

# UCSD Undergraduates Caught in the Housing Crisis and Its Impact on Students' Academic Stress

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## Objective

To determine the impact of housing crisis on academic stress among UCSD undergraduates



## Background

- **Housing crisis:** a lack of affordable housing and is described as the inability to pay rent and secure safe housing
- 1 in 10 undergraduate students in the U.S. are homeless and 45% are housing insecure
- The housing crisis among students leads to longer working hours, lower academic performance from an increase in academic stress, and decreased participation in campus activities
- The **median rent** for a 1 bedroom apartment in San Diego is **\$2015**

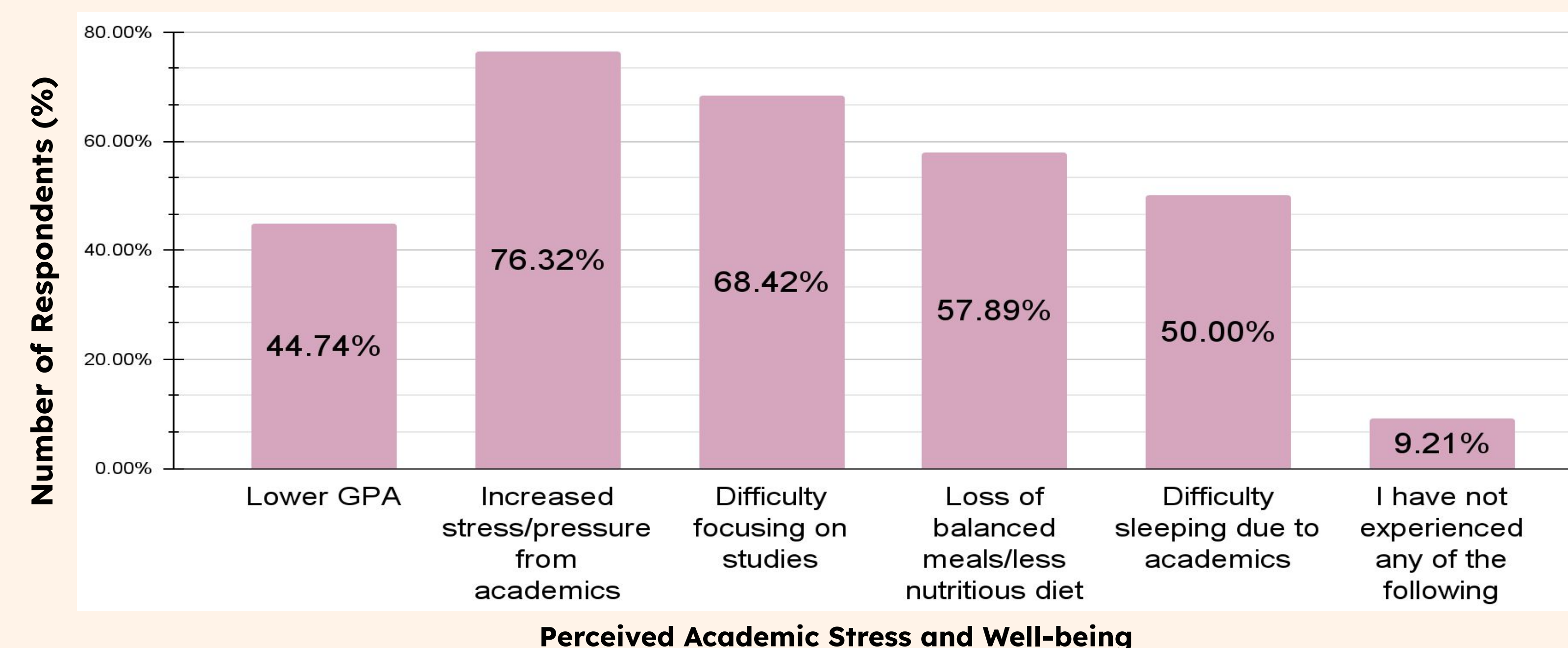
## Methods

- This study was conducted during Winter and Spring quarters of 2023 among **participants (N=76):** aged 18 or older, UCSD undergraduates
- A quantitative anonymous survey, using a convenient sampling design, was created by Google form
- The survey was promoted via social media, emails, on-campus flyers, on-campus clubs and organizations, and word of mouth
- **Housing related exposures:** type of financial sources used to pay for rent, hours of employment, housing status, rent/mortgage increase, willingness to commute from campus, living further for cheaper housing, the number of people students live with, and students' awareness and use of on-campus housing resources
- **Academic stress outcomes:** perceived consequences of how employment impacts academic performance, and perceived academic and health impacts caused by housing unaffordability
- Housing affordability and academic stress are collected under numerical and categorical variables, measured by percentages, and **descriptive statistics analyses by SPSS** (histograms, box plot, and tables)

## Results

- Housing affordability significantly affects academic performance (>50% students) which leads to two most likely consequences (**Fig. 1**):
  1. Increased academic stress (76.32%)
  2. Difficulty focusing on studies (68.42%)
- 62 (81.5%) live off campus and 27 (35.5%) live with 4+ roommates (**Fig.2**)
- Among those who live off campus (N=55), indicated that commuting to campus contributes to academic stress
- Out of 76 (100%), 44 (57.9%) indicated that housing affordability highly impacts academic performance whereas 32 (42.1%) said it is less likely to be impacted
- Housing affordability on academic stress are more likely to happen to:
  - Male, Asian/Asian American, first-generation, and senior students with a part-time job (**Table 1**)
- 38 (50%) have had rent/mortgage increases perceive housing affordability impacts academic performance and their well-being
- Students who have had rent/mortgage increases are more likely to work more hours (**Fig. 3**)
- **Participants' results on UCSD housing resources**
  - 59 (77.7%) have **NEVER** used the resources, especially Non-Hispanic White and Asian/Asian American
  - 63 (83.3%) agreed that they were not provided enough housing assistance

**Figure 1** One or More Perceived Reasons How Housing Affordability Impacts Academic Stress (N=76)



Perceived Academic Stress and Well-being

**Table 1** Students' Demographic Characteristics Based on Housing Affordability Affecting Academic Performance (N=76)

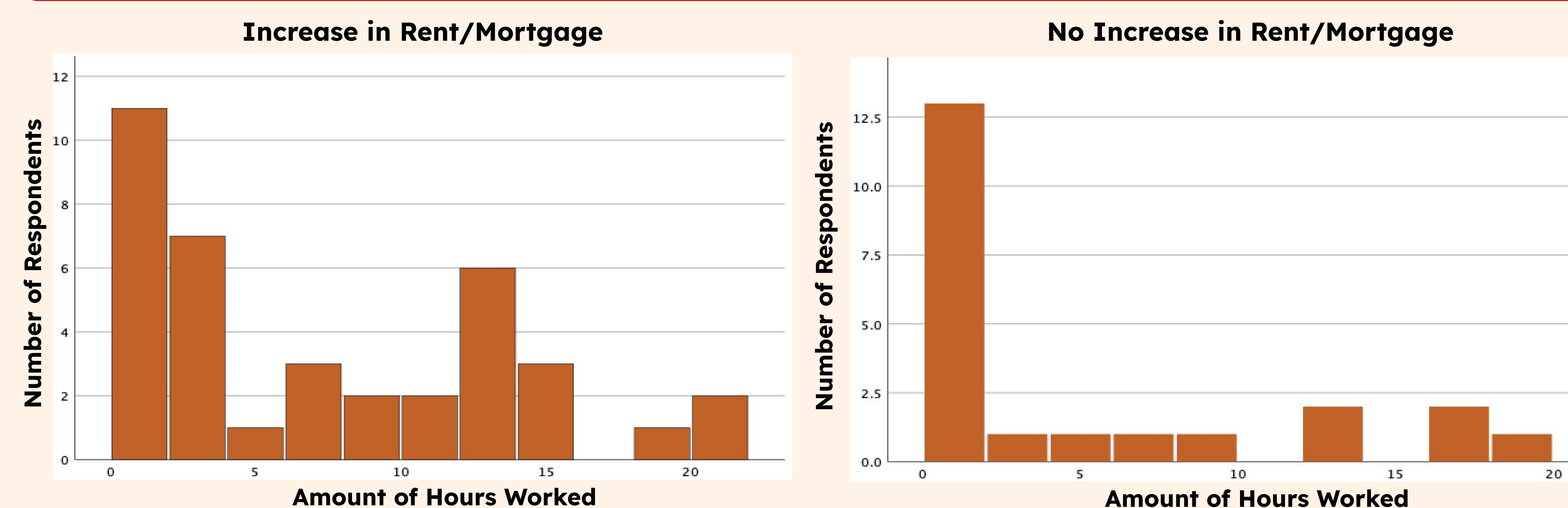
Participant Demographics	Less Likely to be Impacted	Most Likely to be Impacted
<b>Sex</b>		
Female	15 (32%)	32 (68%)
Male	6 (22.2%)	21 (77.8%)
Non-binary	2 (100%)	
<b>Race/Ethnicity</b>		
Non-Hispanic White	8 (36.4%)	15 (65.2%)
Asian/Asian	14 (34.1%)	27 (65.9%)
Latino/Hispanic	7 (43.8%)	9 (56.3%)
Mixed Race		2 (100%)
<b>First-generation</b>	11 (34.4%)	21 (65.7%)
<b>Class year</b>		
Freshmen	4 (80%)	1 (20%)
Sophomore	6 (50%)	6 (50%)
Junior	7 (35%)	13 (65%)
Senior	10 (27%)	27 (73%)
5+ Years		2 (100%)
<b>Employment</b>		
Part-time	16 (36.4%)	28 (63.6%)
Full-time	2 (40%)	3 (60%)
Unemployed	13 (48%)	14 (52%)

**Figure 2** Effect of Increase in Rent/Mortgage On the Number of People Students Live With (n=60)



- SPSS analysis shows that rent increases are associated with higher number of roommates student have to share living space with
- This crowded living situation might negatively impact students' study quality and overall health

**Figure 3** Effect of an Increase in Rent/Mortgage On Hours Worked Among Employed Students (n=49)



## Conclusions

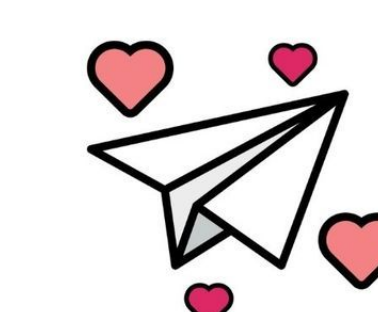


Literature review and our findings indicate that the housing crisis among UCSD undergraduates is a pressing issue that impacts academic performance, exacerbates financial burdens, and hampers overall student well-being

- Rent increases results in students' struggling to pay for living expenses, working longer hours, and living in crowded situations (less privacy), thus spiking their stress levels
- Working long hours due to high average rent prices decreases the time students can spend on studying and preparing for exams, resulting in increased academic stress and difficulty focusing on studies
- The housing resources provided by UCSD lack helpful information revealing the need for improved resources to students struggling with financial burden caused by housing unaffordability

## Focused Areas For Policy Implication

On-and-off campus housing information can be provided during admission phase as well as financial aid or funding



Information and Outreach

Housing Matchings



Matching and pairing individual housing to the appropriate individual based on their needs



Partnerships With Local Housing Organizations and Government



Scan for references, abstract, research background, and further explanations of policy implications

## Acknowledgements

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