

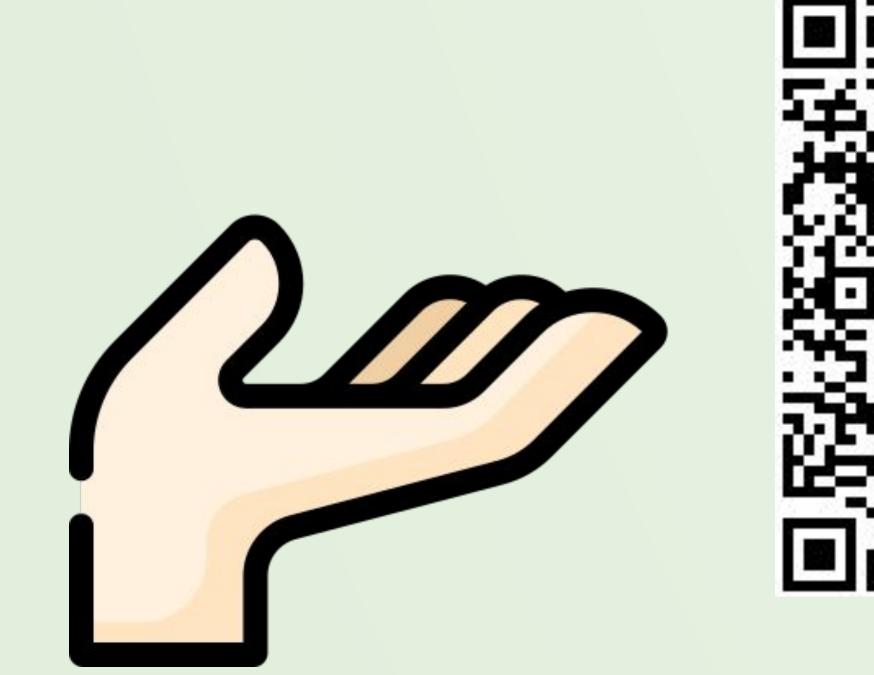
Introduction

- Stress is a state of mental tension that can result in burnout ^{1,3}
- Burnout is a syndrome characterized with negative feelings towards one's job and decreased energy²
- Social justice work can have emotional and physical tolls on individuals³
- Higher rates of burnout can minimize involvement in the field ³

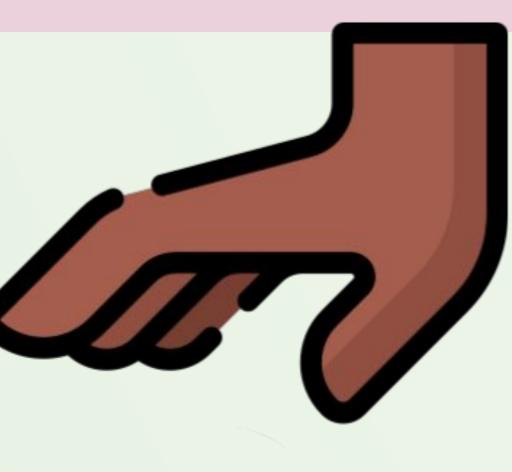
Objective

To determine whether an association between on-campus social justice involvement and increased levels of stress and burnout exist.

References







Acknowledgements

We would like to thank Dr. France Nguyen-Grozavu, Francisca Rivera, Behnan Albahsahli, and Karen

Social Justice Involvement and Levels of Stress and Burnout

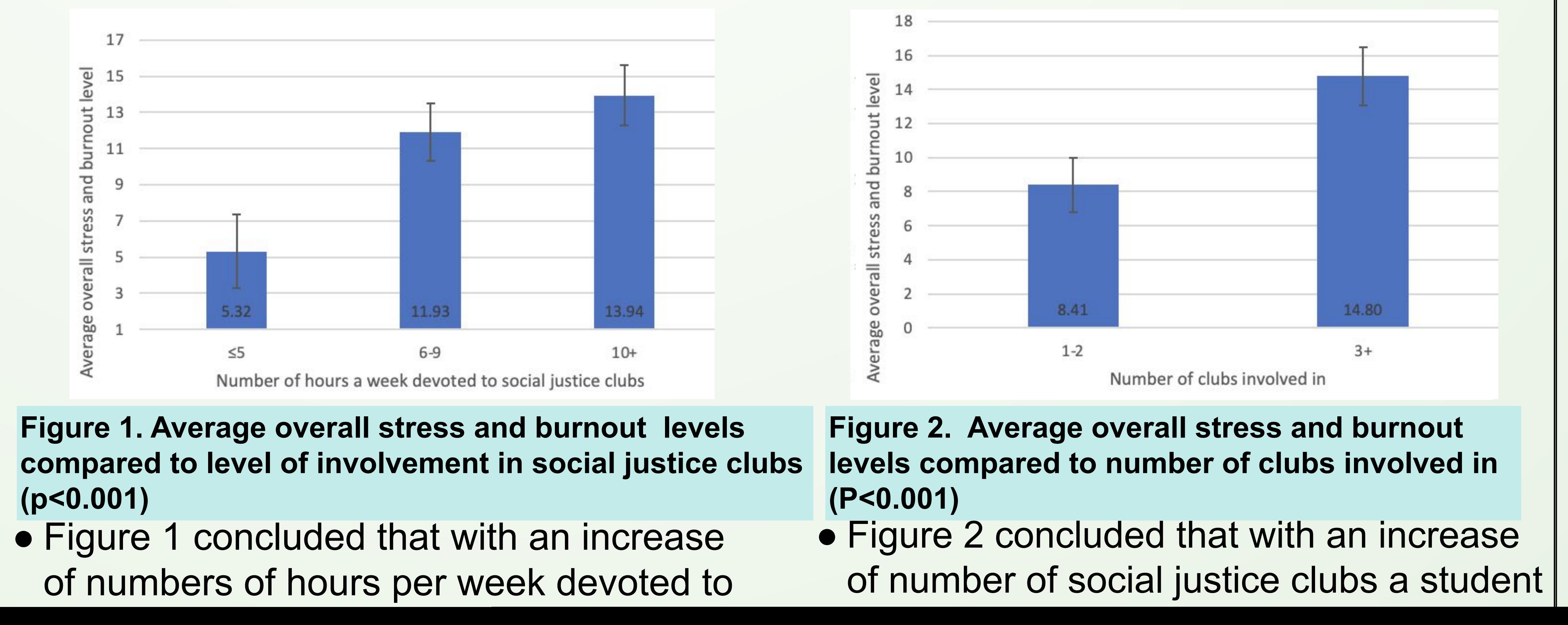
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Methods

- Collected data from undergraduate UCSD students using an online survey
- Primary methods of data collection through Qualtrics Contacted social justice clubs through social media and email
- Turned the responses for stress and burnout related questions into a continuous variable then ran a combination of t-tests and anova analysis to compare those responses to the responses for other questions

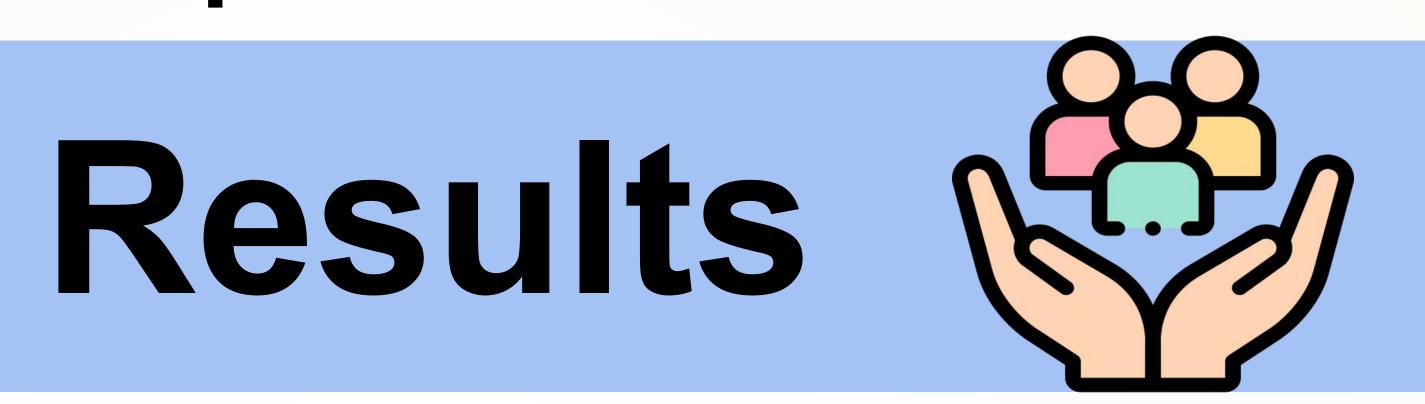
- Total sample size was 83
- A statistically significant (p<0.001) finding that as involvement level increased in social justice clubs, stress levels increased for students
- As time involved increased stress also increased (p<0.001)
- 11% of participants were freshman, 14% were sophomores, 23% were juniors, and 52% were seniors
- 46% of students reported feeling an increased sense of stress related to social iustice involvement
- 58% of students reported an increase in exhaustion related to social justice involvement

Demographic	Count (%)
Sex	
Male	24 (42.9%)
Female	31 (55.4%)
Other/Prefer not to say	1 (1.8%)
Race/Ethnicity	
Caucasian	24 (42.9%)
Black/African American	11 (19.6%)
Latino/Hispanic	22 (39.3%)
Asian	11 (19.6%)
Other	2 (3.6%)
Employment Status	
Employed	16 (28.6%) 40 (71.4%)
Unemployed	40 (71.4%)
Number of clubs involved in	
1-2	46 (82.1%)
3+	10 (12.0%)
Level of involvement	
Member	33 (58.9%)
Board Member	33 (58.9%) 21 (37.5%)



(p<0.001)

Adopted the Perceived Stress Scale and Maslach Burnout Inventory



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Conclusions

- Positive relationship between higher levels of stress and burnout due to greater engagement in social justice activities
- Our data aligned with previous studies stating social justice can have emotional and physical tolls on individuals, (10+ hours per week, 3+ clubs) devoted to social justice had the highest levels of stress and burnout (13.94, 14.80)
- Concerns of longevity and an increased risk of depletion in the field of social justice

Policy Implications

- The findings and recommendations can help UCSD develop support services and strategies to increase the longevity of involvement of social justice ensuring their commitment to social change efforts
- Important for health policies pertaining to the physical, mental, and emotional well-being of social activiete