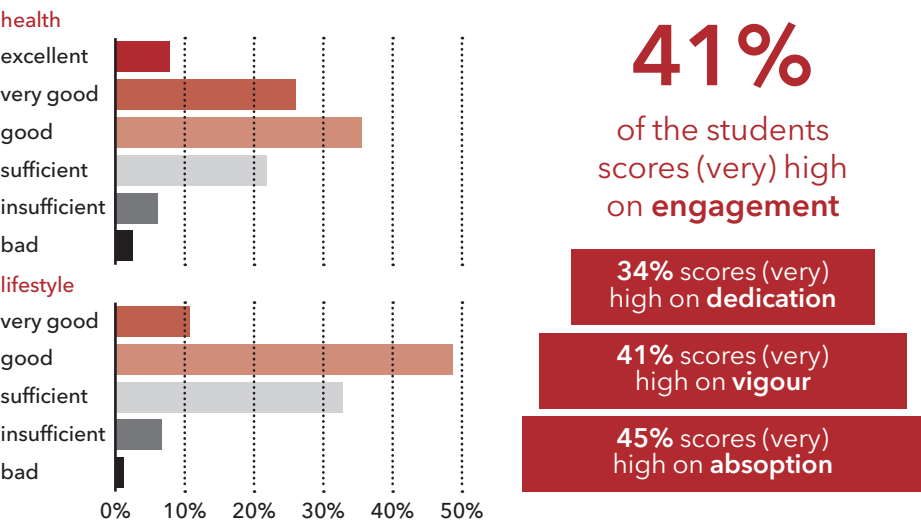


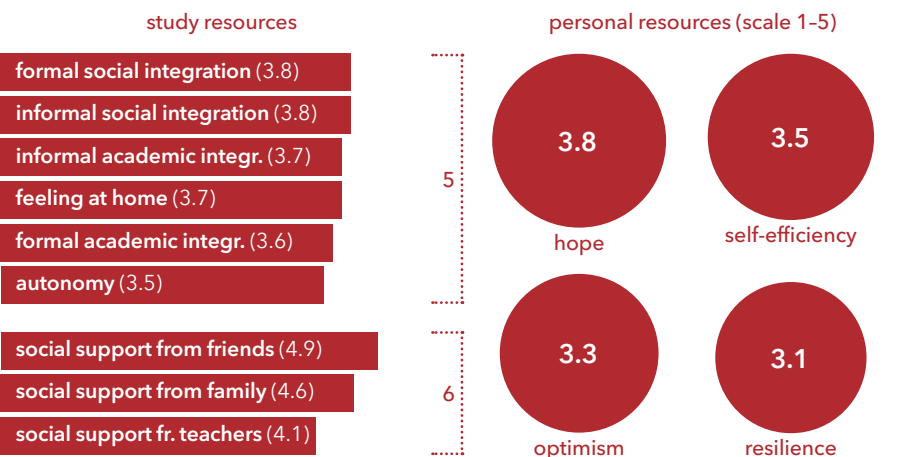
Student Well-Being Fact Sheet

How do students assess their own well-being?



“In the end, it’s up to the student. Good scheduling, a good work attitude and a good approach all play a role in this. But even the best students may still experience stress. It will always be there, and a little stress can also have positive consequences.” – First-year student

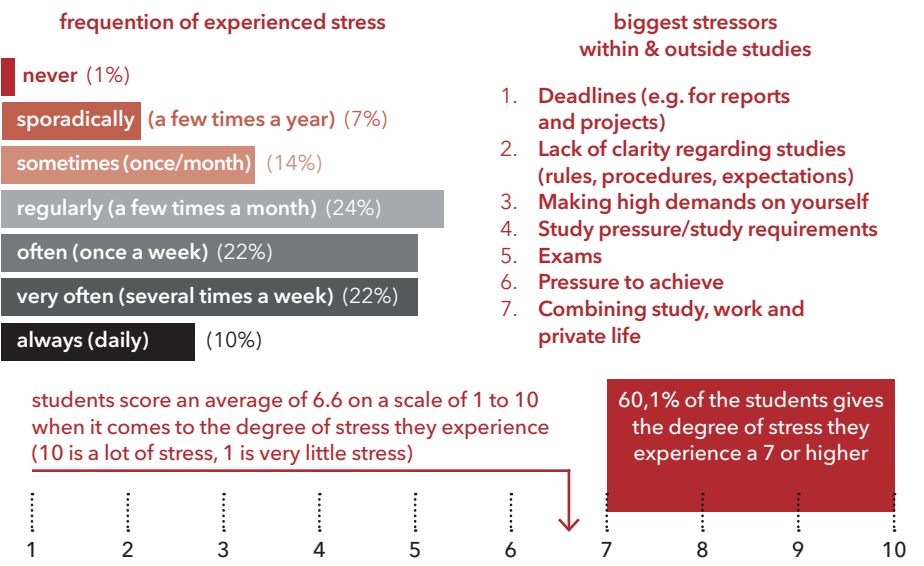
How do students experience their study resources and their personal resources?



“Approach your teacher more often, just to have a chat. In addition, we can also make it easier for each other if we just ask each other how things are really going from time to time.” – Third-year student

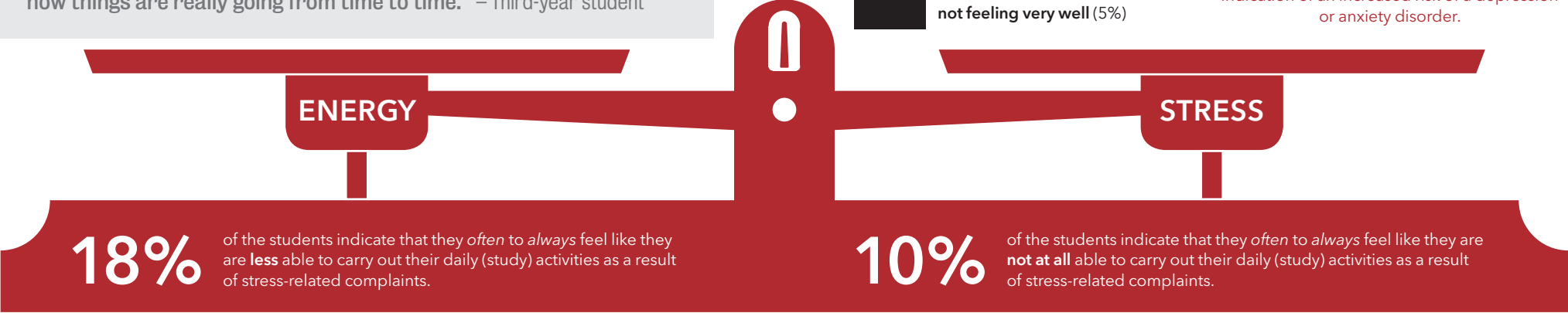
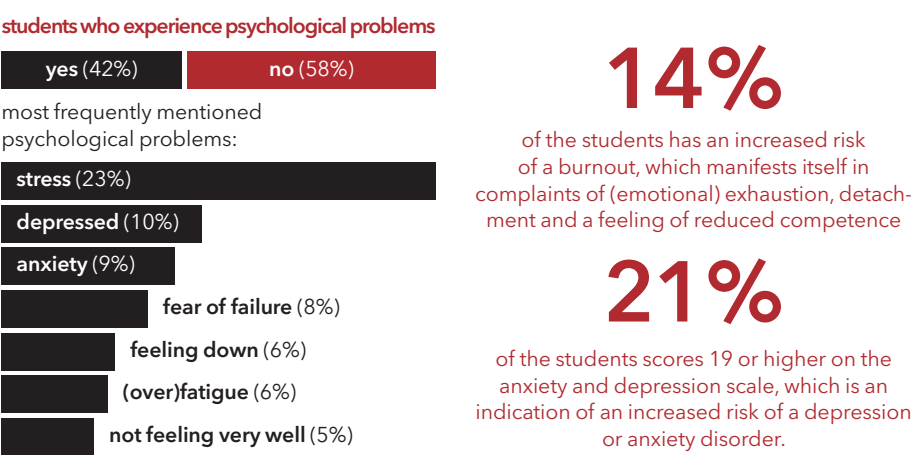
How are the students of Inholland University of Applied Sciences doing? How do students assess their health and how engaged are they? What are the biggest stressors during their time as a student and what stress reactions do they experience? How resilient and optimistic are the students, and from whom do they get the necessary support? Based on the Student Well-Being Model, this fact sheet shows the most important results of the Student Well-Being Study 2017-2018. The questionnaire was completed by students in the classroom (n=407).

To what extent do students experience stress and what are the biggest stressors during their time as a student?



“Students often have so many different things that are part of their lives: work, social life, family, school, sports, healthy living, sleeping. This often causes a disruption of their balance. It’s extremely difficult to spend enough time on all of these factors to make sure it’s all perfect.” – First-year student

What stress reactions do students experience?



Background of students (n=407)

average age: 20,8

72% female

28% male

55% 1st year of study

29% 2nd year of study

8% 3rd year of study

8% 4th year of study

33% living away

67% living at home

41% ONI (Education & Innovation)

37% CB (Creative Business)

16% GSW (Health, Sports and Well-Being)

5% TOI (Eng., Design & Informatics)

STRESS PROCESS

STRESSORS WITHIN STUDY → STRESSORS OUTSIDE STUDY → STRESSORS → STRESS REACTIONS → NEGATIVE OUTCOMES

ENGAGEMENT PROCESS

PERSONAL RESOURCES → STUDY RESOURCES → ENERGY SOURCES → WELL-BEING → POSITIVE OUTCOMES

STUDY SUCCESS

Student Well-Being Model. (2017). Gubbels, N. & Kappe, F. R.

Our definition of student well-being:

‘Student well-being is a lasting positive mental state, characterised by resilience and satisfaction with themselves, their relationships and their experiences during their time as a student, and characterised by the absence of psychological complaints such as stress, anxiety and depression’

Want to know more? This infographic gives a brief overview of the research report: Student Well-Being 2017-2018. Results of quantitative and qualitative research into the well-being of students at Inholland University of Applied Sciences. The full research report with more background information can be found via the following link (in Dutch only): inholland.nl/onderzoek/publicaties/studentenwelzijn-2017-2018

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