



# Impact of COVID-19 on Student Self-reported Quality of Life

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## Objective

To assess whether the COVID-19 lockdown order has affected UC San Diego student's self-reported quality of life, mental health, physical health, and overall quality of life among college students.

## Introduction

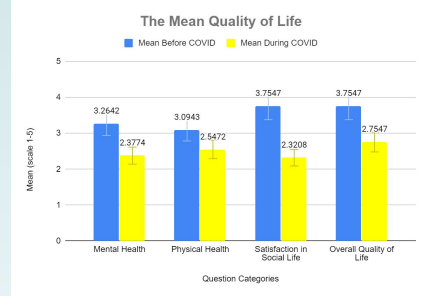
The recent outbreak of COVID-19 has disrupted the daily life of college students. Whether that meant losing their on campus jobs, moving back home, or impacting their health and wellness due to the lockdown order.

## Methodology

- An online survey was distributed through social media platforms from April-May of 2020.
- This cross sectional study consisted of participants responding to an anonymous survey one time
- This survey asked participants about their demographics, financial status, and living situation.
- They were asked to rate their overall quality of life, physical and mental health, and how they were dealing with the pandemic overall.

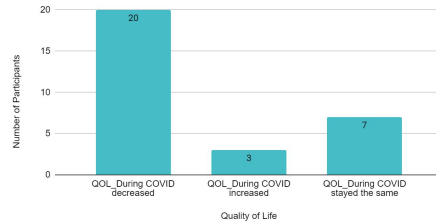
## Results

- The quality of life before and during the COVID-19 lockdown was measured using a 1-5 scale, 1 being poor to 5 being excellent.
- The mean quality of life before the pandemic was calculated to be 3.75.
- The mean quality of life during the pandemic was calculated to be 2.75.



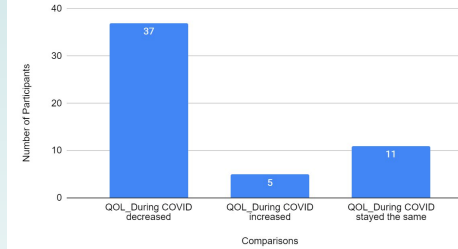
- 45.3% fourth years, 22.6% first years, 17% third years, 11.3% second year, 3.8% fifth year or +

Quality of Life: How did Responses Change If the Participants Moved Back with Parents?

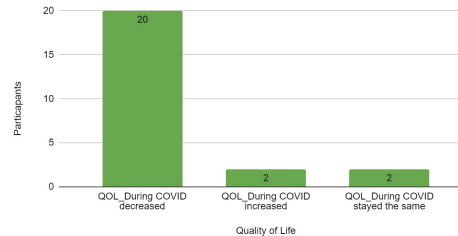


- 30 out of 53 participants had to move back home with family

Quality of Life: How did Responses Change During COVID-19?



Quality of Life: How did Responses Change If the Participant's Financial Situation?



- 24 out of 53 participants claimed that their financial situation got worse

## Conclusion

These students had an overall change in their quality of life, which included their physical and mental health as well as their social relationships. The change in their financial and living situation caused a difference in the participant's perception about their quality of life.

## Policy Implications

- More collaborative efforts on behalf of the UC San Diego campus and student organization to provide resources for students to improve their physical and mental health remotely
- Basic Needs center at UCSD is accepting forms for students who lost their jobs or need emergency housing

## Acknowledgements

Thank you to all the UCSD students who participated in our survey. Thank you to our professor Dr. Leas.