

Background

The Problem:

- Prevalence of 15.6% of depressive or anxiety disorders in undergraduate students.

Current Research:

- Active social lives influences perception of the university
- Those who are more involved report more positive quality of life perceptions
- Inclusion is directly linked to being more satisfied with life
 - Isolation is correlated with poor mental and physical health

Study Objective

Objective:

- To assess whether there was an association between student quality of life and campus involvement

Methodology

Design

- Anonymous survey to UCSD undergraduates
- Survey was emailed through a FMPH mass email
 - Circulated for two weeks
- Asked:
 - What campus organization(s) involved in
 - Frequency of involvement (hours per week)
 - Perceived quality of life

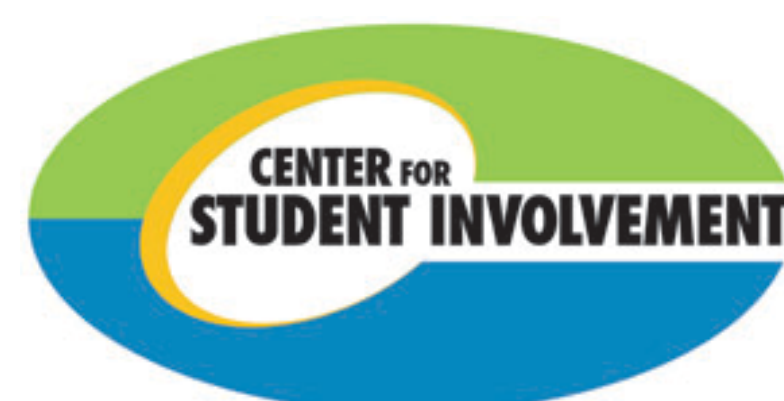
Sample

- There were 47 respondents
- Age range was 18-24 years old

Acknowledgments

Special Thanks to:

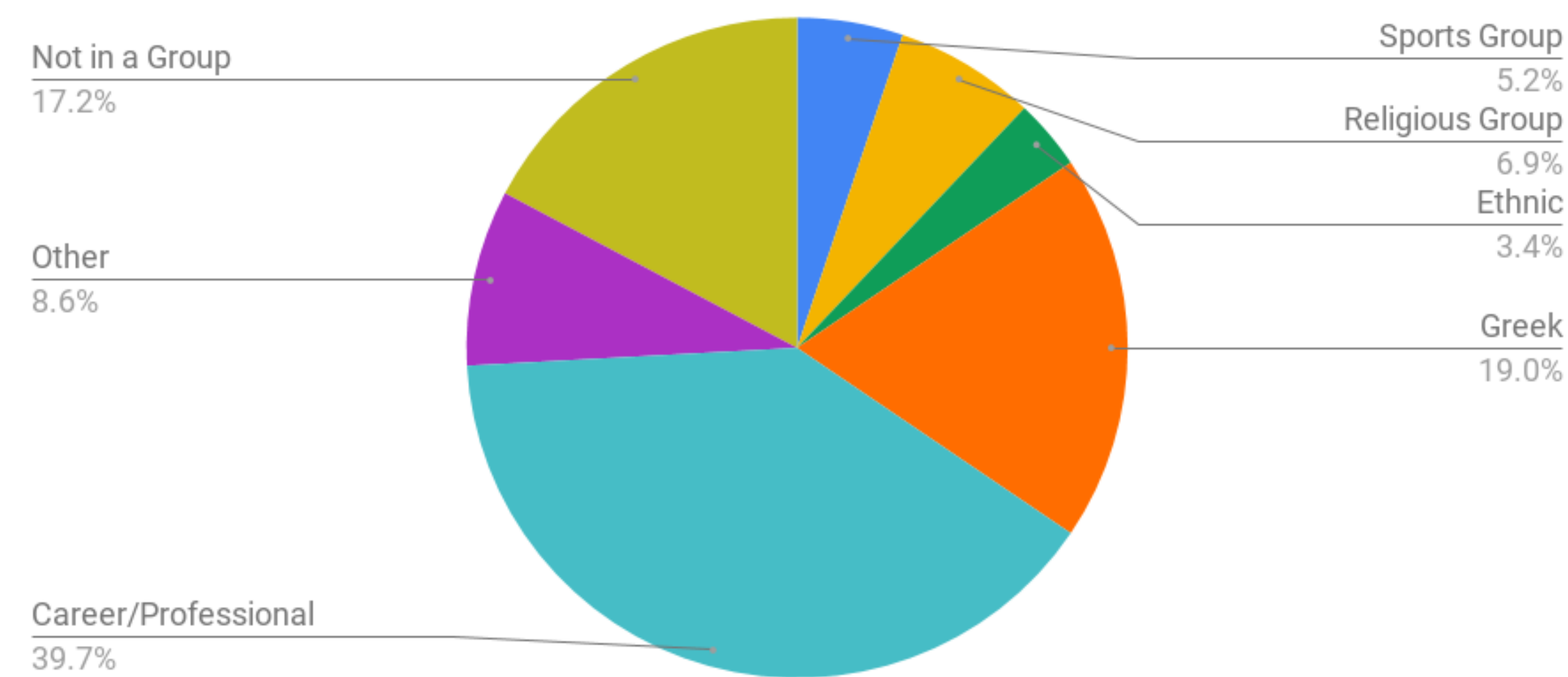
Eric Leas (PhD, MPH) and Haley Ciborowski (MPH) for their guidance and supervision of this project.



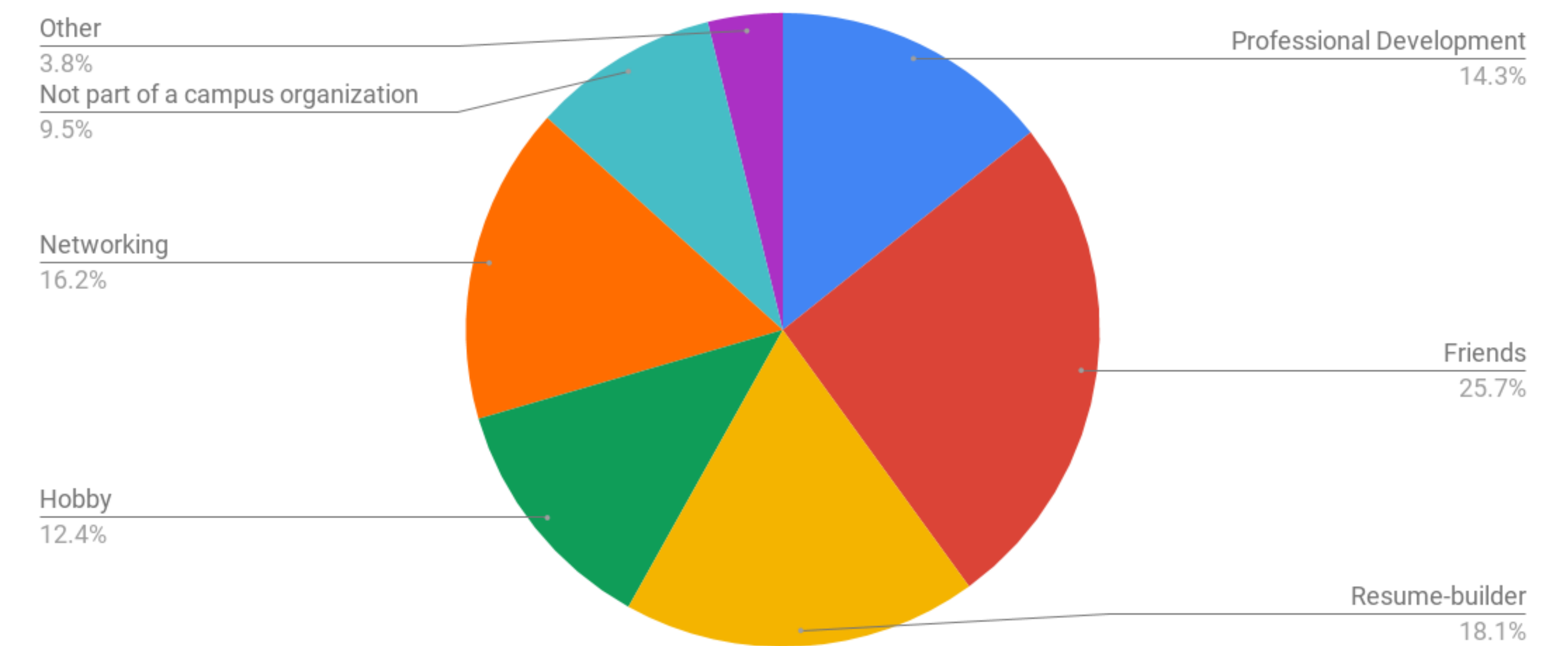
Results

Campus Organizations

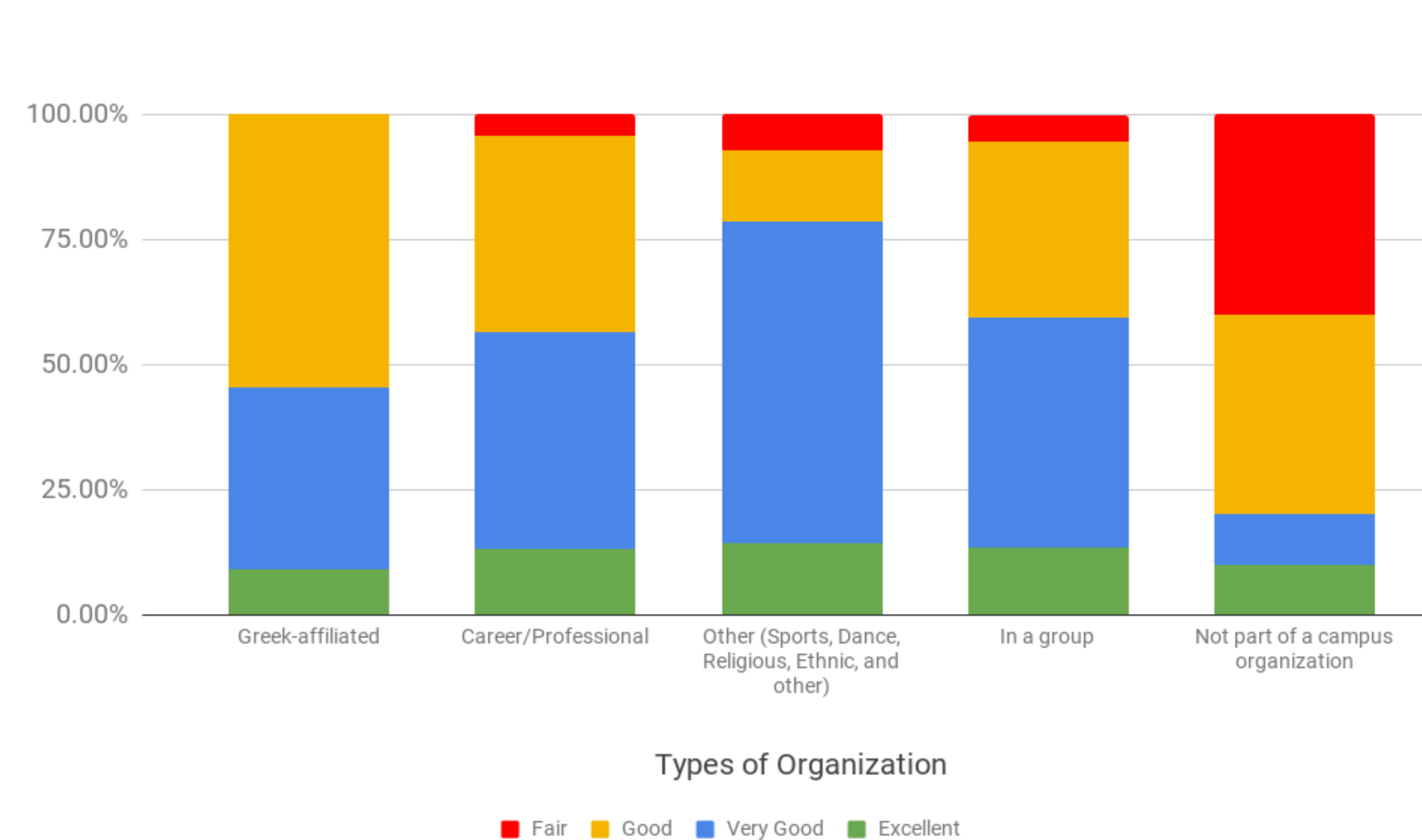
Breakdown of Student Engagement



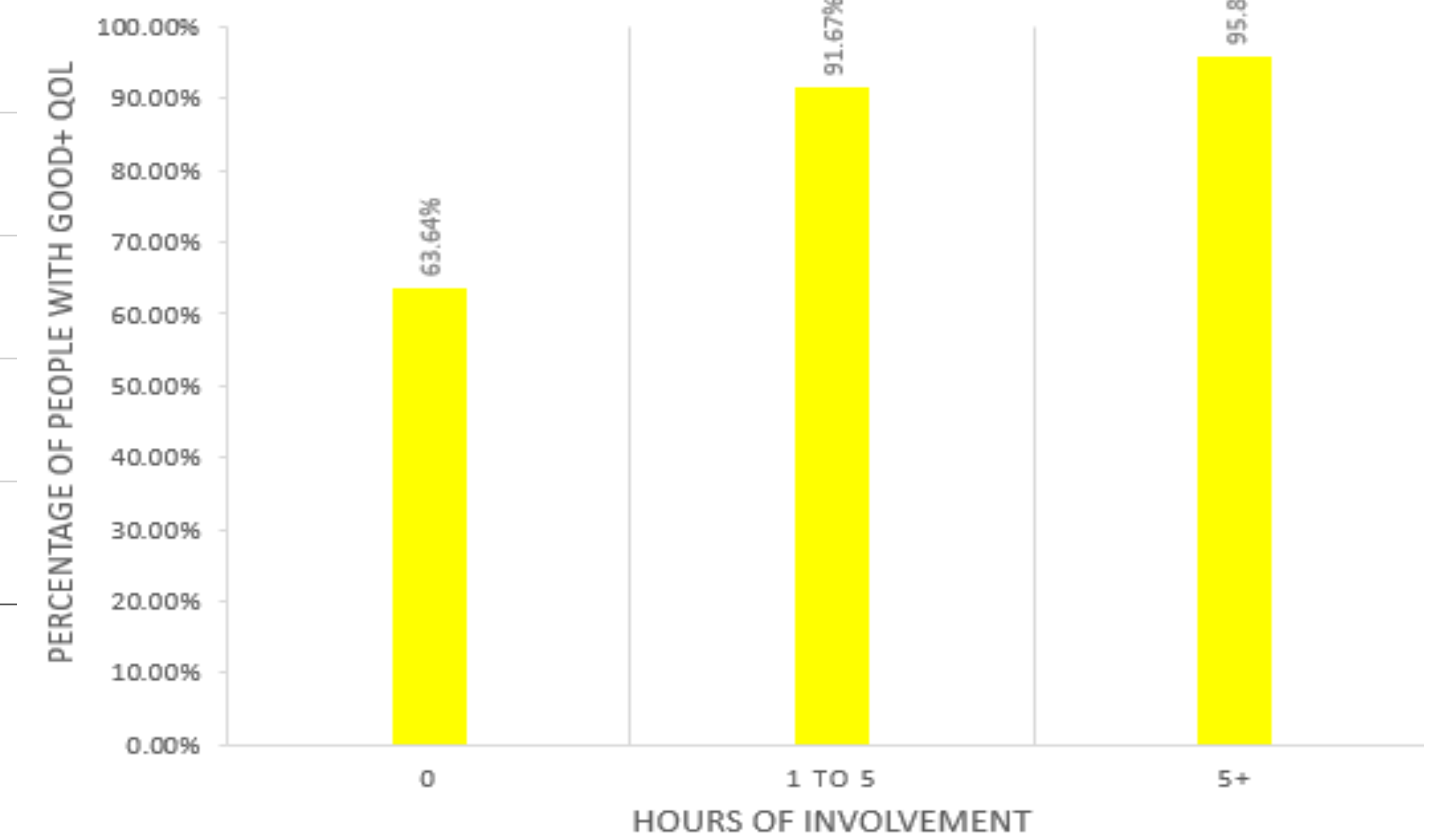
Reason for Involvement



Perceived Quality of Life Based on Campus Organizations



FREQUENCY OF INVOLVEMENT



Conclusions

- Results indicate that students in campus organizations have a higher perception of their quality of life than those not involved
- Social aspects of university life are demonstrated as important for students experience while at college
- Potential to also be academically-focused (as there was positive feedback from those in professional/career groups)

Implications

- Universities (especially UCSD) need to promote student involvement and conduct more research on student quality of life
 - More regulated promotion of campus organizations on Library Walk
 - Eliminate non-active clubs
 - Create a space for campus organizations to recruit members with an all campus organization fair