

# Self-care Among UCSD Marginalized Groups of Students Associated with SPACES

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## Background

- The World Health Organization (WHO) defines self care as the ability of individuals or groups to cope, maintain, and manage their health and illnesses without the need of healthcare professionals.
- Self-care involves taking action in preserving or improving one's well-being and is a broad concept that includes hygiene, nutrition, lifestyle, environmental factors, socioeconomic factors, and self-medication.
- Principles that coincide with self-care include both personal and community levels such as individual reliance, empowerment, autonomy, self-efficacy and community participation, involvement, and empowerment.

## Purpose

- Used survey to gather under-represented or marginalized groups of students' self care knowledge and practices.
- Evaluated potential gaps in services currently available.
- Suggested possible self care method/technique that can be made available to college students in the groups associated with SPACES and from there they will decide whether to implement specific programming designed to meet their students' needs

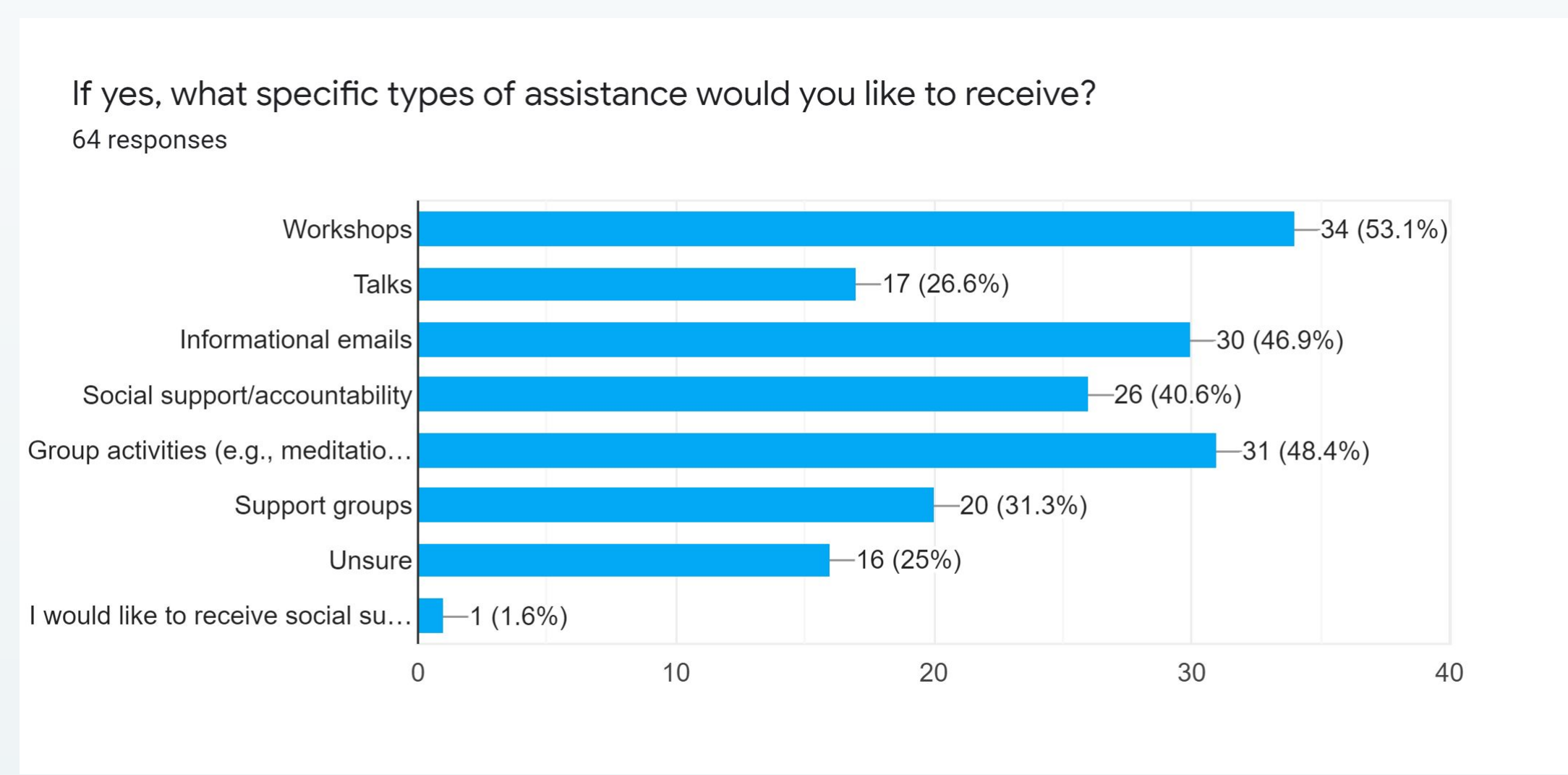
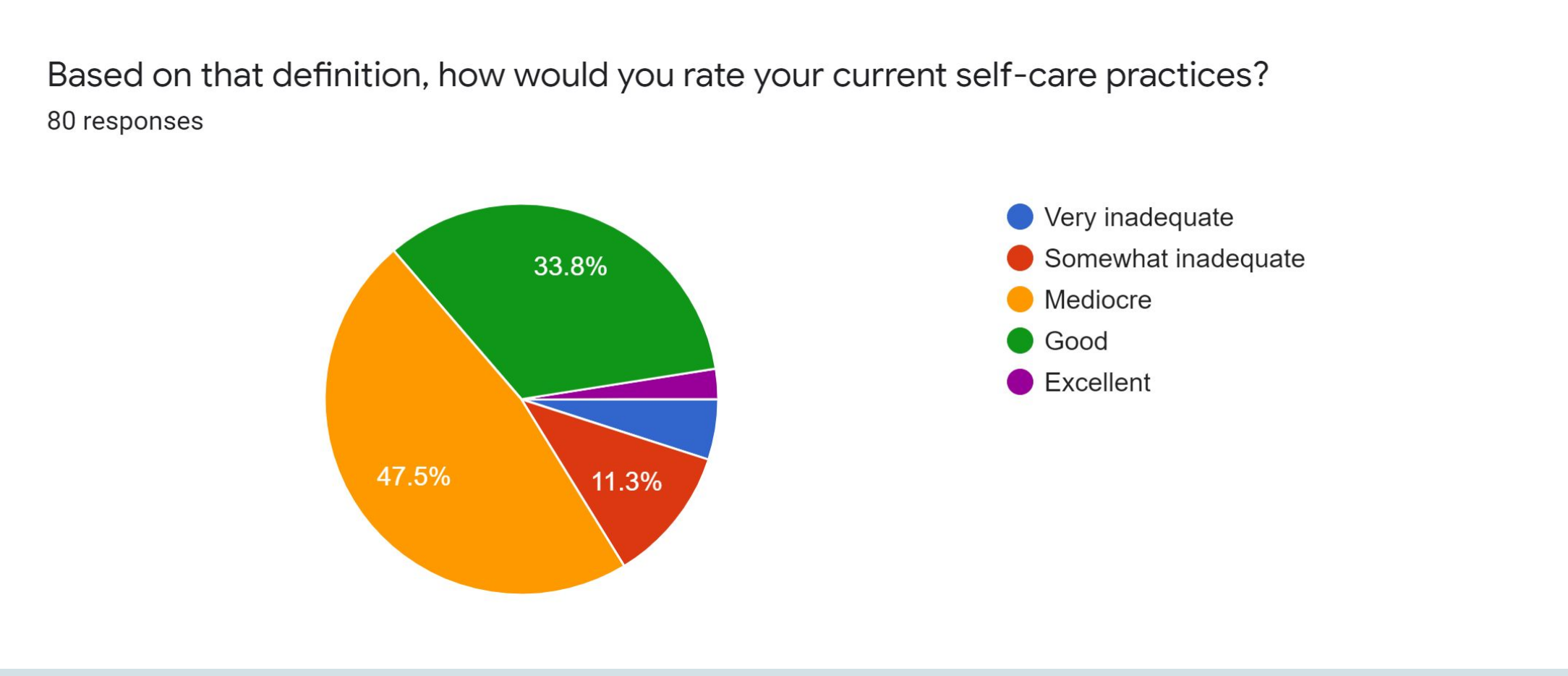
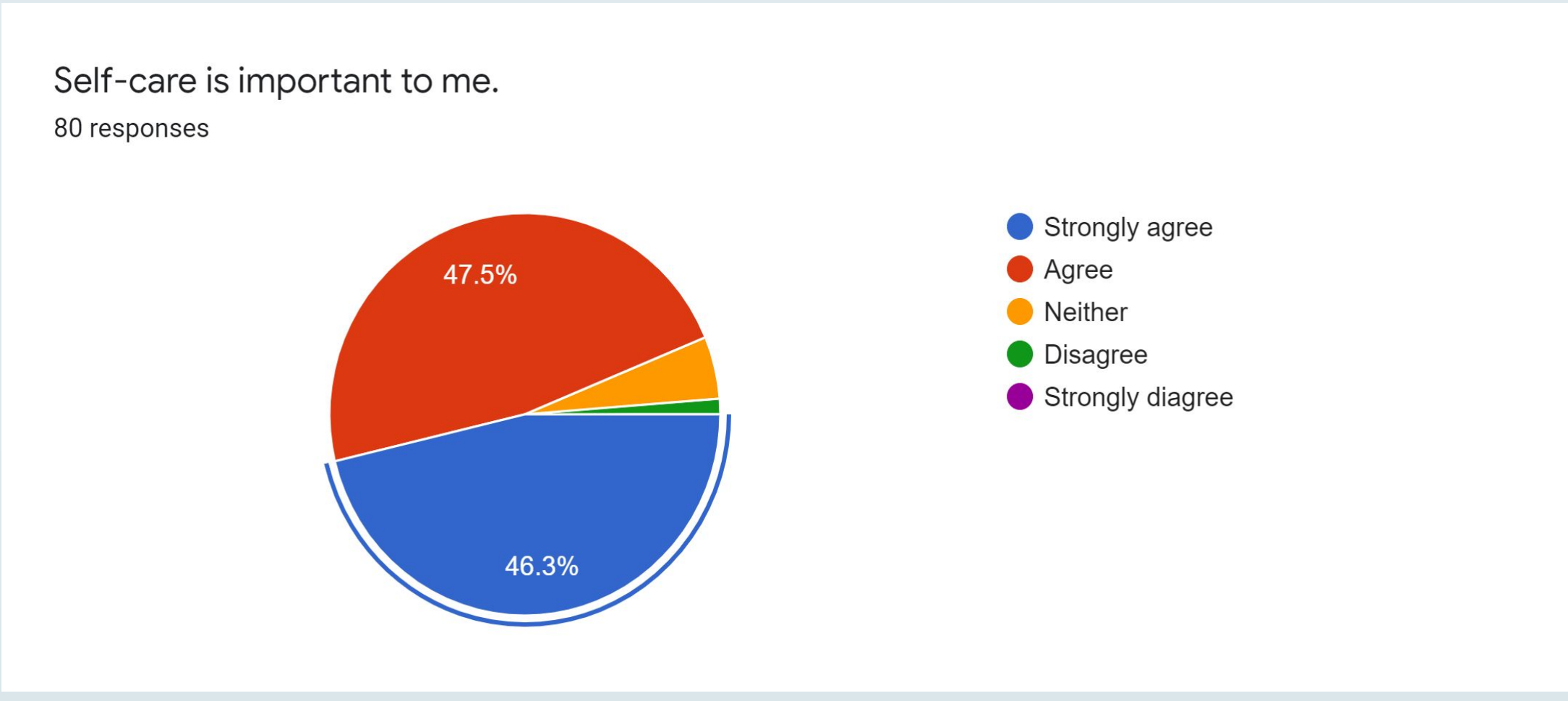
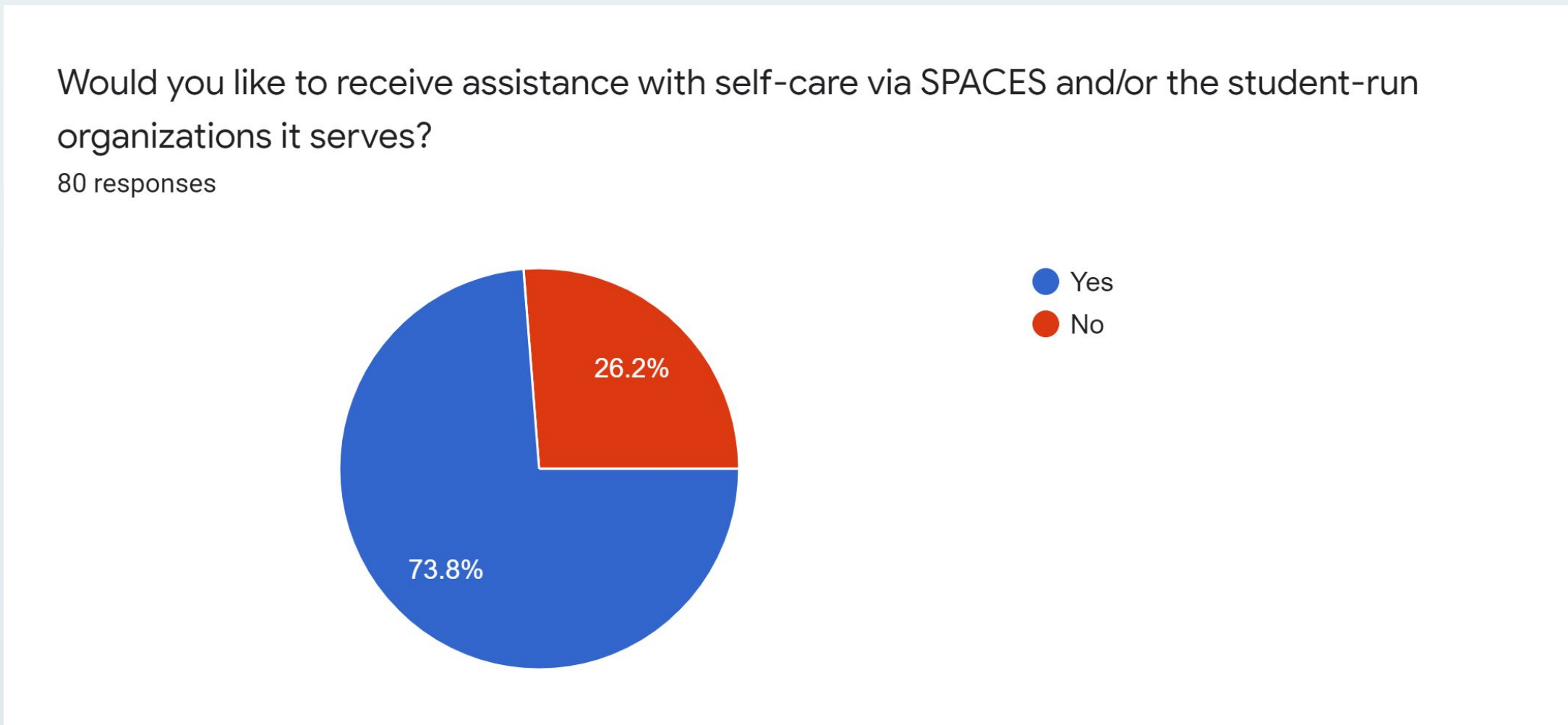
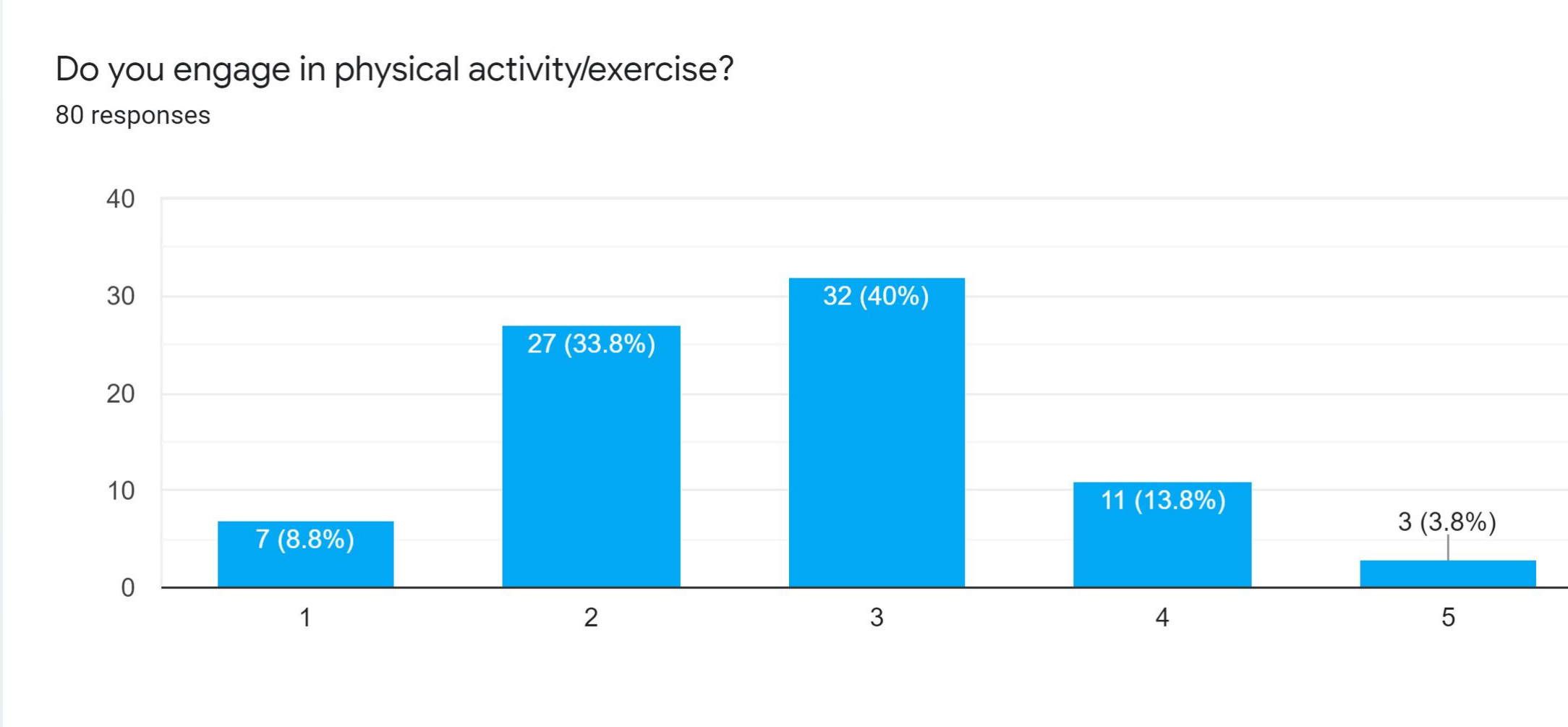
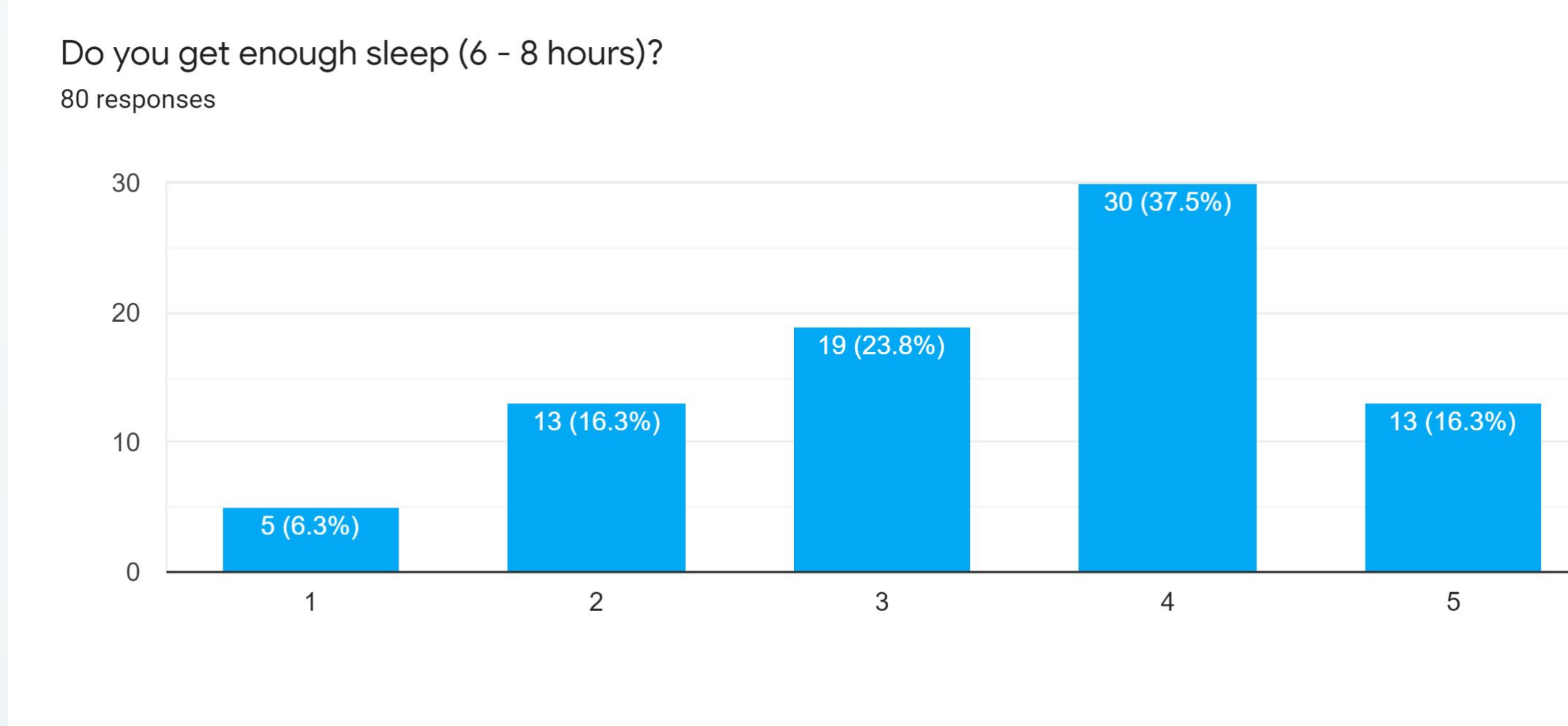
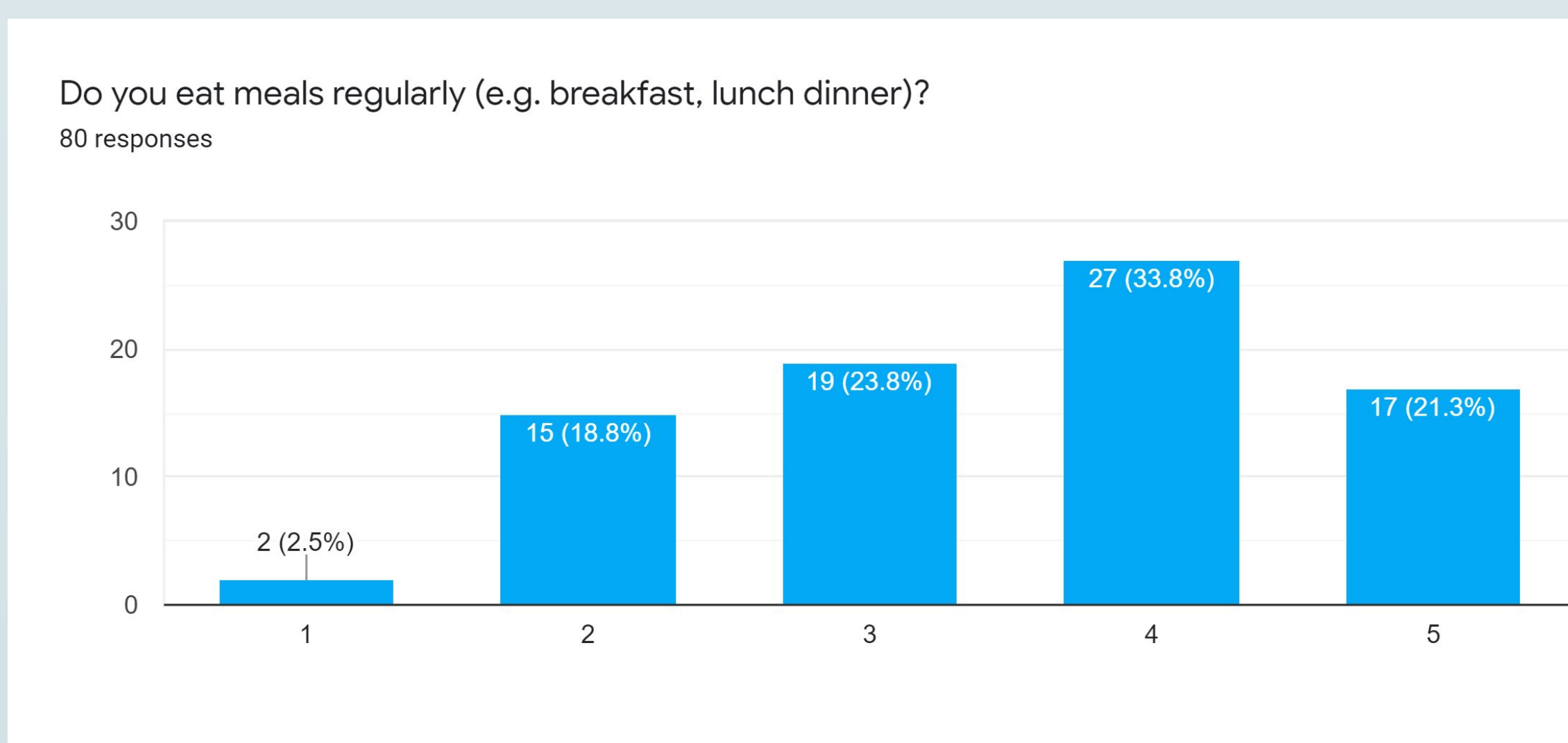
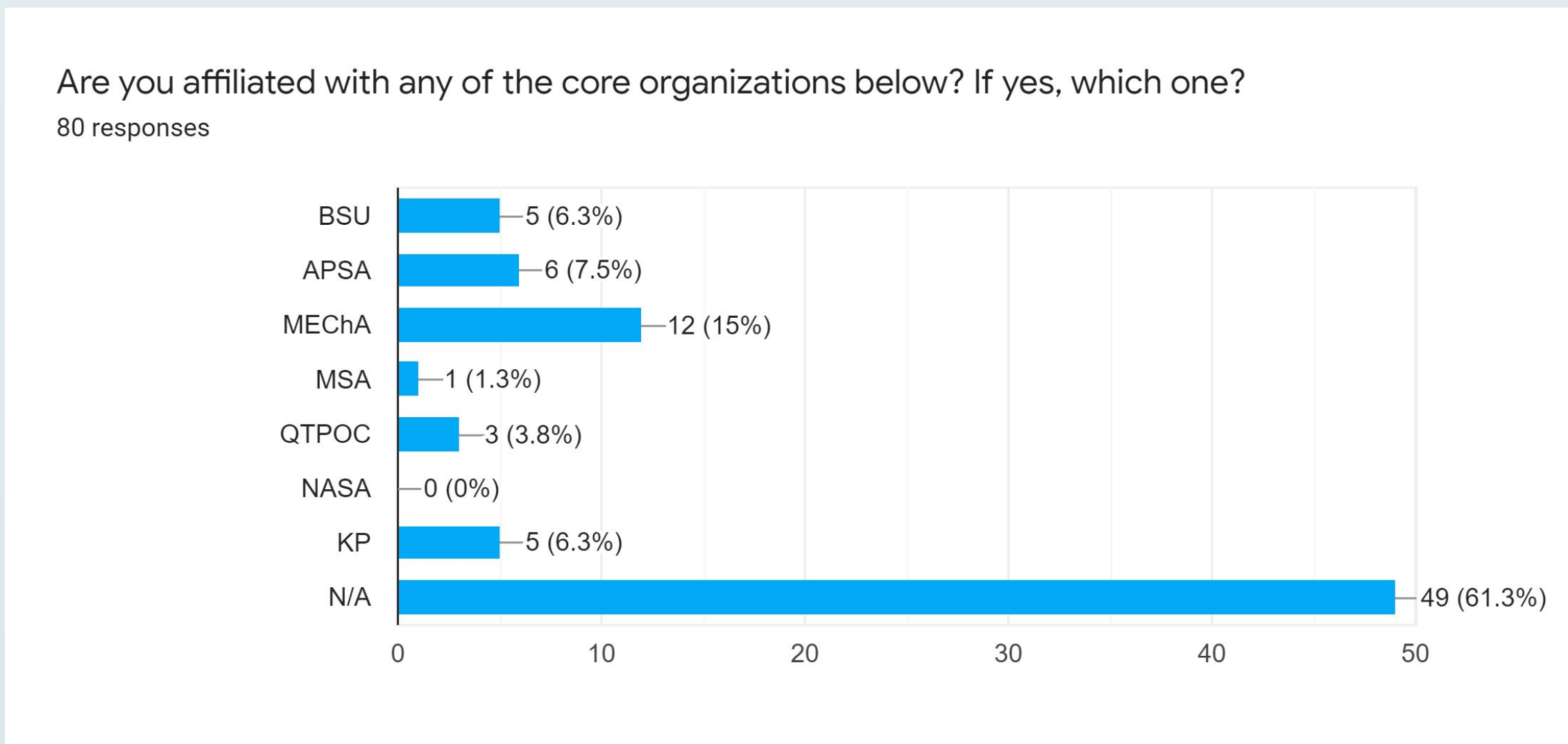
## Methods

- Main focus is self care and target population are UCSD students who are members of the organizations that SPACES serves
- Worked with the UCSD student initiated program called SPACES, a student-run program whose goal is to provide educational equity to the students on campus.
- SPACES sent our survey via email to their associated groups:
  - Black Student Union (BSU), Asian and Pacific-Islander Student Alliance (APSA), Movimiento Estudiantil Chicano de Aztlan (MEChA), Muslim Student Association (MSA), Queer and Trans People of Color (QTPOC), Native American Student Alliance (NASA), and Kaibigang Pilipin@ (KP).
- Study design: descriptive analysis
- Measurement scale: five point likert scale & five point frequency
- The surveys were completed anonymously
- Analyzed and proposed suggested solution to SPACES directors about why we believe the recommended solution would benefit our target population

## Results

- Total responses: 80
- Self-care assistance: 73.8% of participants would like some type of assistance from SPACES or organizations
  - When asked about specific types of assistance the participants would like to receive: the most response was for workshops (53.1%), group activities (48.4%), and informational emails (46.9%)

Demographics	Total
<b>Age</b>	
Mean	20.5
<b>Gender (%)</b>	
Female	81.3
Male	16.3
Genderqueer/Non-binary	2.5
<b>Ethnicity (%)</b>	
Asian	46.3
Black or African American	7.5
Hispanic or Latinx	42.5
White	5
<b>College Year (%)</b>	
Year 1	22.5
Year 2	28.7
Year 3	21.3
Year 4	25
Year 5 or beyond	1.2
Graduate Student	1.2



## Conclusion

- About half of the participant responses showed that their self-care practices were mediocre
- More than 90% of the responses were in agreement that self-care is important to them
- About 3/4 of the participants would seek assistance from either SPACES or another student organization; therefore, student organizations are a place students would turn to for help
- Proposed solution is for SPACES to create or help student organizations create some sort of self-care email to be sent to their students.
  - Email should include both self-care messages and exercises that can be performed at their own leisure or go to an assigned location where they can perform the activities in a workshop environment with other students.

## Limitations

- Majority of responses came from students who are not part of any of the seven core organizations therefore, we cannot assume that all of the participants in the response group are part of the marginalized population.
- With only a few responses being part of a core organization, we cannot assume that our suggested solution will work for all of the students in each core organization.
- Our proposed solution was aimed towards marginalized groups at UCSD therefore it may not work for those who are not marginalized or are outside of the core student organizations.

## Public Health Relevance

- Self-care is relevant in public health as lack of it leads to increase in stress, emotional challenges, and negatively affects mental health
- In regards to college students, lack of self-care can affect both academic performance and social aspects in their life.
- Incorporation of self-care can improve academic performance by reducing stress levels and improving mood.