



Quality of Life and Perception of Cultural Inclusion Among UCSD College Students



Melissa Chao & Regine Daquigan

University of California, San Diego (UCSD), Department of Family Medicine and Public Health

Background

- In 2010, the University of California, San Diego (UCSD) campus experienced several counts of racism such as the Compton Cookout and the noose hung in Geisel library [1].
- In response to the Compton Cookout, UCSD implemented new resources such as Diversity, Equity and Inclusion (DEI) workshops and student resource centers [1].
- Research done in a predominantly White university (PWU) in the Southeast found that minority status stresses and racial campus climates had influenced students' Quality of Life (QoL) [2].
- With such acts at UCSD and other previous findings regarding minorities and racial campus climate, we aim to study if the feelings of sentiment are still as prevalent as they were in the past, and if certain groups are experiencing larger barriers than others.

Objective

- To determine if there is a difference between minority and majority groups based on their cultural experiences on campus and QoL measured among UCSD college students.

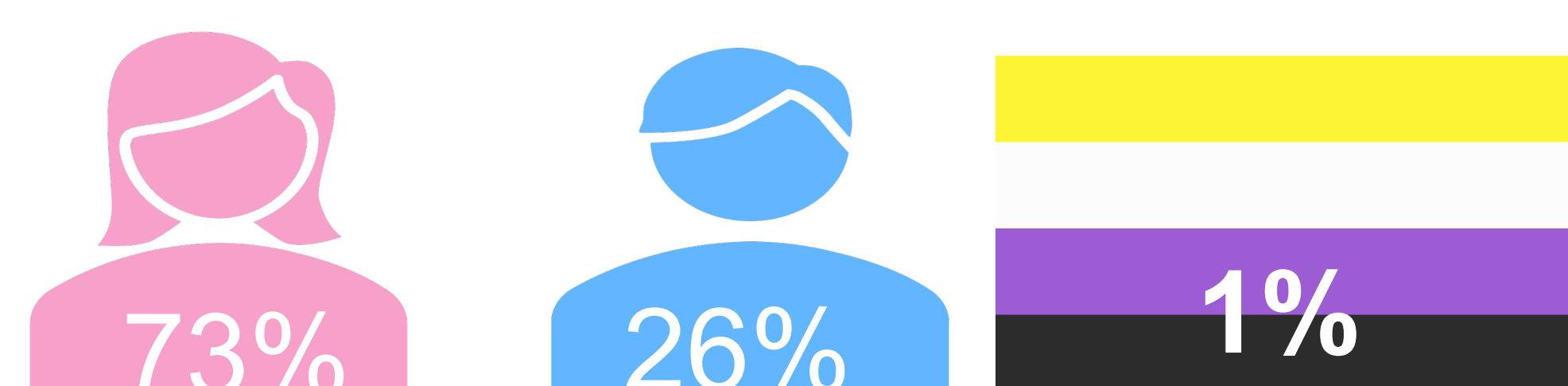
Methods

- In April-May 2020, the *Quality of Life and Perception of Cultural Inclusion Among College Students Survey* was introduced to UCSD college students via email and Facebook.

Methods

- Using this cross-sectional study design, students were surveyed on their QoL and perception of racial climate on campus, measuring the exposure (college experience) with the outcome (proportion of people who had different QoL) (n=82).
- Statistical analysis was performed using a Mann-Whitney U test.

Results



✓ 46% say that their physical health is good



✓ 35% say that mental health (MH) is good, 0% report excellent MH



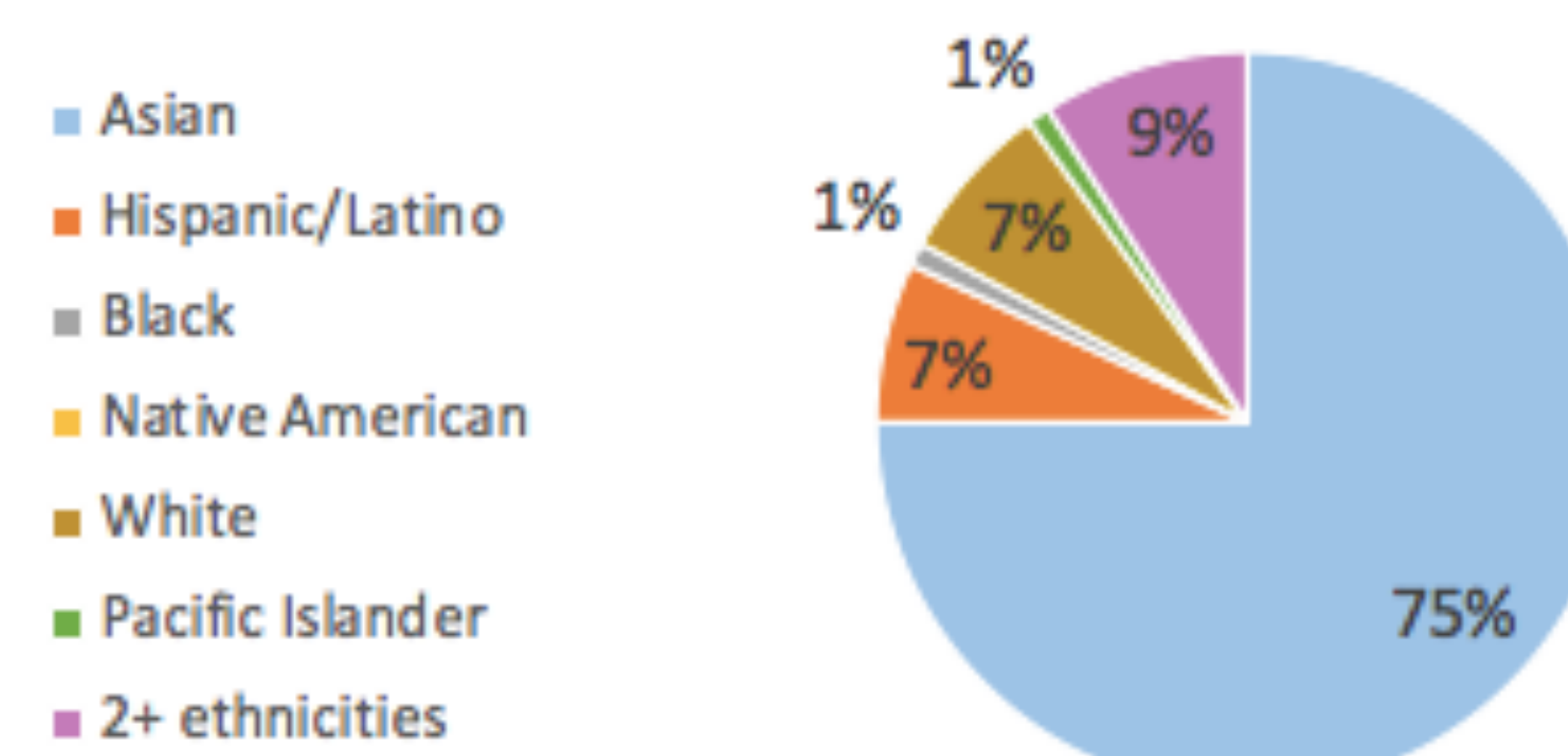
✓ 43% say that overall health is good



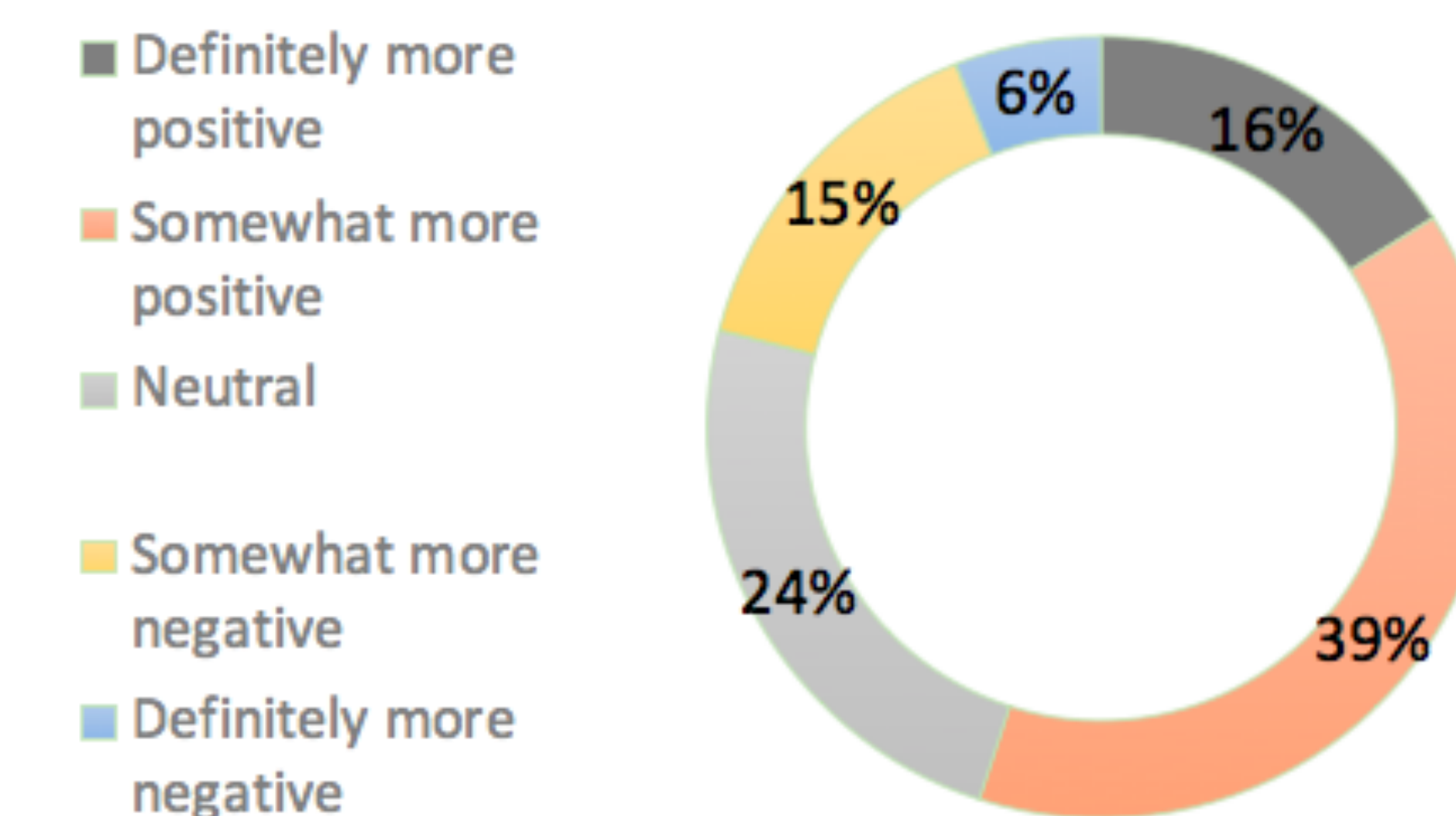
✓ 42% say that they are very satisfied with their social relationships

Results

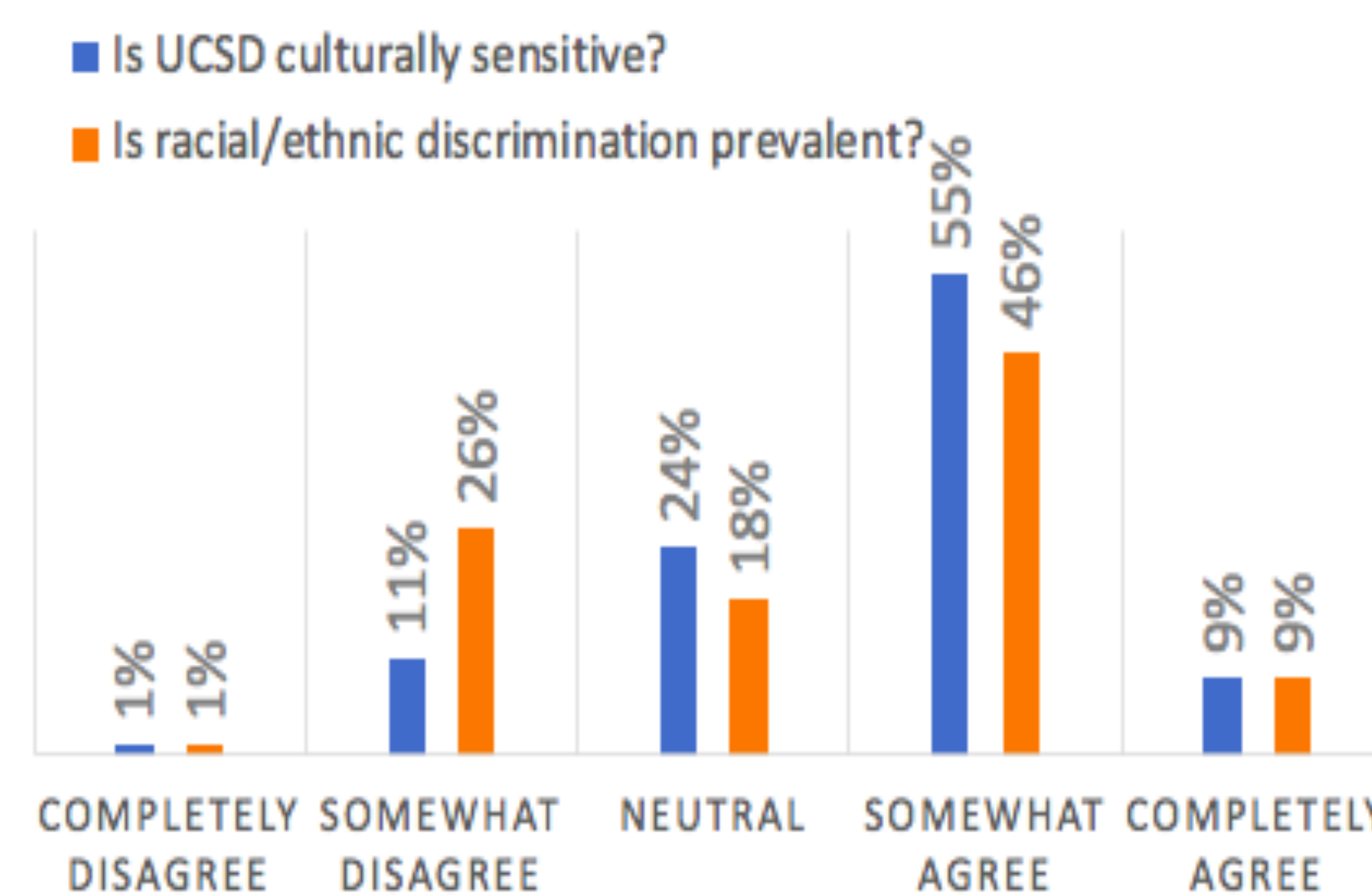
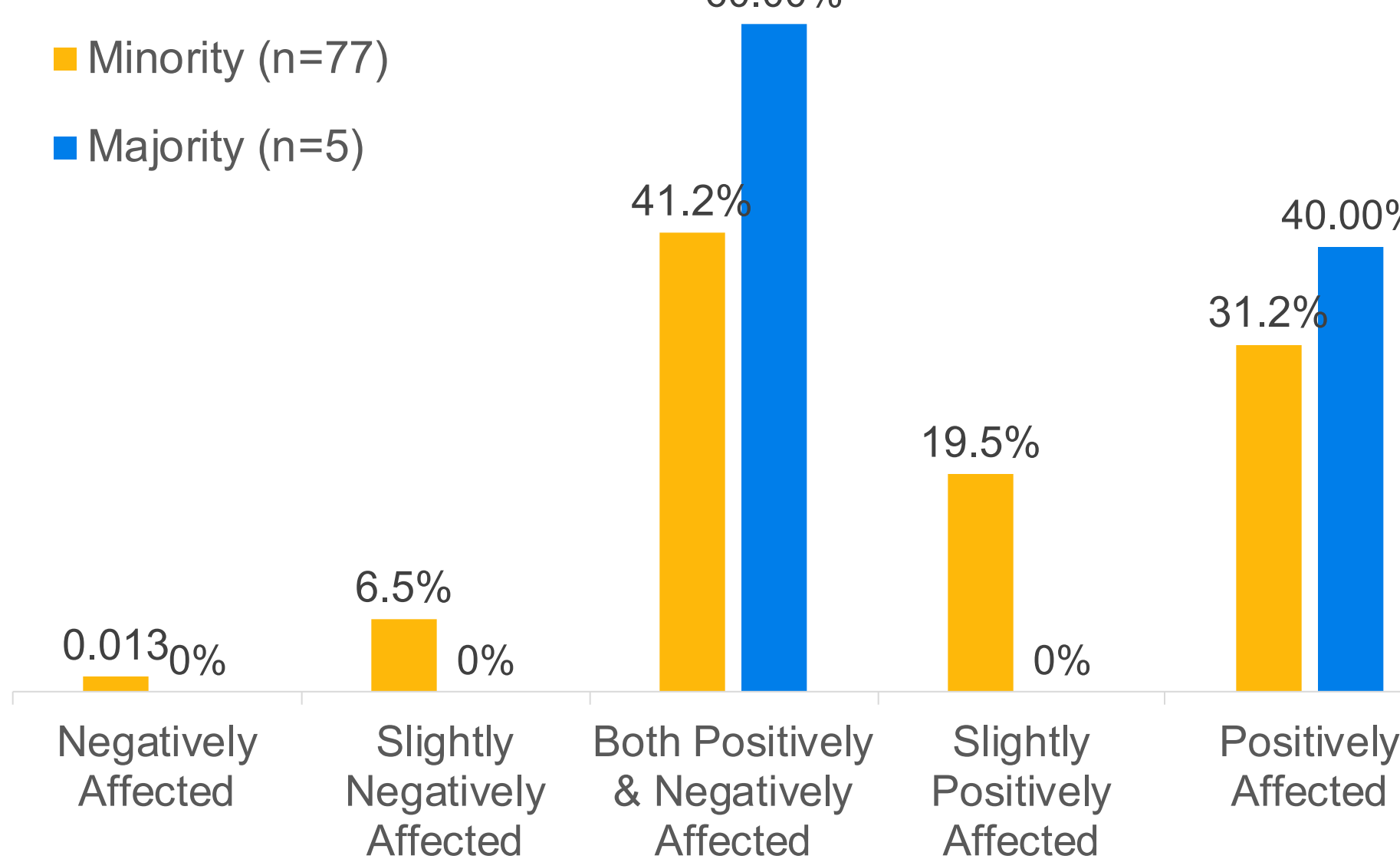
Distribution of Race/Ethnicity



Perception of Racial Discrimination After College Exposure



How has your college experience affected your QoL?



Our findings from the Mann Whitney Test suggest that there is no statistically significant difference between minority and majority groups regarding college experience and QoL ($p > .05$).

Conclusion

- Although majority people agree that UCSD is culturally sensitive, they also agree that discrimination is prevalent on campus.
- Therefore, it is evident that UCSD has had some success in creating a more inclusive environment for its students, but more can be done to reduce the perception of racial/ethnic discrimination.
- Moving forward from this research, UCSD can adjust their DEI courses and create new approaches that have a greater impact on its students.

References

- Sutherland, J. (2020, January 20). Remembering the Compton Cookout. The Guardian. <http://ucsdguardian.org/2020/01/05/remembering-the-compton-cookout-analyzing-our-coverage/>
- Hubbard, A.A. (2016) Imposter Phenomenon, Minority Status Stress and Racial Microaggressions on the Mental and Physical Health of Ethnic Minority College Students [Doctoral dissertation, University of Georgia]. Semantic Scholar.
- U.S Census Bureau (2019). Quick Facts: Population Estimates. Retrieved from <https://www.census.gov/quickfacts/geo/chart/CA,US>