

COMMUTER CONUNDRUM!

Association Between Modes of Transportation and On-Campus Recreational Activity Participation



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BACKGROUND

- College students struggle with conditions like stress, anxiety, and tension¹
 - Physical activity promotes social, physical, and psychological well-being²
 - On-campus rec centers allow students to alleviate these symptoms
- Commuting students rely on modes of transportation like the trolley, bus, car, and others to get to campus, therefore it is expected that commuters would rely on their modes of transport to participate in on-campus recreational activities



OBJECTIVES

- To identify if modes of transportation act as a barrier for UCSD students to participate in on-campus recreational activities
- To identify if commuter students' proximity to campus is associated with whether UCSD students participate in on-campus recreational activities

METHODS

- An online survey using Qualtrics software was distributed to participants through different social media platforms
- Participants were asked about their main mode of transportation to get to campus and if they participate in on-campus recreational activities
- The Pearson's Chi Square Test for Association statistical method on SPSS software ($\alpha = 0.05$) was used

RESULTS

Figure 1: The Distribution of Main Modes of Transportation Among the Questionnaire Participants

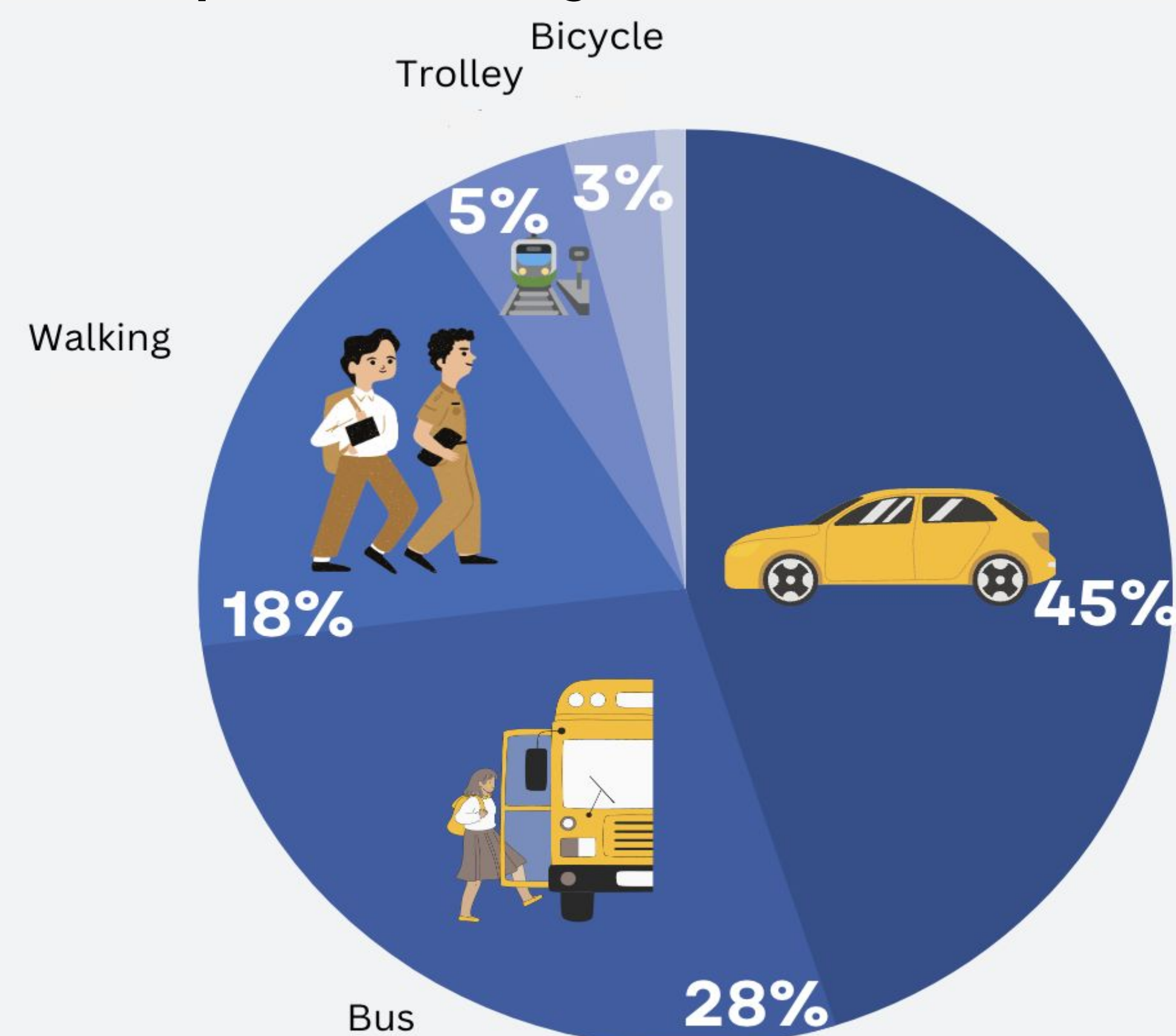
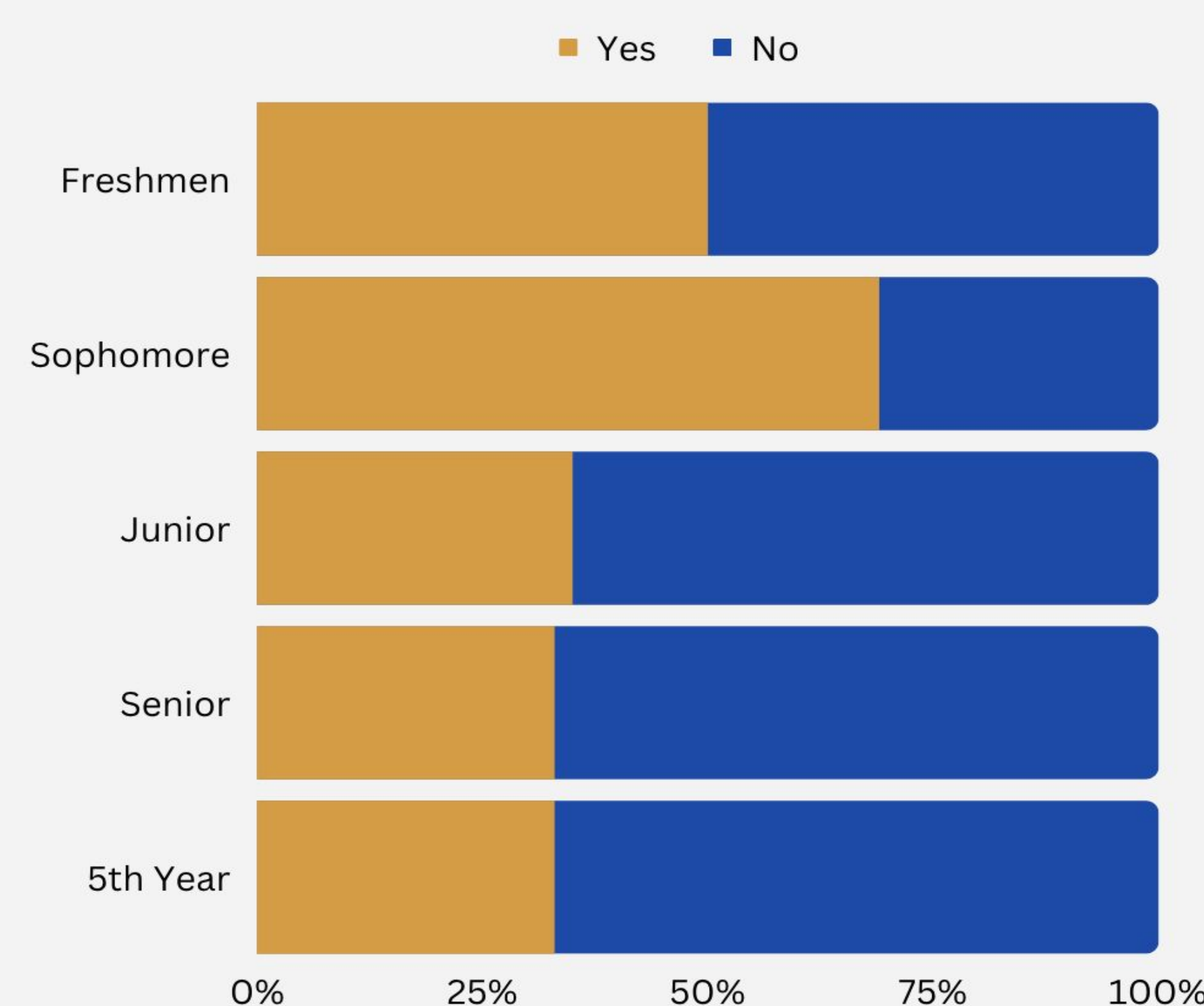


Figure 2: Percent of Participation in On-Campus Recreational Activities Among the Different Undergraduate Grade Levels



- There is evidence of a significant association between modes of transportation and it being a barrier to participation in on-campus recreational activities.
 - P-value (<0.001) $< \alpha$ (0.05)
- There is a lack of evidence of a significant association between undergraduate level and participation in on-campus recreational activities.
 - P-value (0.266) $> \alpha$ (0.05)
- There is a lack of evidence of a significant association between modes of transportation and participation in on-campus recreational activities.
 - P-value (0.129) $> \alpha$ (0.05)

Figure 3: The Main Modes of Transportation and Whether or Not it Acts as a Barrier for Participating in On-Campus Recreational Activities

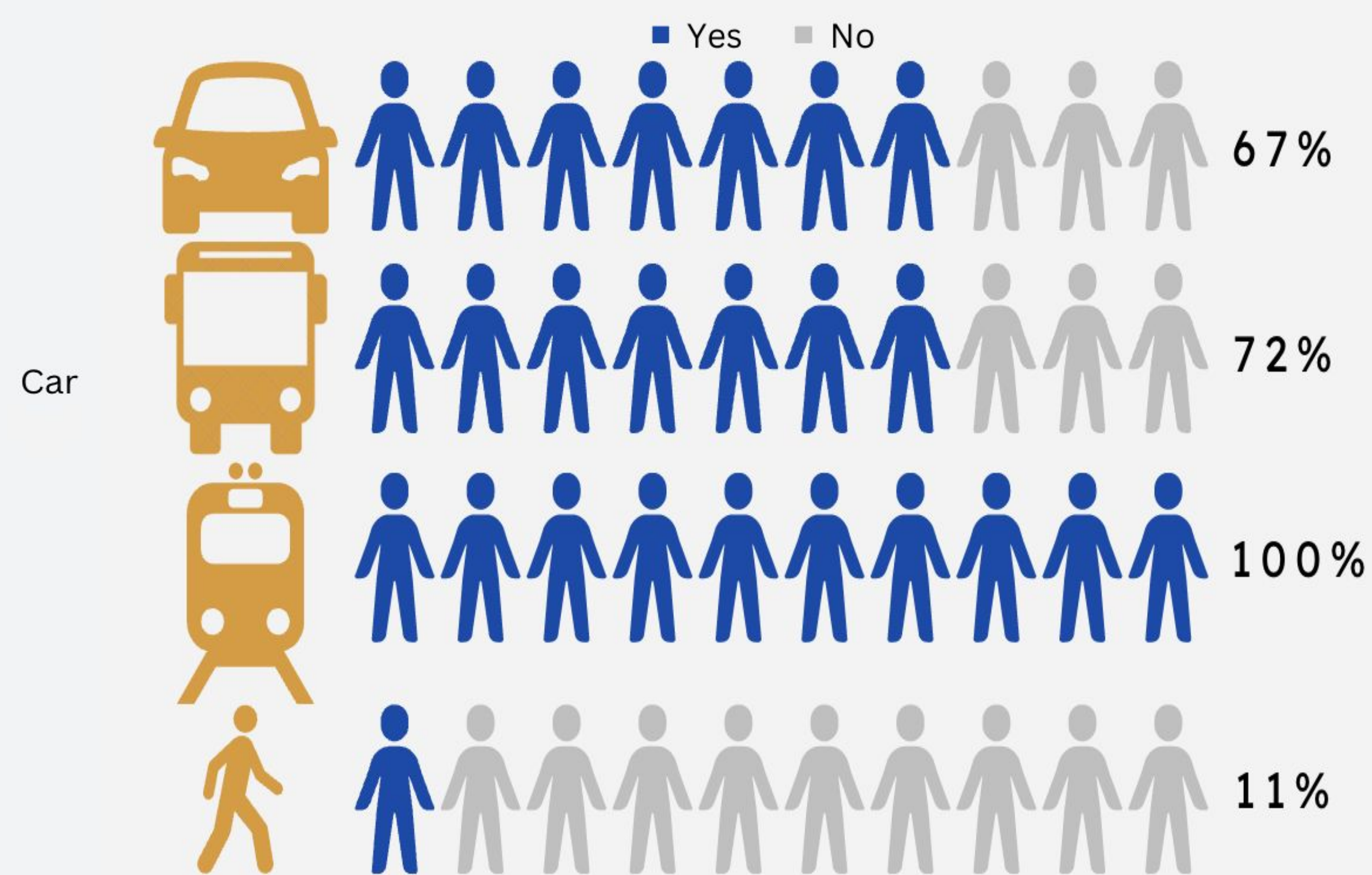
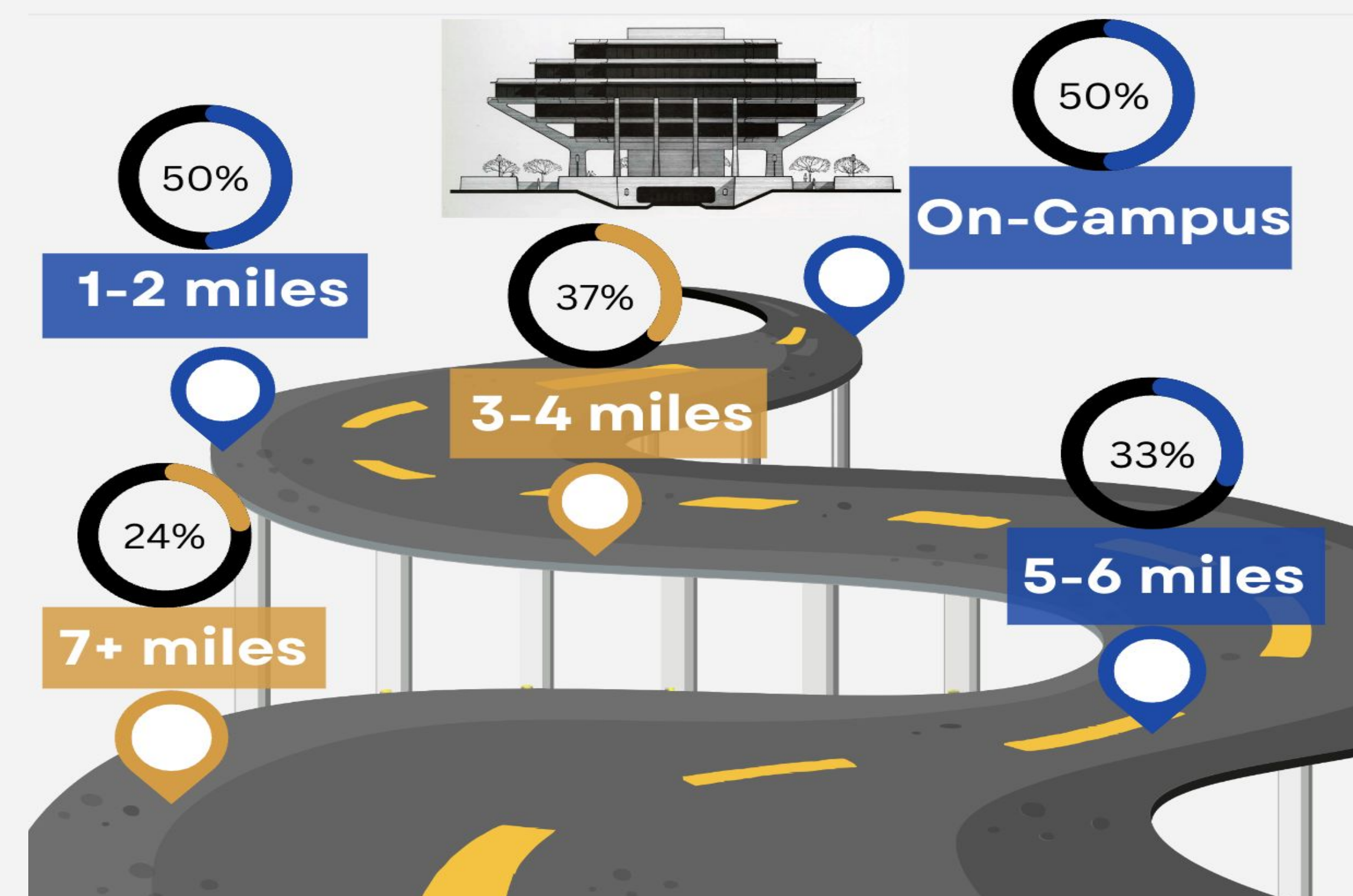


Figure 4: Percent of Participation in On-Campus Recreational Activities Compared to the Participants' Proximity Radius from Campus



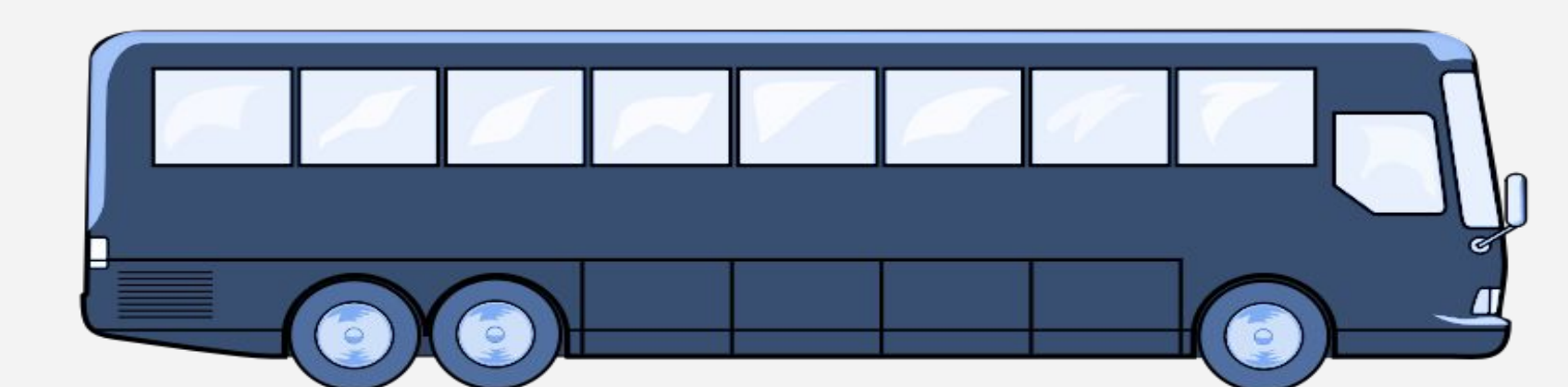
POLICY IMPLICATIONS

- Further research is needed to show whether policies that promote awareness and increase access to resources such as trolley and bus passes could potentially encourage students to utilize public transit more often, which can allow for an increase in participation of on-campus recreational activities.



CONCLUSION

- While not statistically significant, more juniors, seniors, and fifth years reported less participation in on-campus recreational activities compared to freshmen and sophomores (Figure 2)
- This study suggests that there is an association between modes of transportation and the perception that these modes act as barriers for students to participate in on-campus recreational activities



REFERENCES & ACKNOWLEDGMENTS

