

Navigating Zoom Burnout Among Undergraduate Students at UC San Diego

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Introduction

- According to the WHO, 20% of college students reported having a mental health disorder which can contribute to substance use, low physical activity, and a poor diet (Jao et al., 2019).
- The transition to online learning has led to higher amounts of stress, which can lead to an unhealthy mental state, from Zoom burnout among undergraduate college students at the University of California, San Diego (UC San Diego).
- This increase in stress is due to the shift towards online learning due to the Covid-19 pandemic. Because of this, students are now struggling with their mental well-being more than ever.
- Wellness activities, specifically physical activity, has been shown to improve moods among people (Peluso, 2005).
- How often students are participating in wellness activities can help provide insight to whether or not it is an effective solution to aiding students in decreasing their stress during these troubling times.
- It can also provide information about barriers students may face when trying to access any wellness events or resources.

Purpose

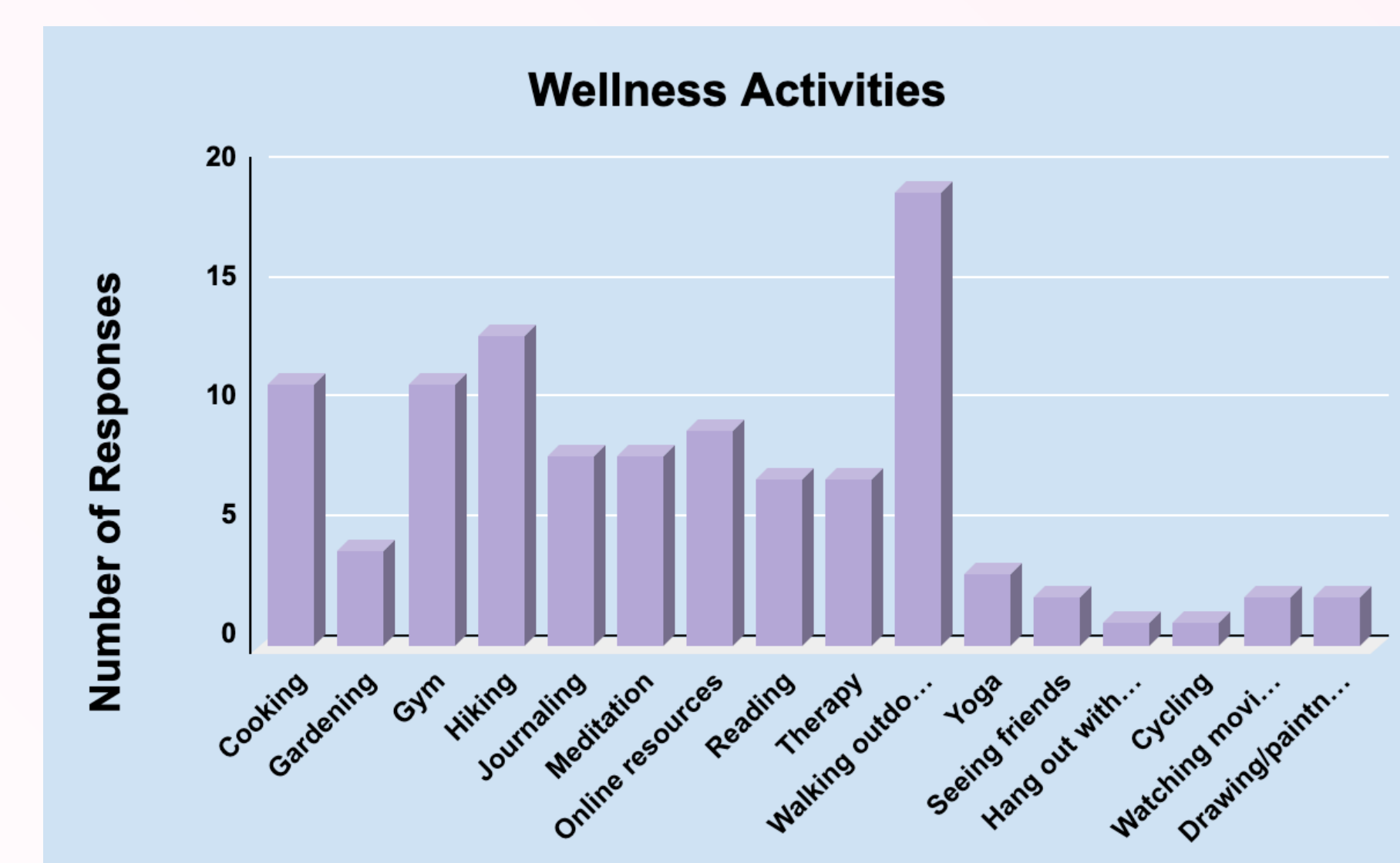
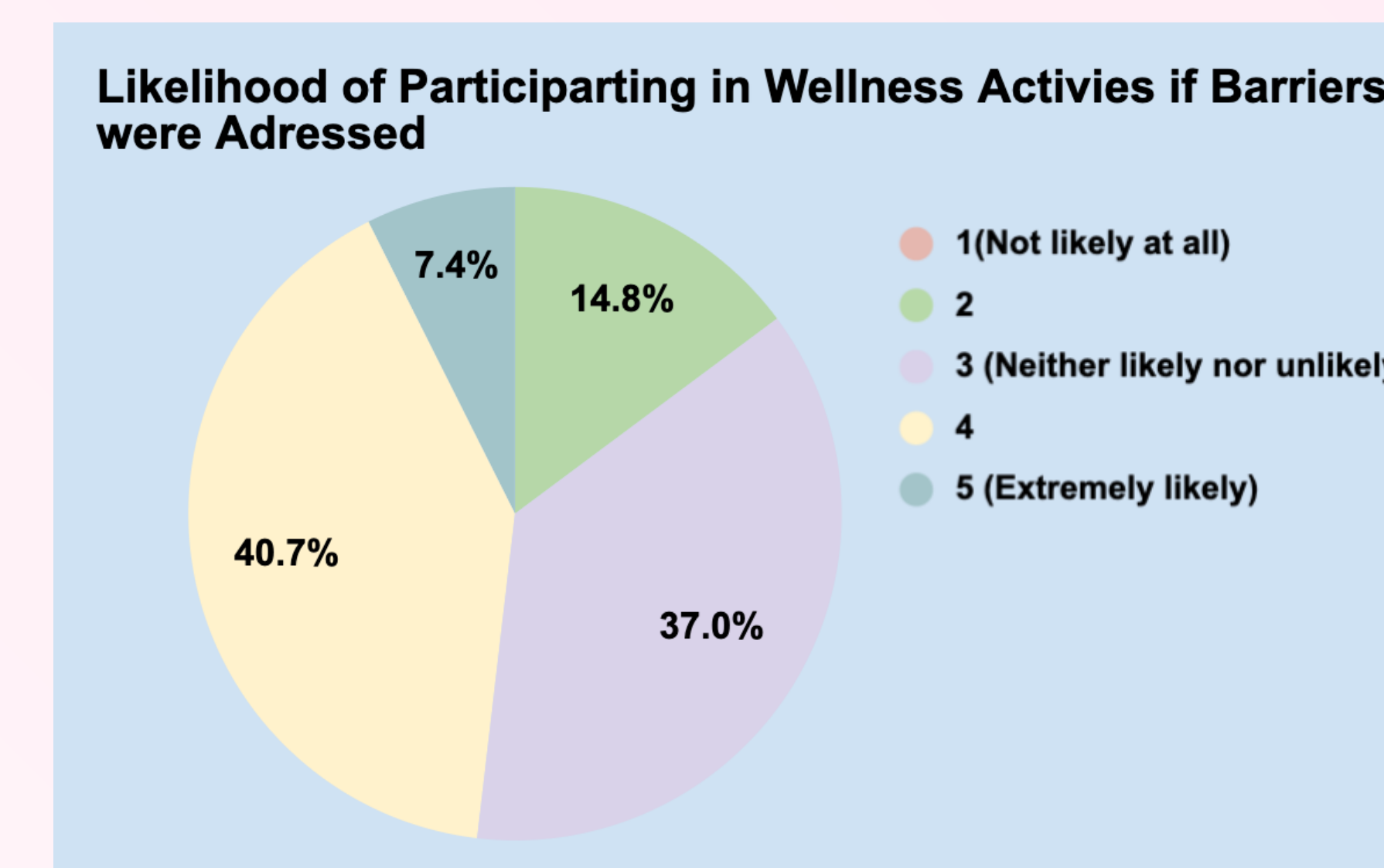
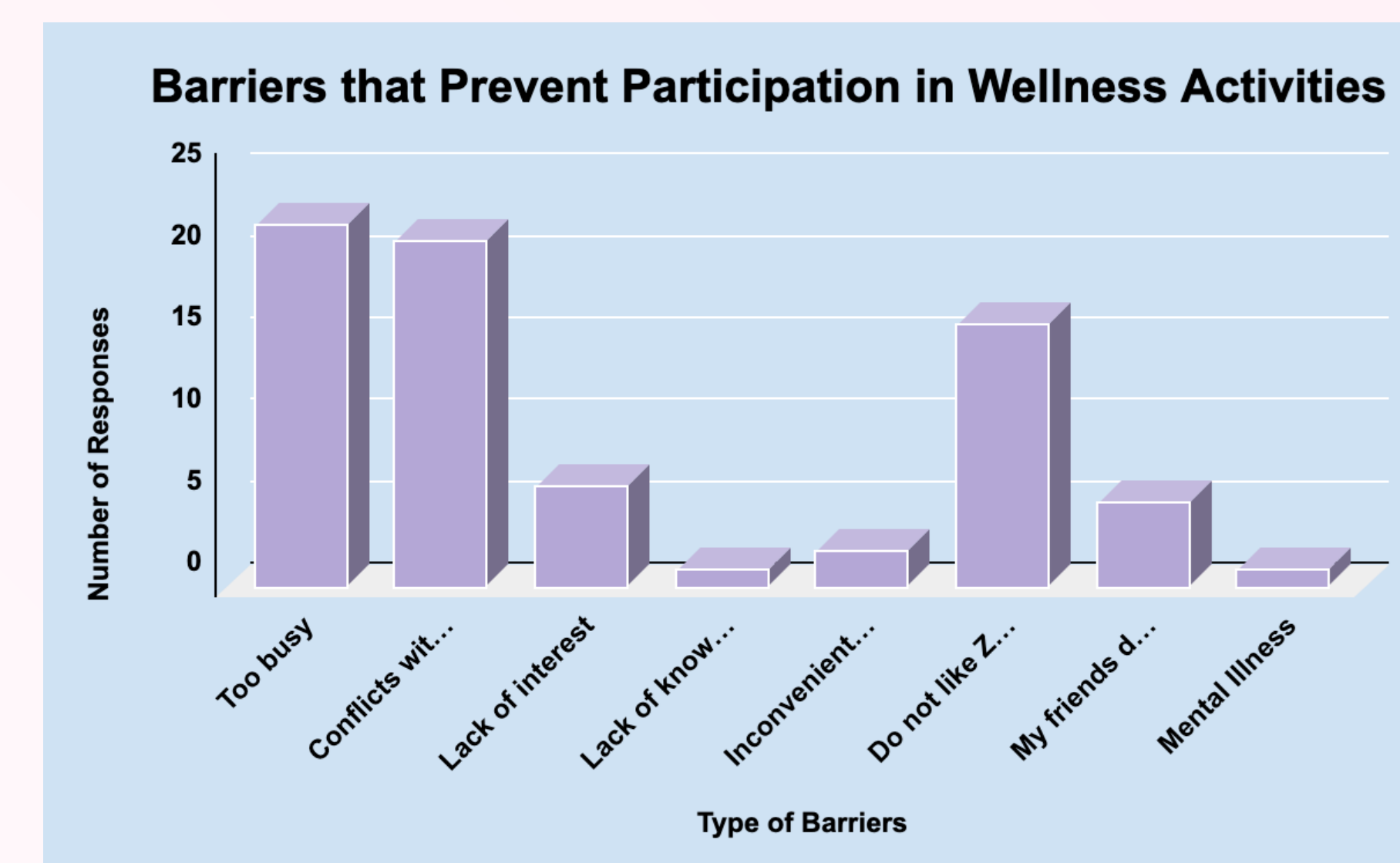
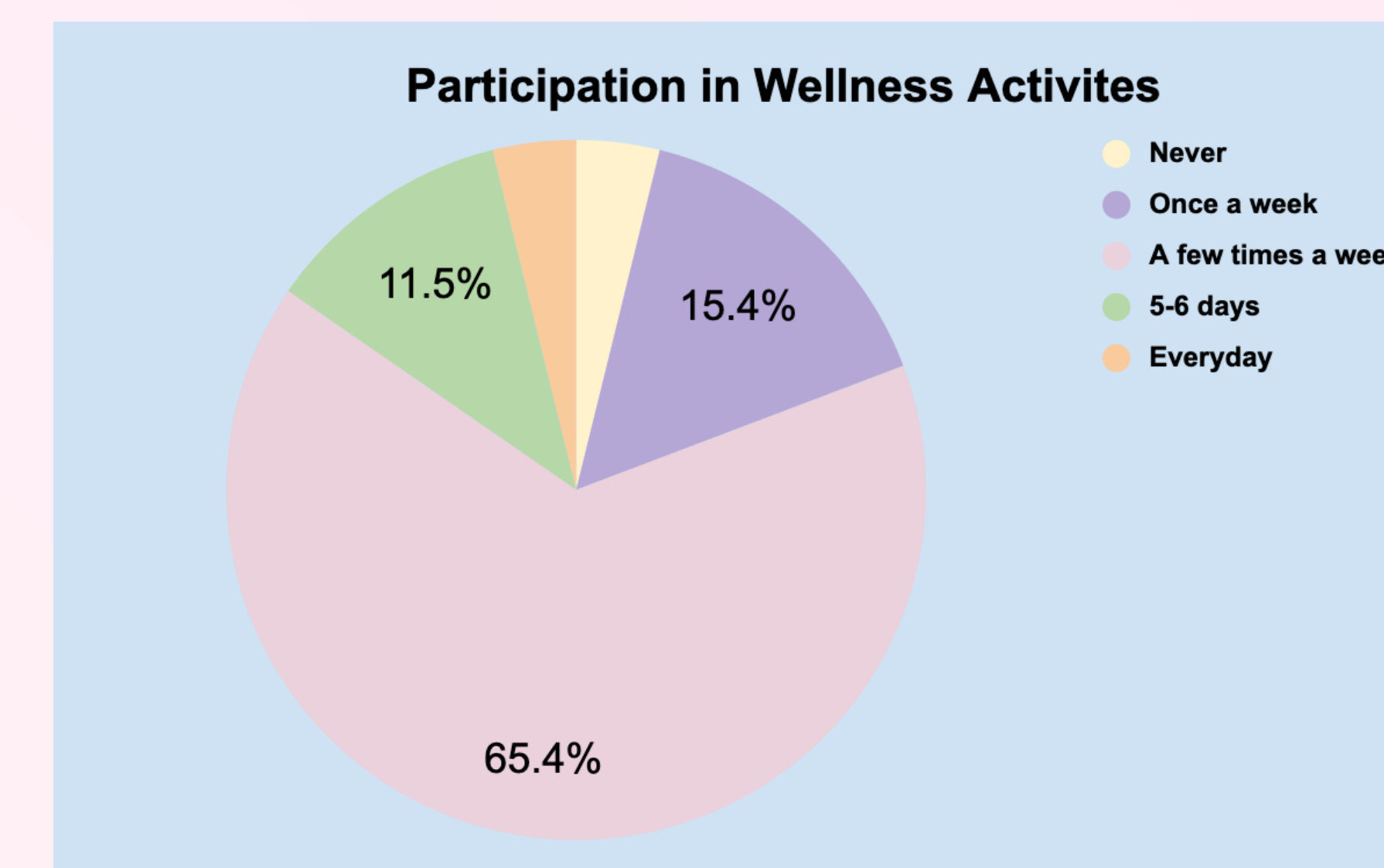
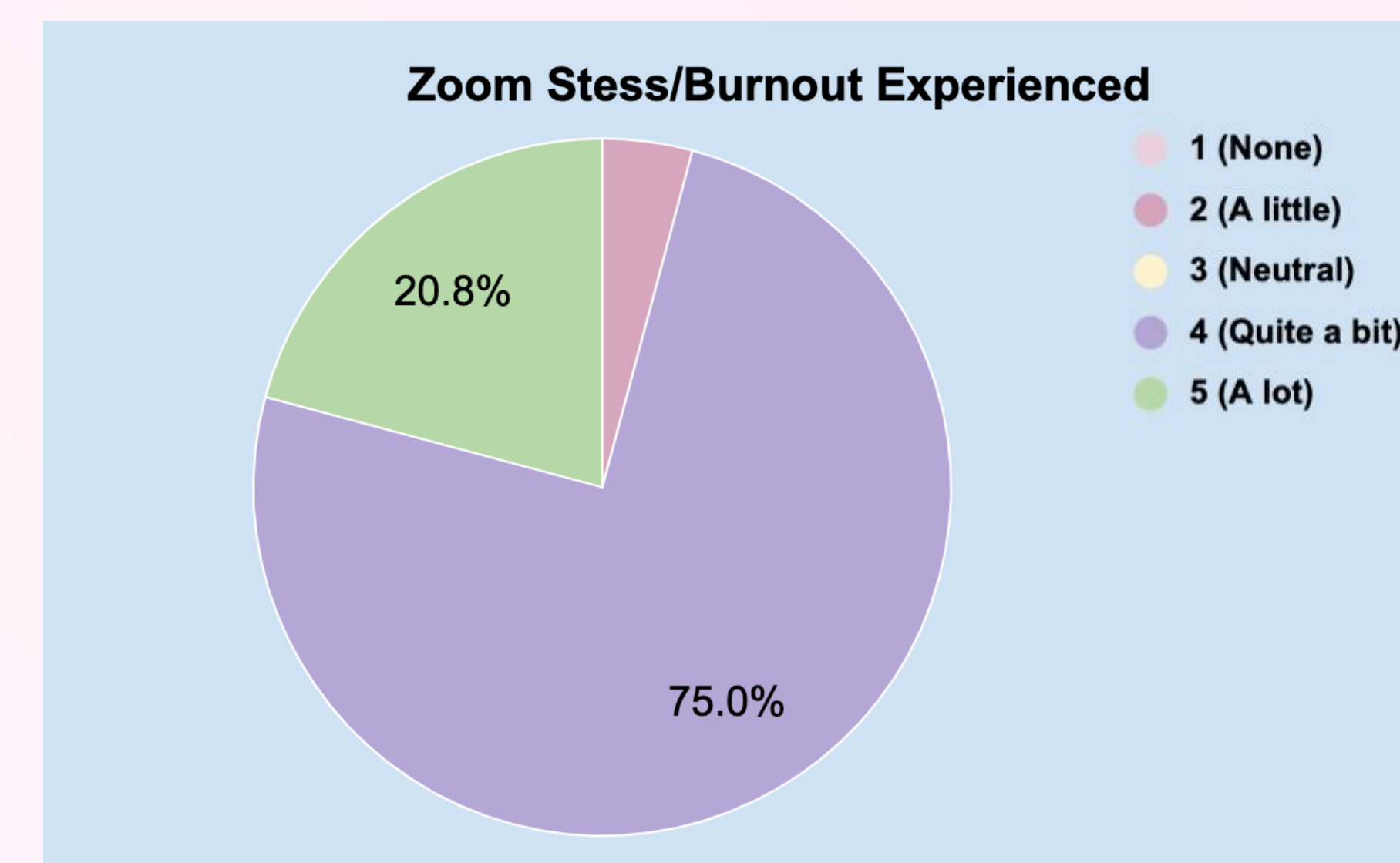
- Research whether or not UC San Diego undergraduates participated in wellness activities to combat Zoom burnout and improve their well-being during COVID.
- Determine and identify barriers to wellness events
- Examine the association between students who participate in wellness activities and Zoom burnout

Methodology

- This study was conducted through a Google Forms survey that was sent out to UC San Diego students
- It asked students about their zoom fatigue, what their wellness routine consisted of, how often they participated in wellness activities, and demographics.
- To maximize responses, we posted our survey across many UC San Diego Facebook groups.
- Data collected was qualitative.
- Responses were analyzed and compiled into graphs using Google Forms.

Results

- Results were gathered from a response of 27 participants.
- Results of the study indicated that 96.3% of students reported experiencing quite a bit (level 4) and a lot (level 5) of stress from Zoom burnout, on a scale of 1 to 5 with 1 being no Zoom burnout or stress and 5 being a lot of Zoom burnout or stress.
- It also showed that 65.4% of students reported participating in wellness activities, such as walking outdoors (70.4%), hiking (48.1%), going to the gym (40.7%), or cooking (40.7%), a few times a week.
- The most common barriers to participating in wellness activities included being too busy or conflicts with work/school.
- Despite potentially addressing barriers, around 50% of students reported not being likely to attend wellness events



Gender	Responses
Male	3
Female	23
Non-Binary	1
Year	
1st year	1
2nd year	2
3rd year	10
4th year	13
1st year transfer	1
Race/Ethnicity	
Hispanic or Latinx	8
Black or African American	1
Asian	10
White	10

Conclusion

- Even though our study suggests that Zoom fatigue is occurring, it is not enough to say that participating in wellness activities can reduce stress caused from Zoom burnout.
- Despite potentially addressing barriers, around 50% of students reported not being likely to attend wellness events; however, the wording in the survey is unclear and could have been misinterpreted.
- Overall, results showed that while students are participating in these wellness activities often, they are still feeling Zoom fatigue, suggesting that engaging in Wellness activities may not be the solution to combating Zoom fatigue or alternatively that they are not engaging in enough wellness activities to have this effect.
- Therefore, more studies need to be conducted in order to further examine the problems, barriers, and potential solutions that will help mitigate the effects of Zoom burnout.

Limitations

- Due to unforeseen circumstances, data collection time was cut in half.
- The results of our study relied on the small sample size of 27 students who filled out the survey.
- It could be possible that questions may not have been worded clearly enough for responses to be valid.
- As students participated in the study voluntarily, there may be a bias in that those who are already interested in wellness chose to complete the survey, making the results less representative of the general population
- Mental wellness has many confounding factors. Extenuating circumstances of the pandemic could be contributing to added stress felt by Zoom and online learning.

Public Health Relevance

- Wellness activities may not be enough to mitigate the effects of Zoom burnout and overall stress on college students at UCSD therefore, more needs to be done to address their mental health needs.
- Students may need a combination of wellness activities as well as another solution in order to truly combat the effects of Zoom burnout.
- It is imperative that we try to combat Zoom burnout in order to be prepared if another situation, like the COVID-19 pandemic, were to occur.
- Zoom burnout could not only affect students' mental wellbeing, but it could also affect their performance in school as well.

References

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- Peluso, M. A., & Guerra de Andrade, L. H. (2005). Physical activity and mental health: the association between exercise and mood. *Clinics (Sao Paulo, Brazil)*, 60(1), 61-70. <https://doi.org/10.1590/s1807-59322005000100012>