

Quality of Life Among University Students Worldwide: COVID-19 Edition



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Background

- COVID-19 has affected many people with a total of 27,669,556 cases reported and 489,067 deaths as of April 2021¹.
- The high number of cases in the ongoing pandemic and the overall mental health of the general public has declined².
- The shifts in quality of life have been major concerns for college students amid the COVID-19 pandemic, and, in some cases, have negatively impacted students' wellbeing and productivity, especially in the academic setting of remote learning³.
- The current pandemic has decreased the number of social interactions and has resulted in college students not being able to physically interact with their peers, friends, and co-workers as they once were able to.
- The pandemic has led to an overall negative impact on college students' mental health and academic performance.

Objective

To examine how the COVID-19 pandemic has impacted the quality of life and the mental, physical, and overall health of the participants in this study.


Methods

In April-May 2021, the *Quality of Life Among University Students Worldwide: COVID-19 Edition* was introduced to students via social media.

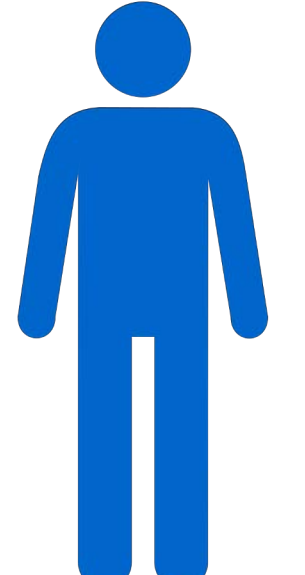
Methods

- A cross-sectional study examining the quality of life of college students globally (n=86) was virtually administered from April-May 2021 through Google Forms. We examined quality of life factors by conducting a bi-variate analysis.
- Students were surveyed on their QoL amid a global pandemic including questions of how the pandemic affected their experience as an undergraduate student


Results




53 women
(61.6%)




39 men
(35%)



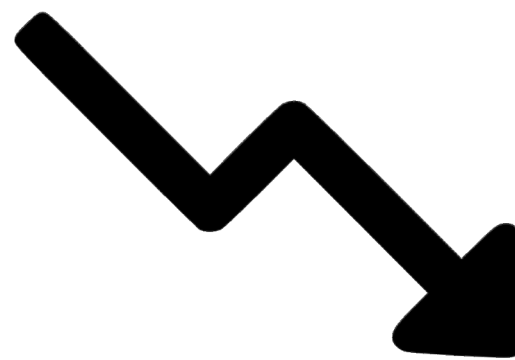
3 prefer
not to say
(3.5%)




53.7% reported a decrease in quality of life after the pandemic



26% reported an increase in mental health issues after the pandemic

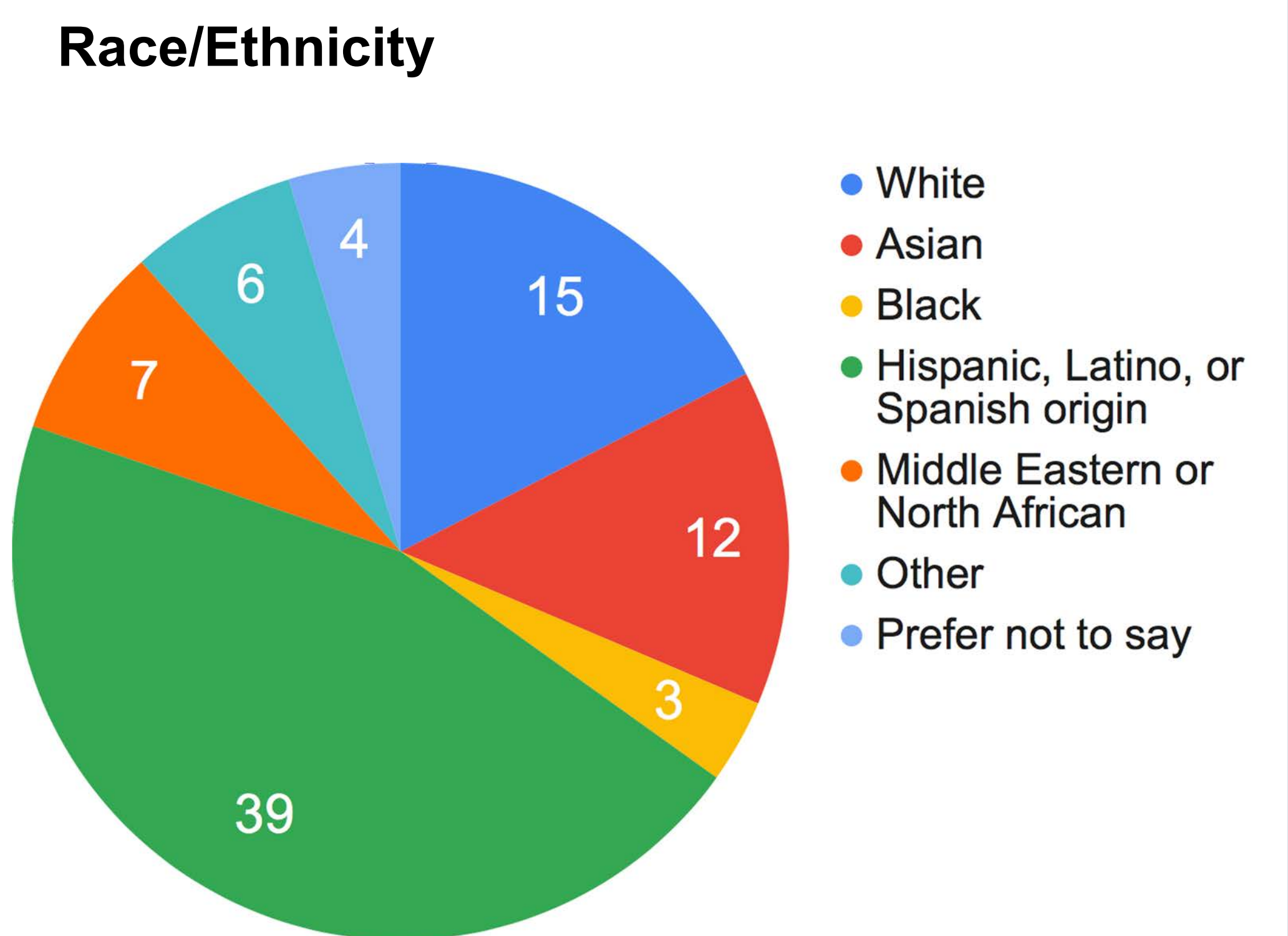
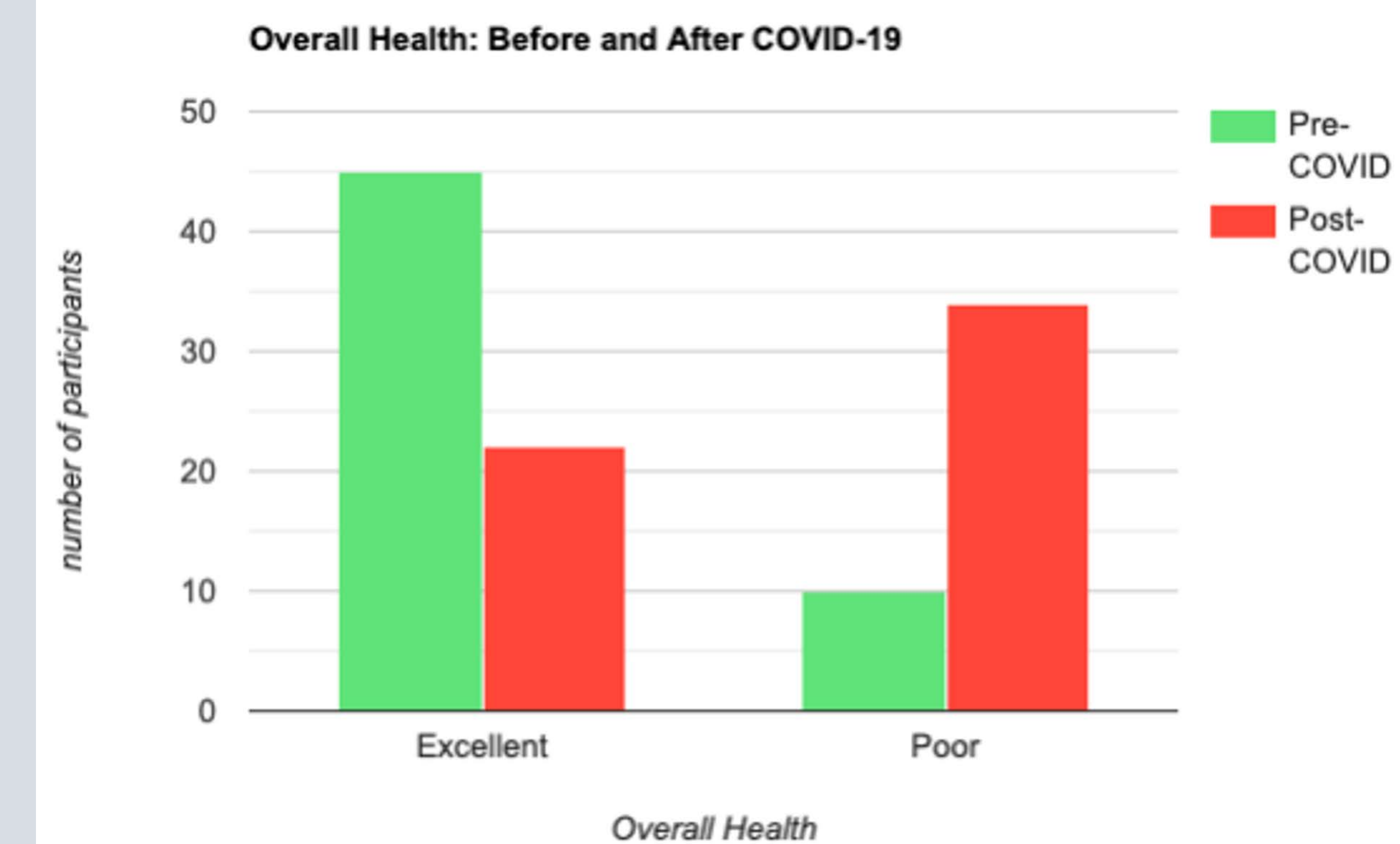
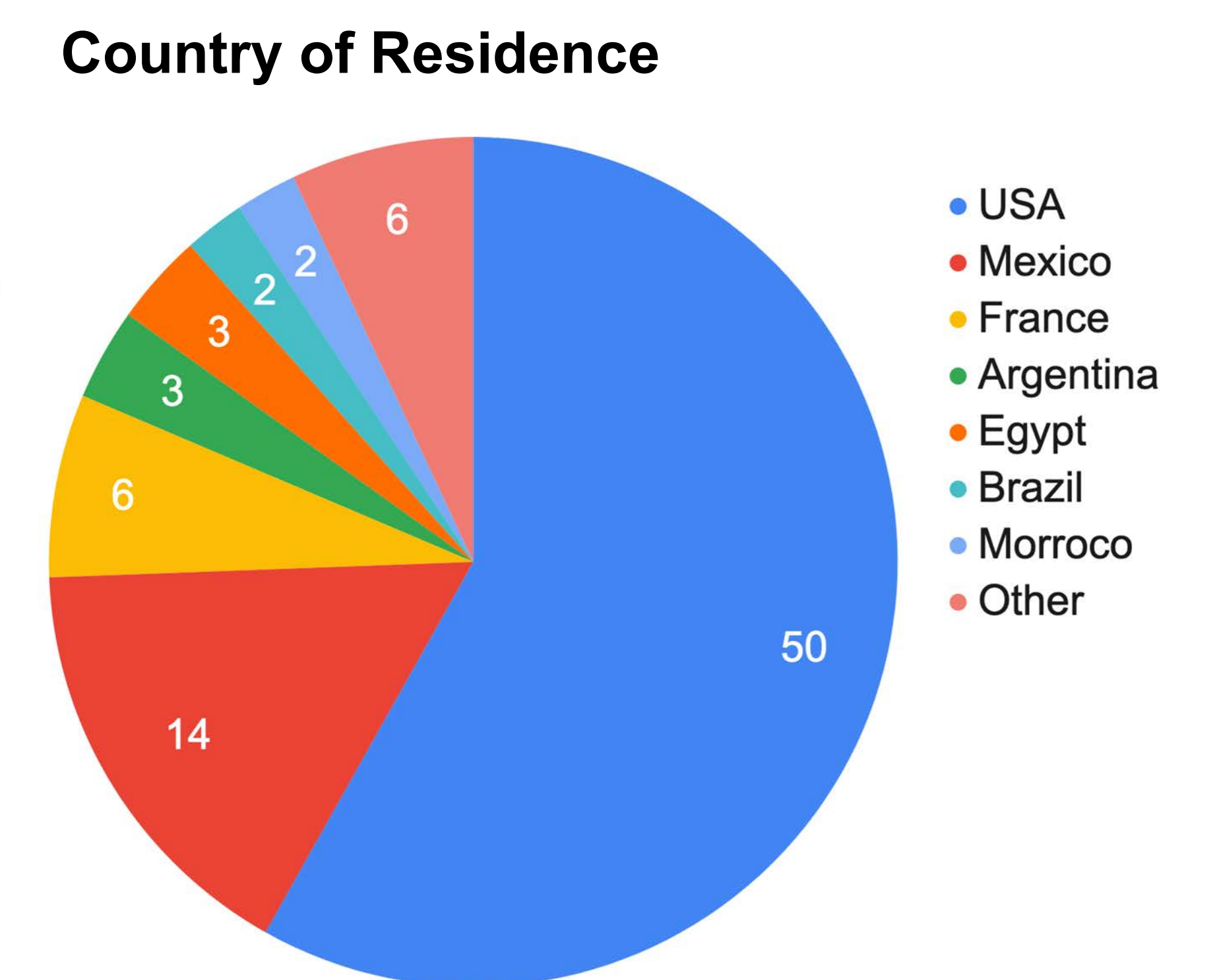
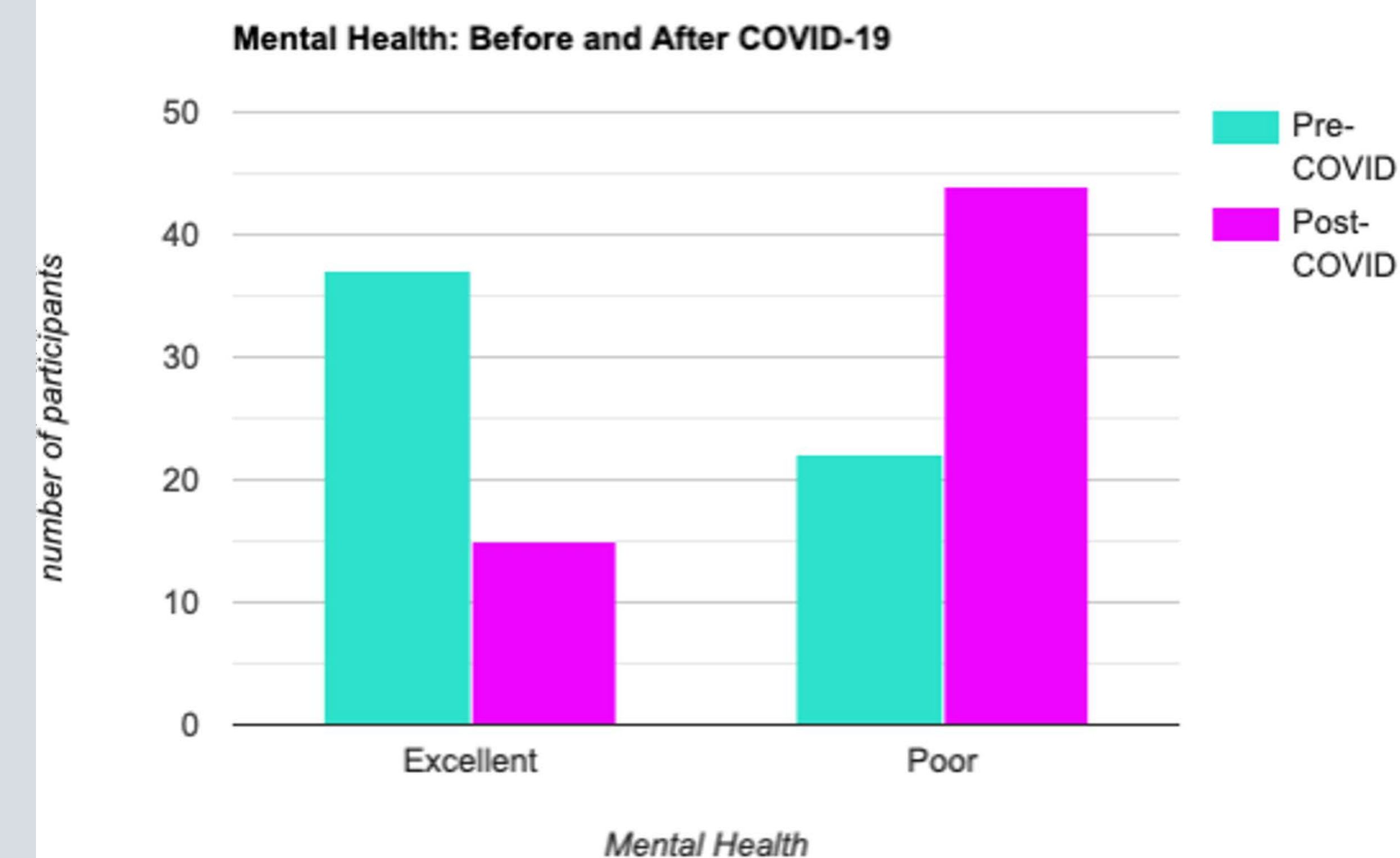


43% reported a decrease in social relationships after the pandemic



68.6% were satisfied with their social relationships before the pandemic compared to 19.8% were satisfied after the pandemic

Results



Conclusion

- COVID-19 was associated with the decline in physical health, mental health, overall health and quality of life.
- The highest impact was on social and quality of life aspects.
- The policy implication includes the improvement in accessibility to emergency resources to university students and beyond centered on their quality of life.
- Future studies should focus on the transition from in-person to online coursework and the impact of transitioning university amid limited social interactions.

References

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3. Son, C., Hegde, S., Smith, A., Wang, X., & Sasangohar, F. (2020). Effects of COVID-19 on College Students' Mental Health in the United States: Interview Survey Study. *Journal of medical Internet research*, 22(9), e21279. <https://doi.org/10.2196/21279>