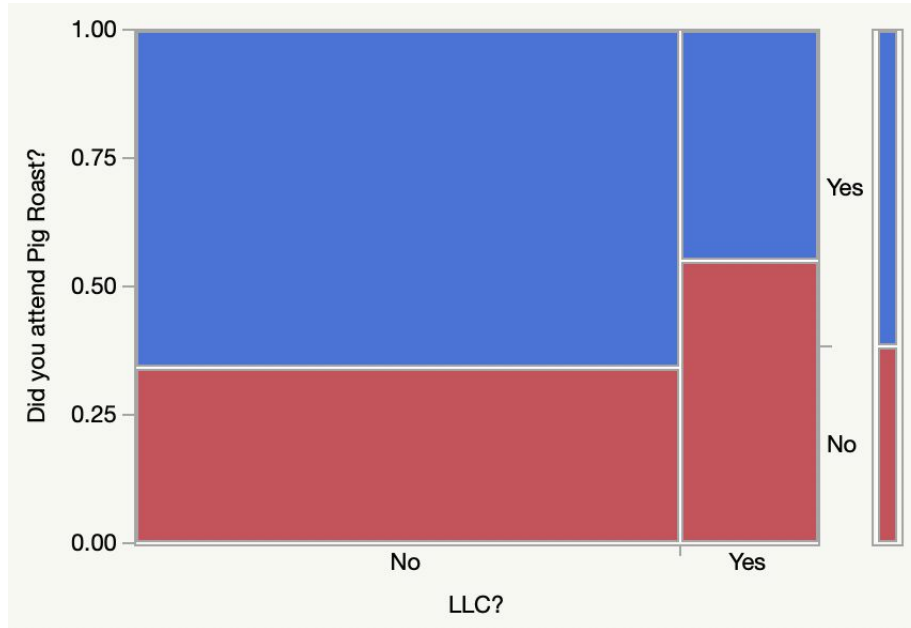
# Mentor



# Gender



# Pig Roast



# Greek Life

