



Student Wellbeing Survey  
2019 Div 1 Nationals results

# UniSport Student Wellbeing Survey Summary

UniSport is committed to delivering evidence-based advocacy that represents the voice of university students. To support this, we have initiated a student wellbeing index to measure and report on the impact of participating in sport on student's mental and physical wellbeing, as well as their sense of inclusion and attainment at university.

To start this process we included 10 questions on wellbeing as part of the 2019 Div 1 Nationals registration process. Of 5,016 participants at Div 1 we received 2,737 responses (55%).

The results show that students who participated in sport are very likely to feel:

- well connected to their university
- positive about their results and employability
- positive and satisfied with life
- physically fit

# UniSport Student Wellbeing Survey

## Methodology

In 2018 British Universities & Colleges Sport (BUCS) led a survey on the role physical activity can play in a university student's life.

The survey found that active students have higher wellbeing, inclusion and perceptions of employability and attainment compared to inactive students.

With BUCS permission we have used this survey as a basis for the UniSport Student Wellbeing Survey. We asked participants to respond to a number of wellbeing related statements (on a scale from strongly disagree to strongly agree):

This document includes the results of the Div 1 Nationals survey for all respondents, as well as the results of your specific university. Please note we will not share individual university results they have just been produced for you.

# UniSport Student Wellbeing Survey

## Next Steps

From the survey of Div 1 participants it is clear that sport plays a positive role in student wellbeing.

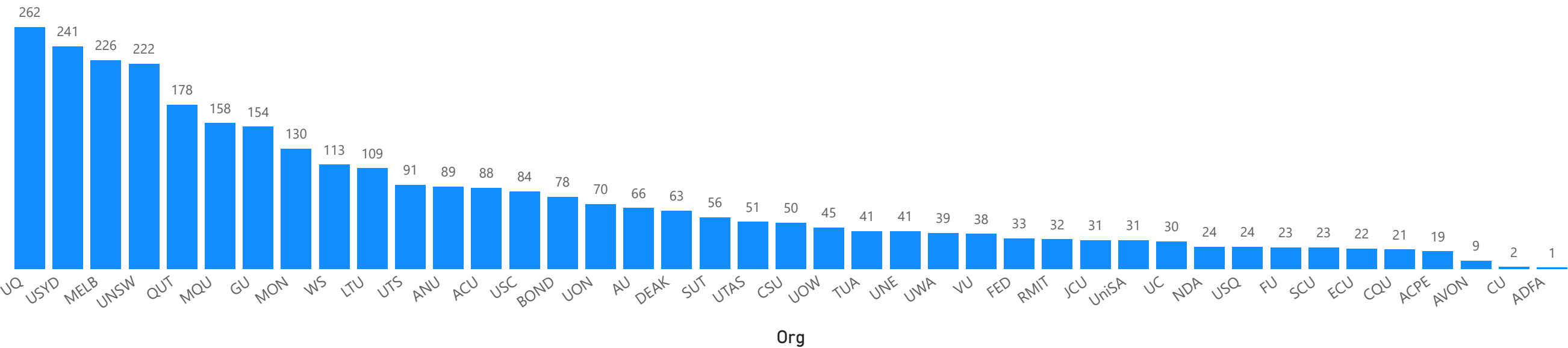
The next logical step would be to compare the Div 1 results with the general student population. Our aim is to secure funding so that we can create a university-wide understanding of the level of activity of university students and the impact of sport on wellbeing.

We seek to expand our interaction with universities beyond the sports department – at a time when universities are increasingly focusing on mental health issues and student wellbeing.

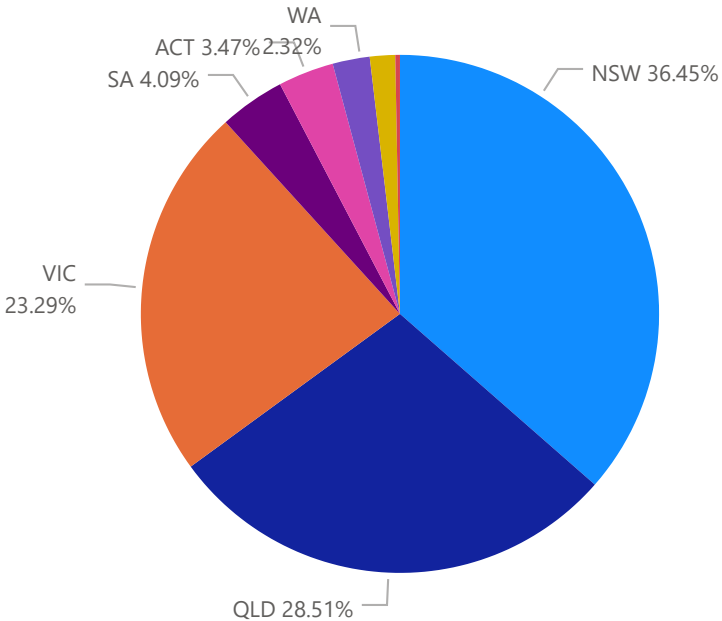
Ideally we would repeat the survey every two years with results providing (deidentified) comparisons across universities, states and internationally.

UniSport welcomes your feedback and ideas on this initiative.

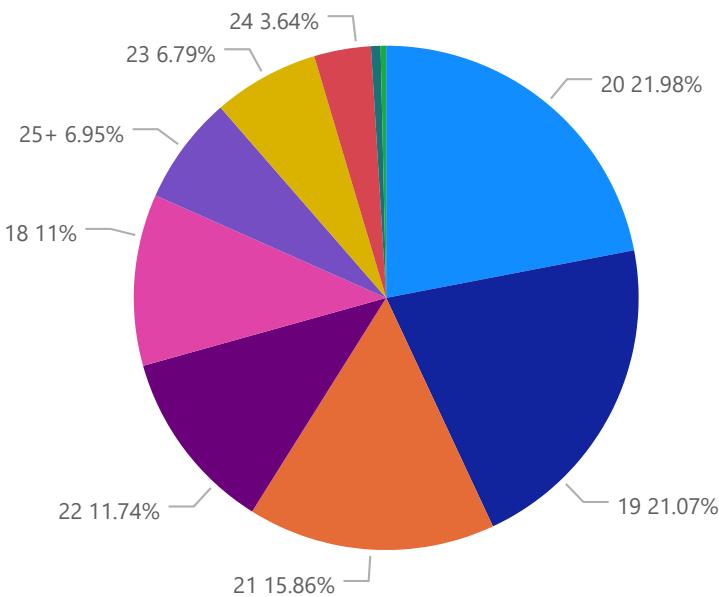
Respondents by university



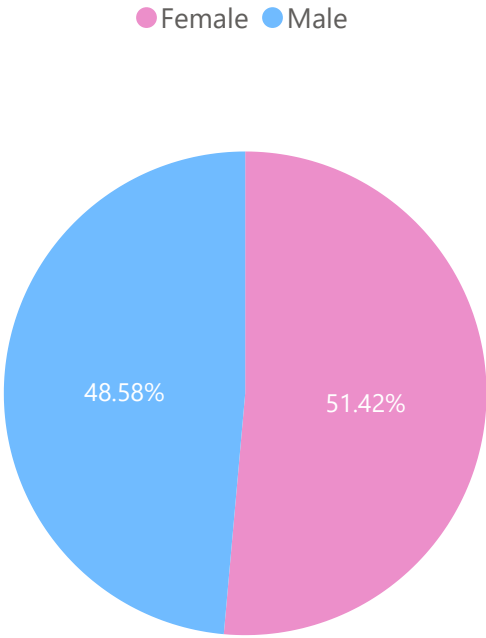
Respondents by state



Respondents by age

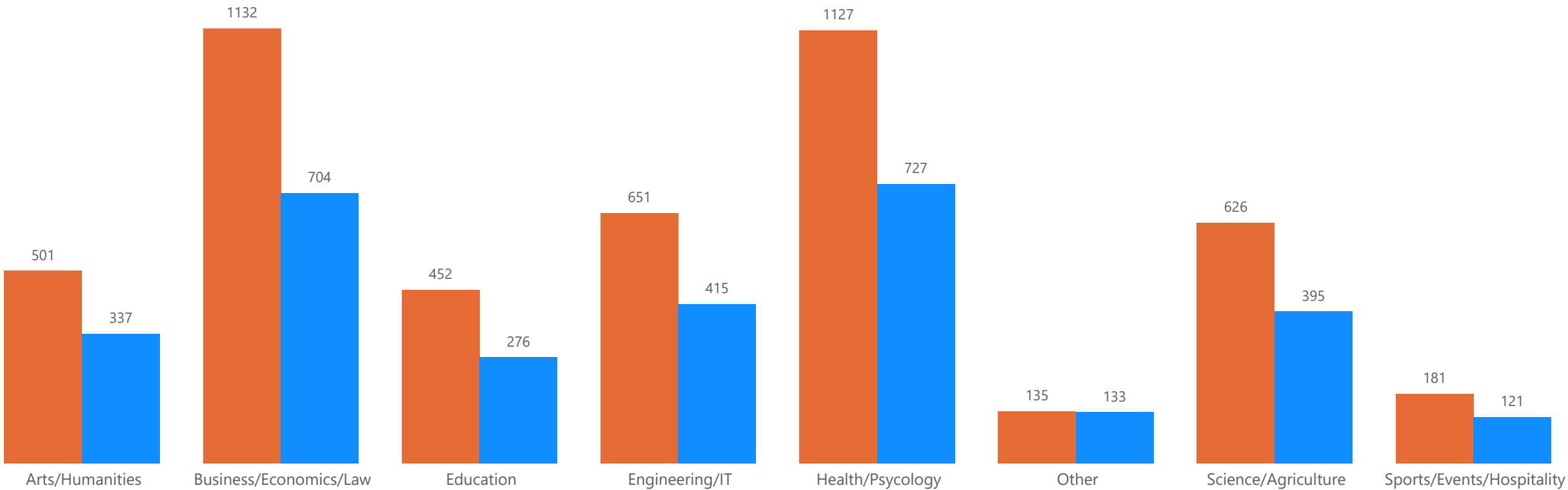


Respondents by gender

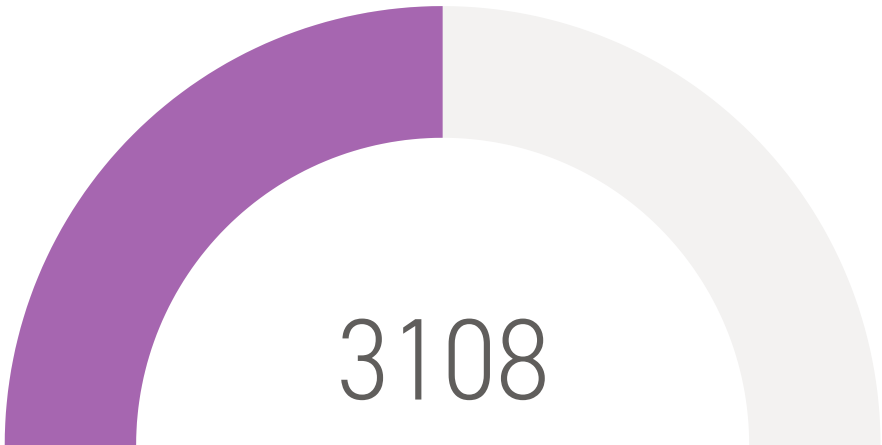


Percentage of survey respondents compared to participants (by area of study)

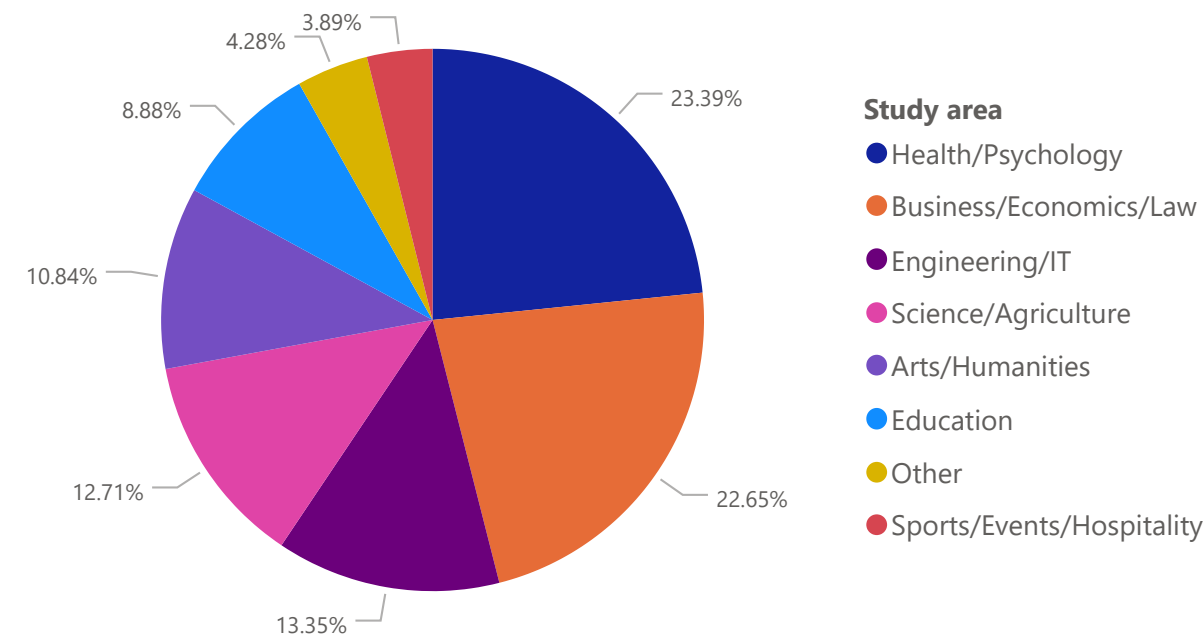
● Number of participants entered at Nationals Div 1 (total) ● Number of survey respondents from Nationals Div 1 that completed the wellbeing survey



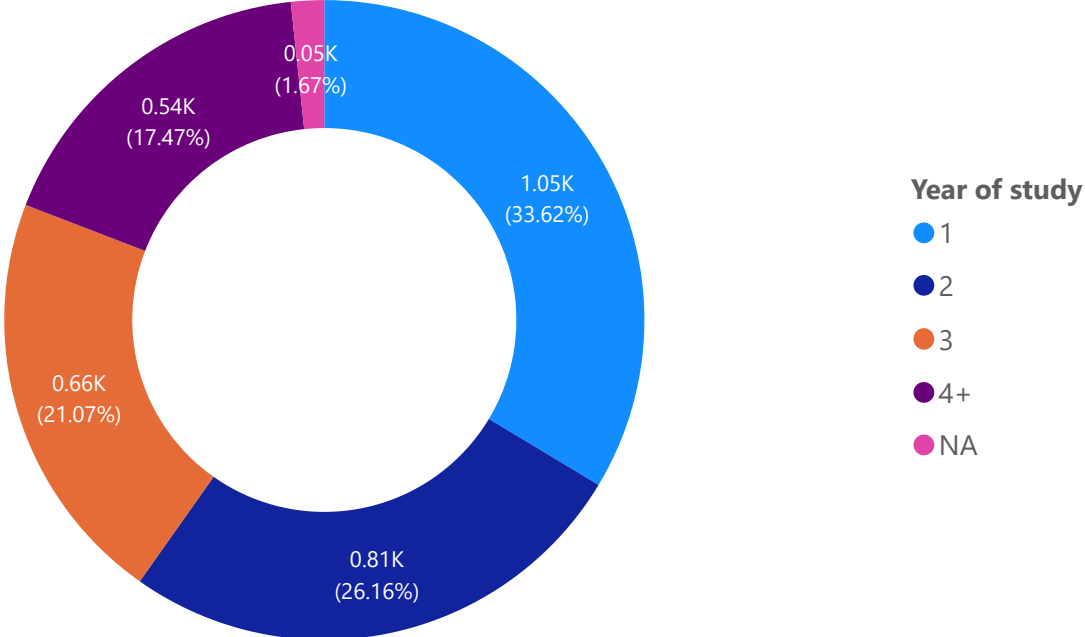
Total number of respondents (65% response rate)



Respondents by study area



Respondents by year of study



Indigenous or Torres Strait Islander?

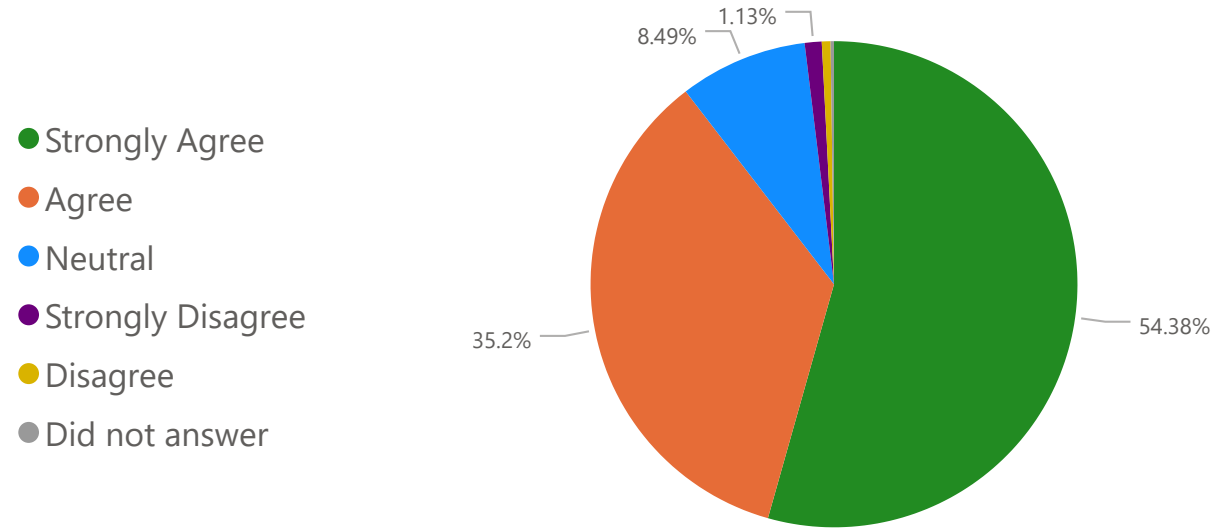
No	3029
Yes, Aboriginal	67
Yes, Aboriginal, Yes, Torres Strait Islander	4
Yes, Torres Strait Islander	8
Total	3108

International student?

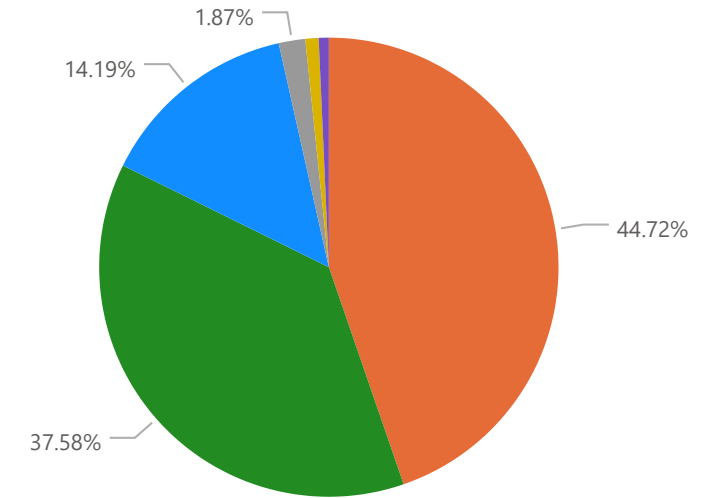
No	2814
Yes	294
Total	3108



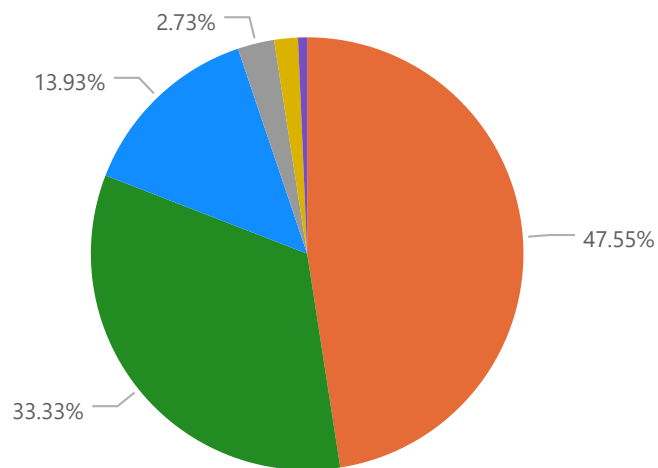
I've made new friends and networks playing sport at university



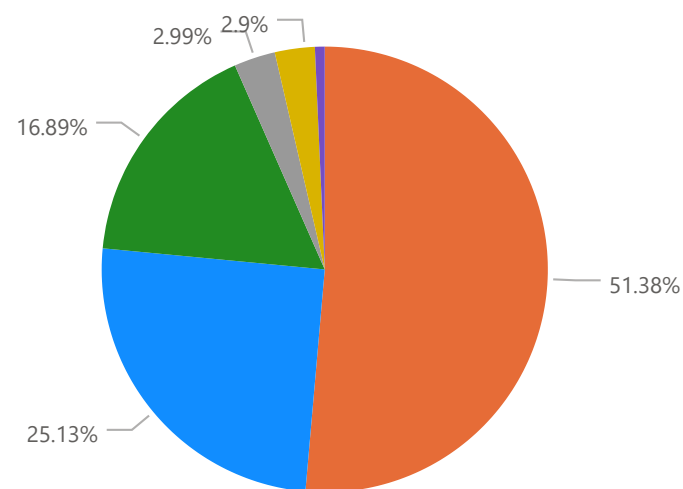
Sporting and other physical programs have helped me feel like I belong to my university



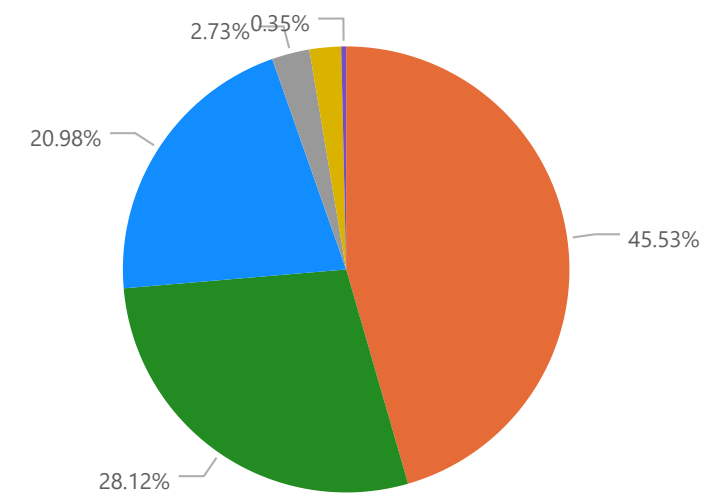
I feel well supported and part of a group at university



I feel confident that I will achieve good academic results this year

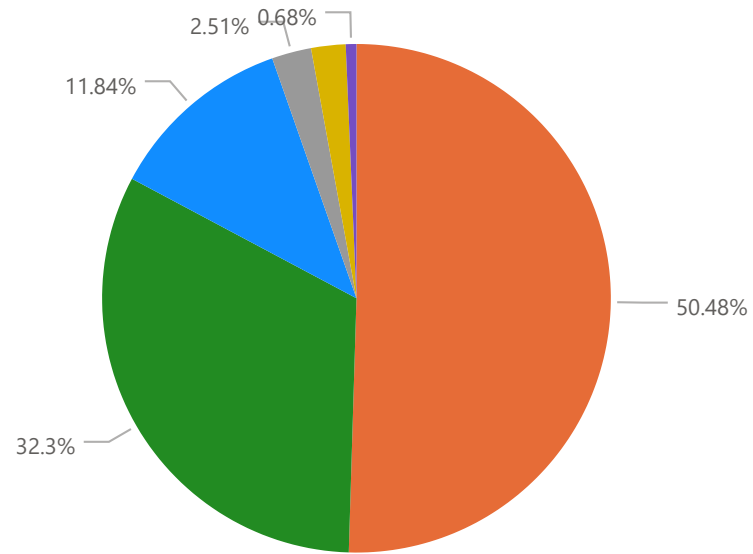


I feel that participating in physical activity or exercise improves my employability

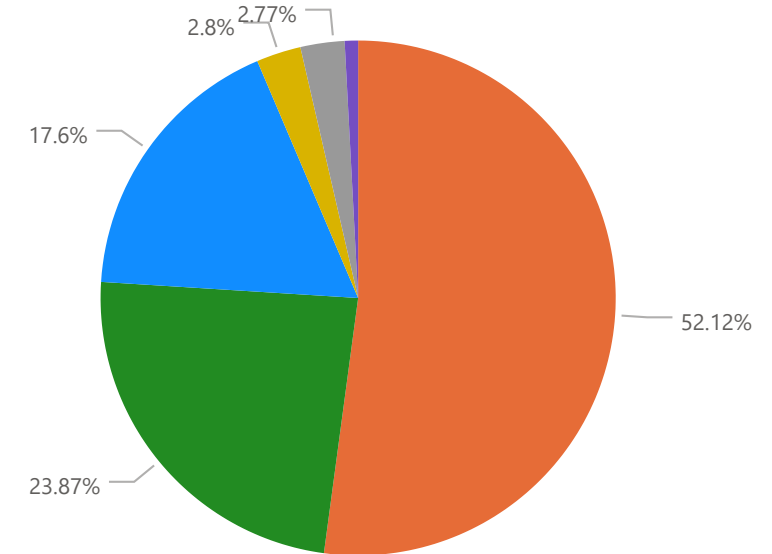




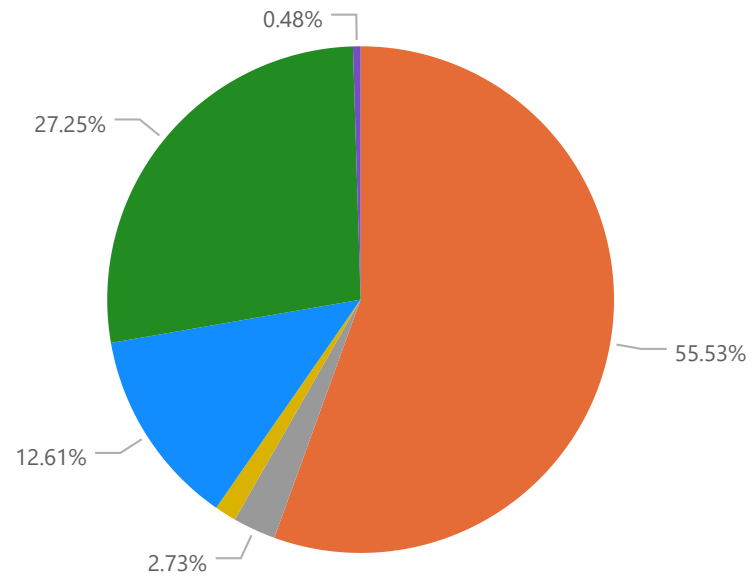
I feel physically fit



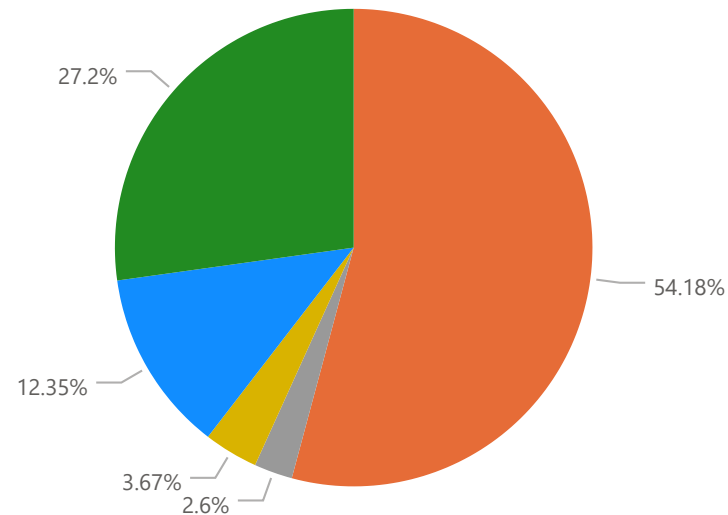
I feel satisfied with my life at present



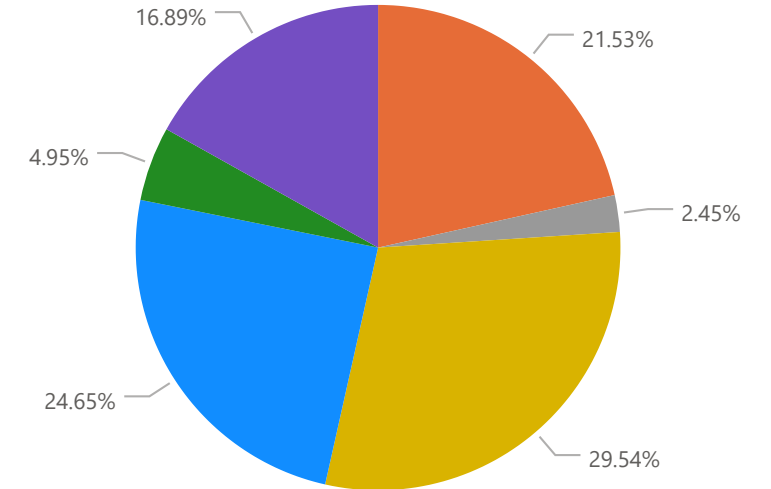
I feel that the things I do in my life are worthwhile



I felt happy yesterday



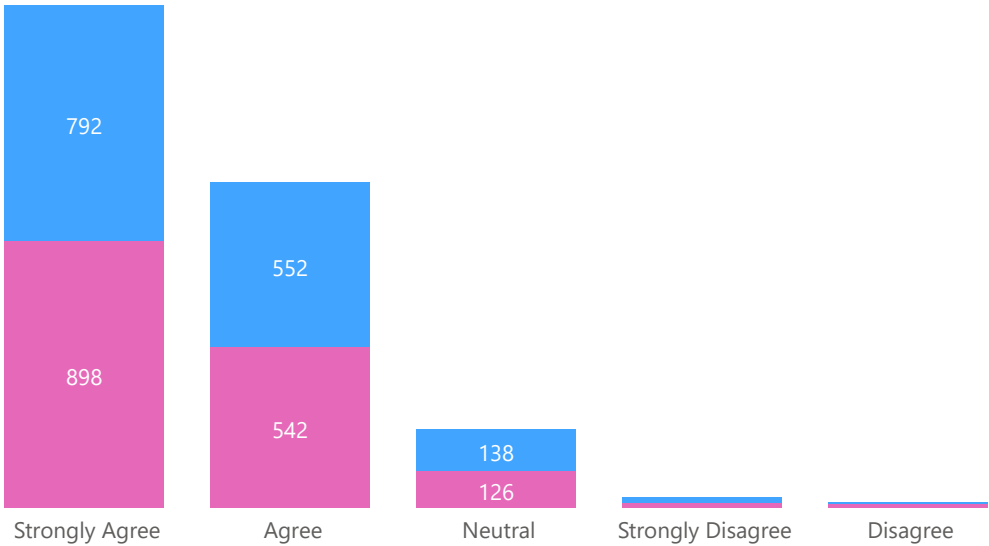
I felt anxious yesterday



# Ive made new friends and networks playing sport

By gender

Female Male



By 1st year of study

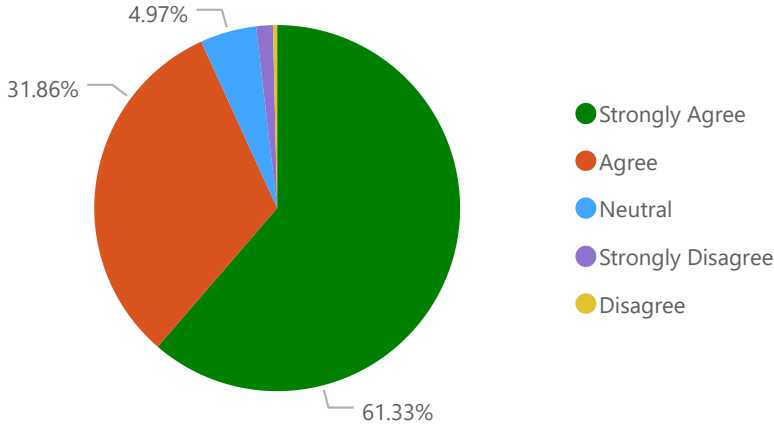
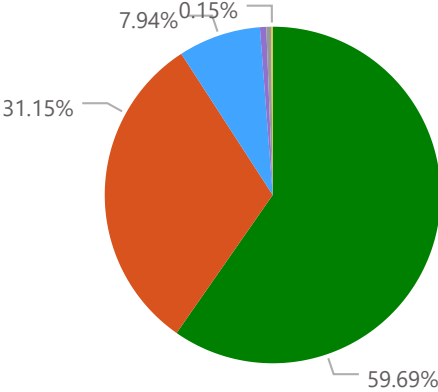
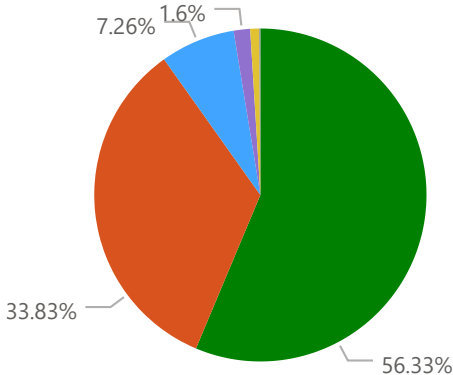
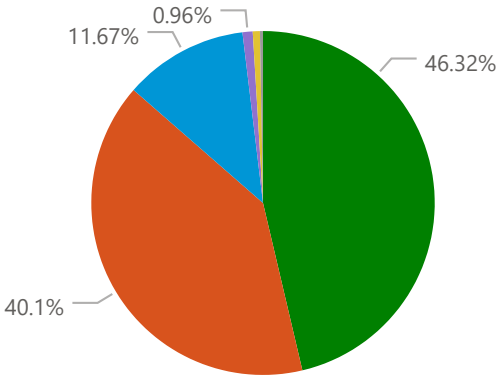
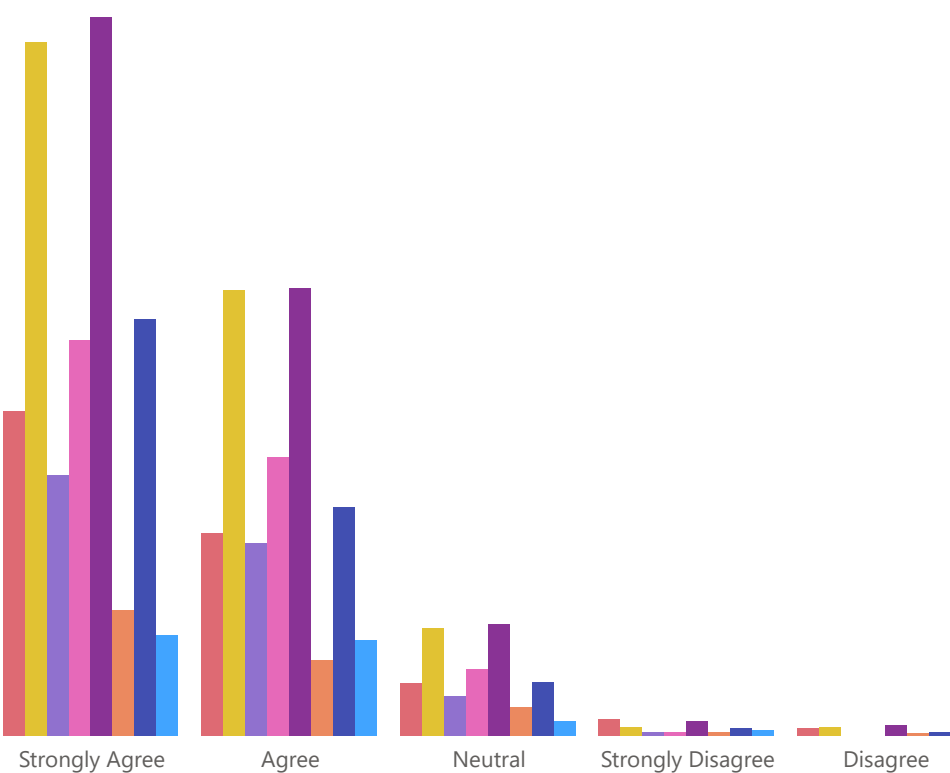
By 2nd year of study

By 3rd year of study

By 4th year of study

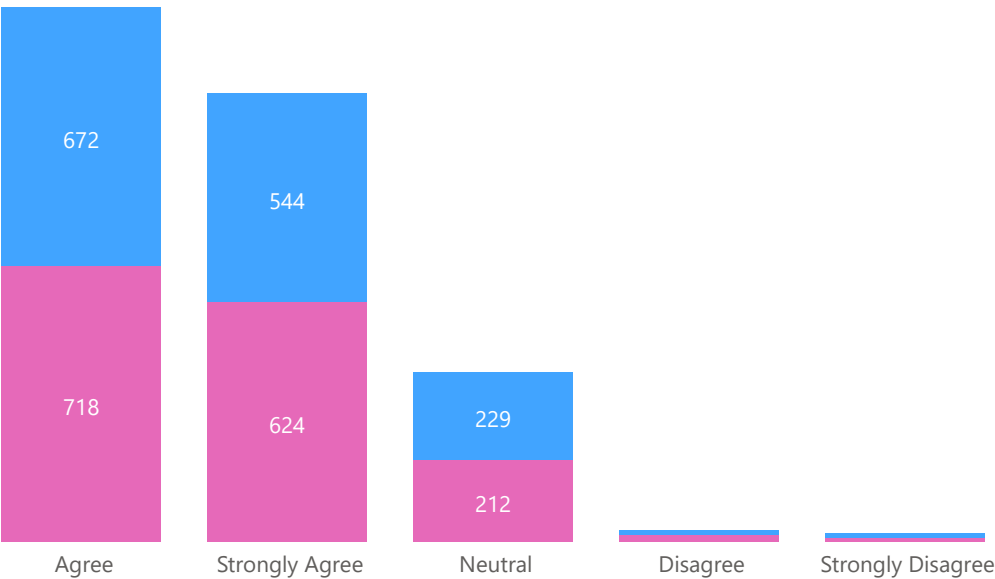
By study area

- Arts/Humanities
- Business/Economics/Law
- Education
- Engineering/IT
- Health/Psychology
- Other
- Science/Agriculture
- Sports/Events/Hospitality

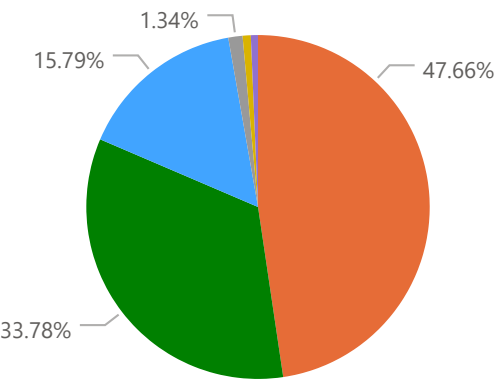


# Sporting and other physical programs have helped me feel like I belong to my university

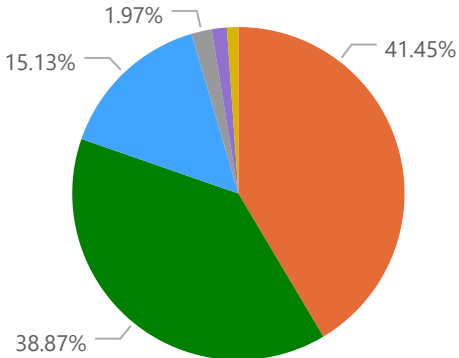
By gender



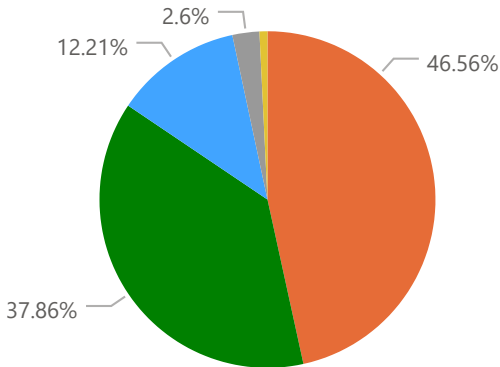
By 1st year of study



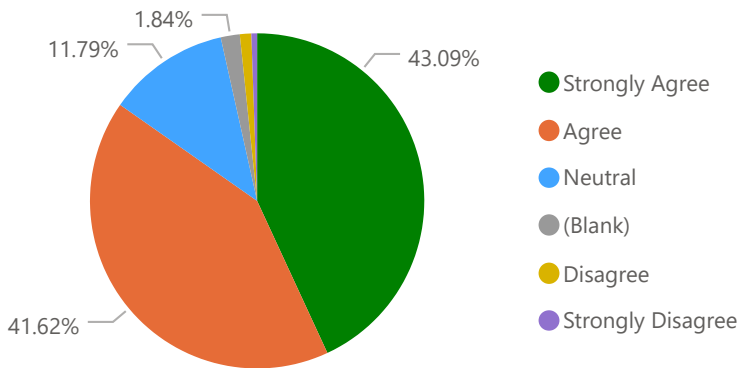
By 2nd year of study



By 3rd year of study

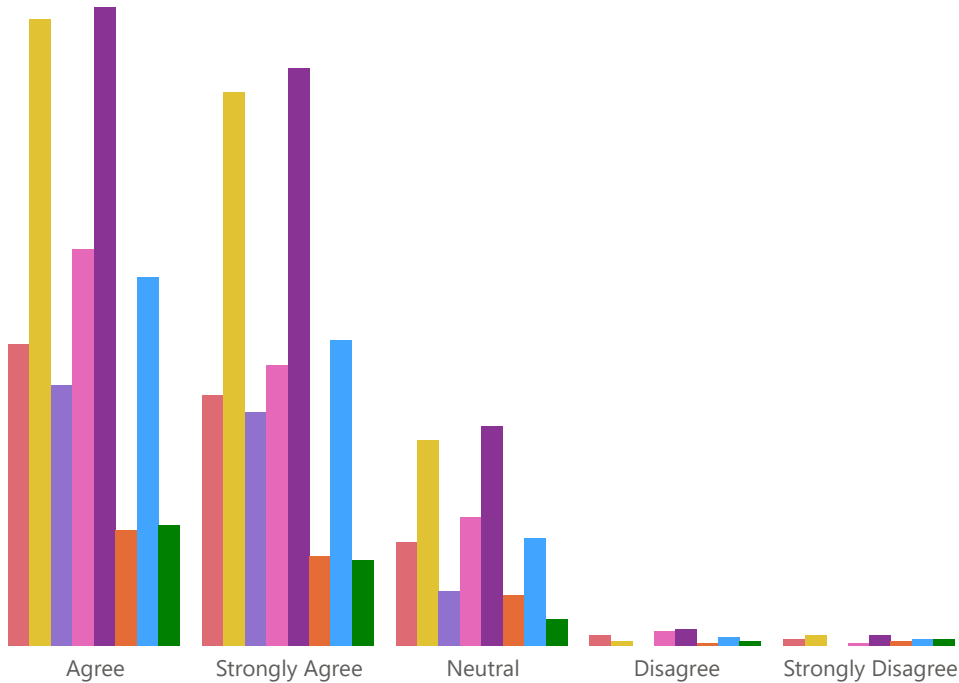


By 4th year of study



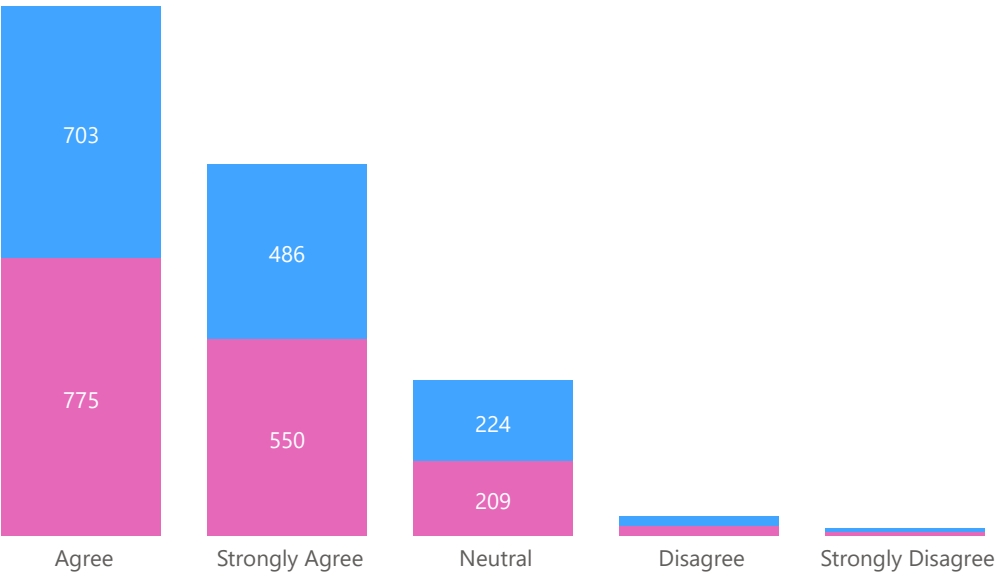
By study area

- Arts/Humanities
- Business/Economics/Law
- Education
- Engineering/IT
- Health/Psychology
- Other
- Science/Agriculture
- Sports/Events/Hospitality



# I feel well supported and part of a group at university

By gender



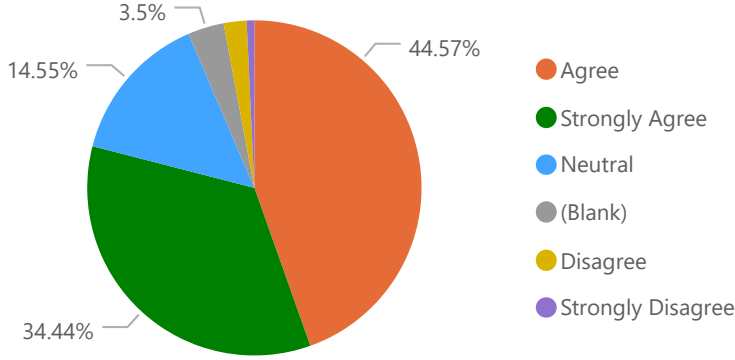
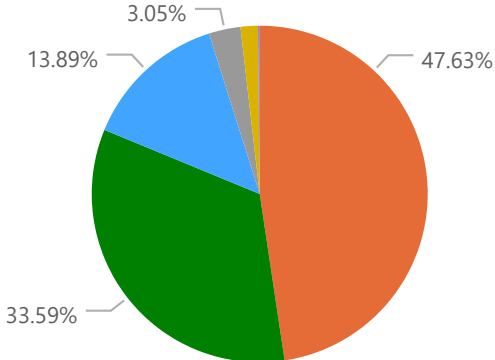
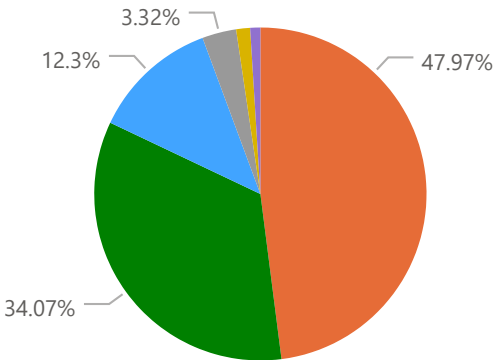
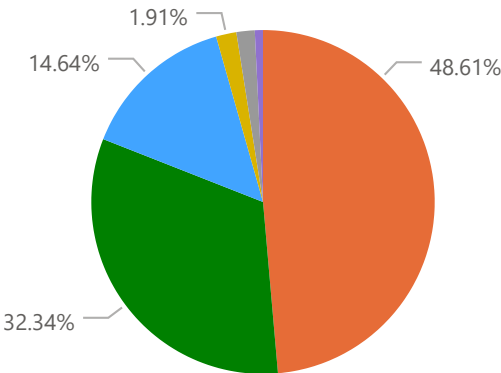
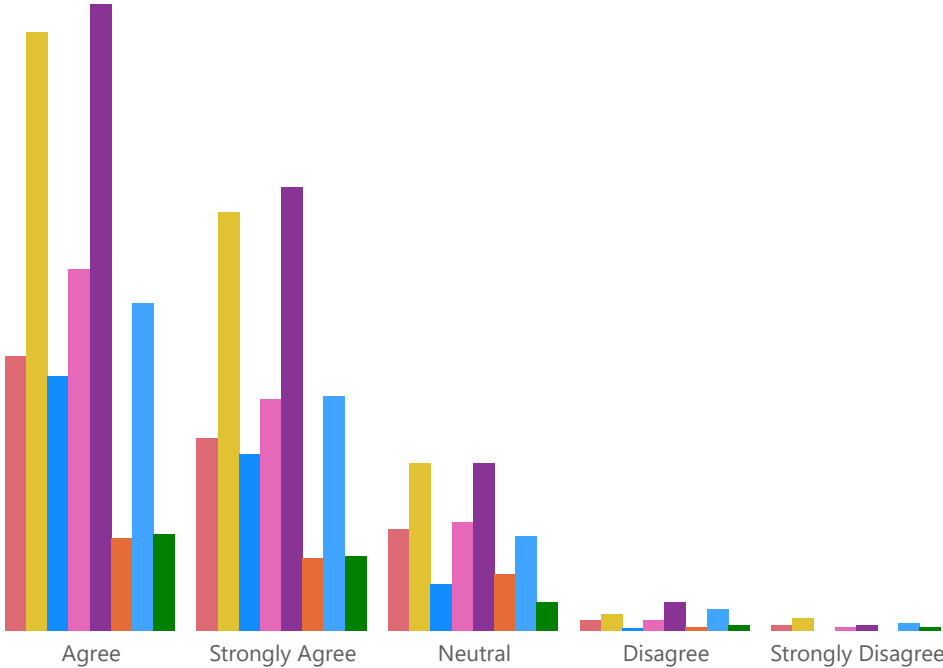
By 1st year of study

By 2nd year of study

By 3rd year of study

By 4th year of study

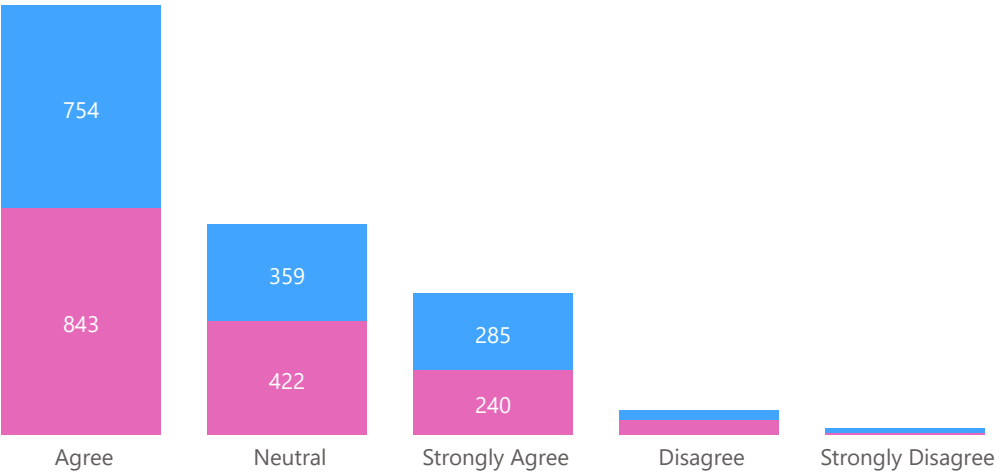
- By study area
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  - Business/Economics/Law
  - Education
  - Engineering/IT
  - Health/Psychology
  - Other
  - Science/Agriculture
  - Sports/Events/Hospitality



# I feel confident that I will achieve good academic results this year

By gender

Female Male



By 1st year of study

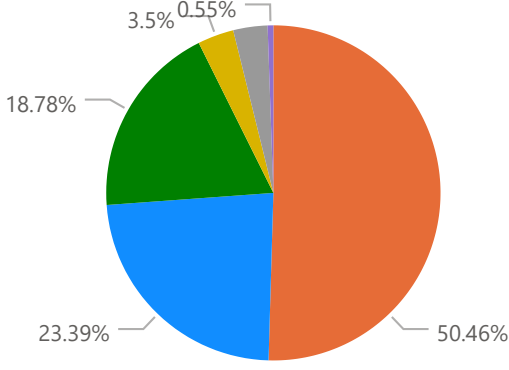
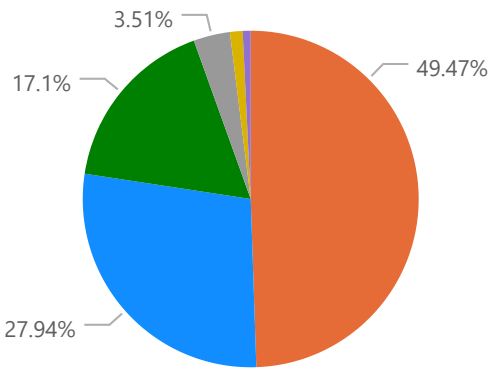
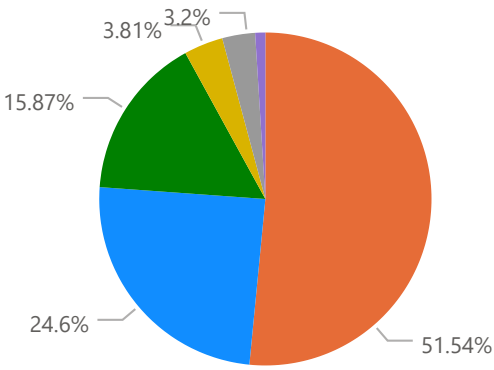
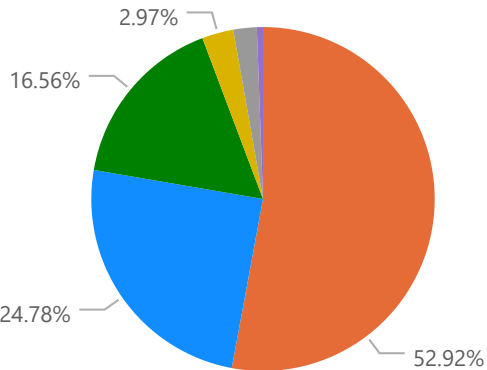
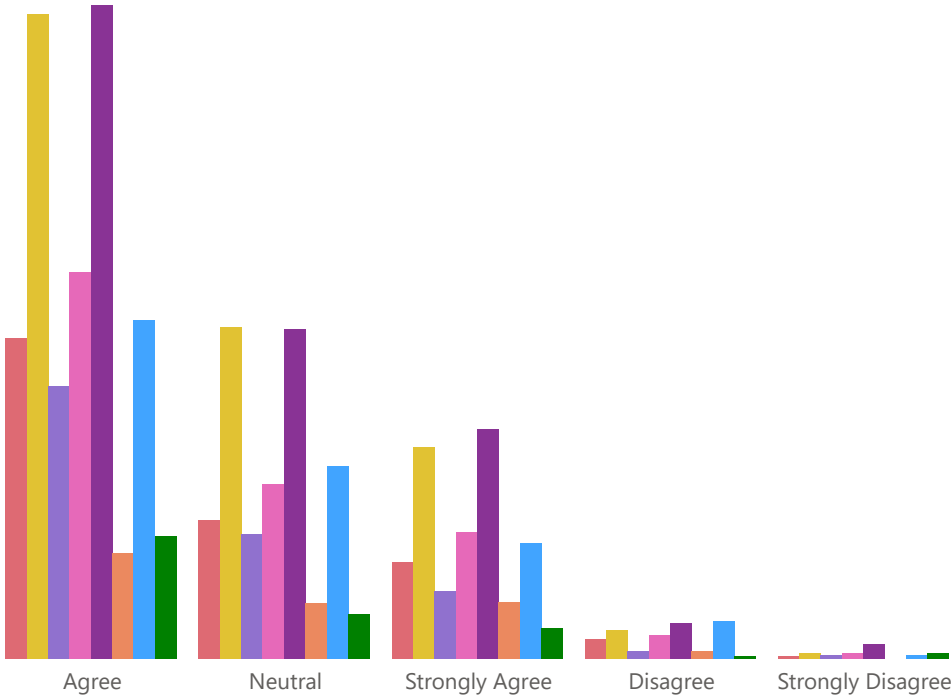
By 2nd year of study

By 3rd year of study

By 4th year of study

By study area

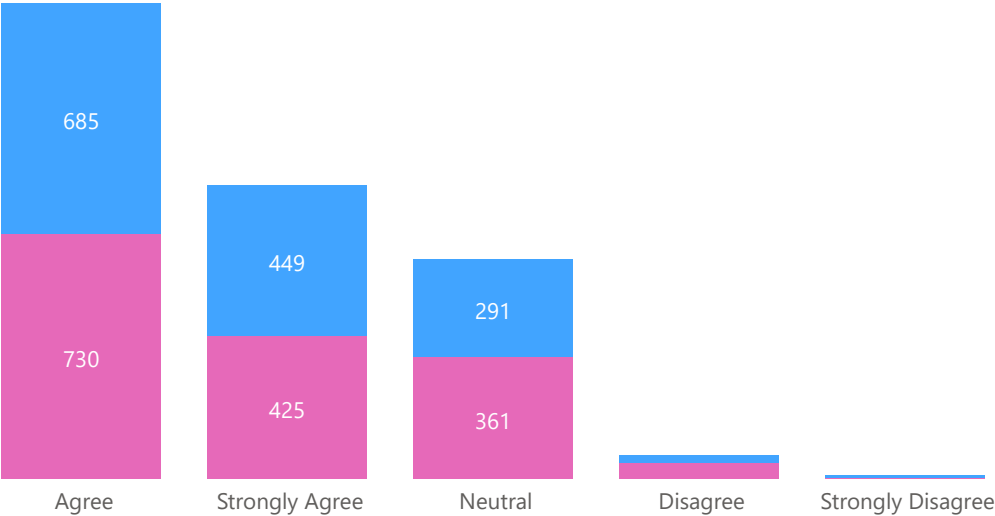
- Arts/Humanities
- Business/Economics/Law
- Education
- Engineering/IT
- Health/Psychology
- Other
- Science/Agriculture
- Sports/Events/Hospitality



# I feel that participating in physical activity or exercise improves my employability

By gender

Female Male

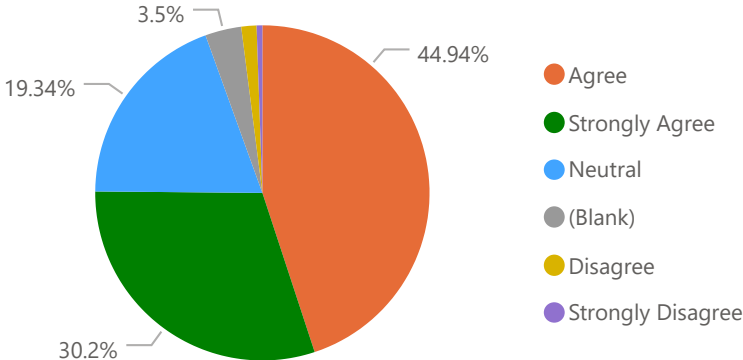
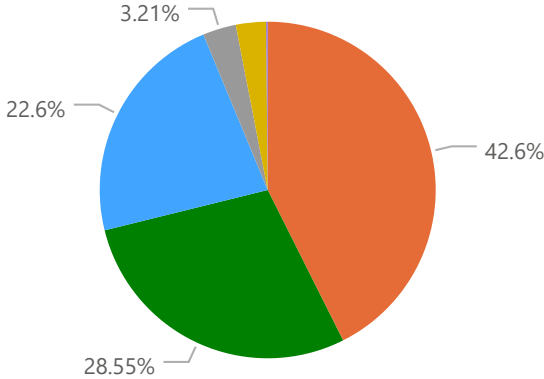
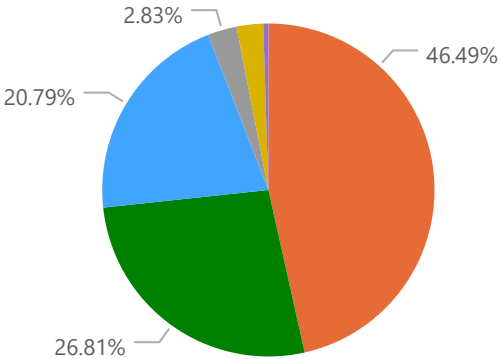
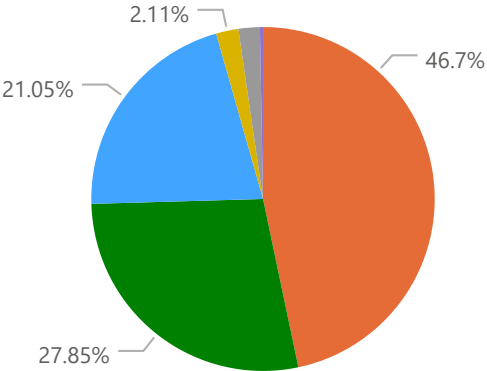


By 1st year of study

By 2nd year of study

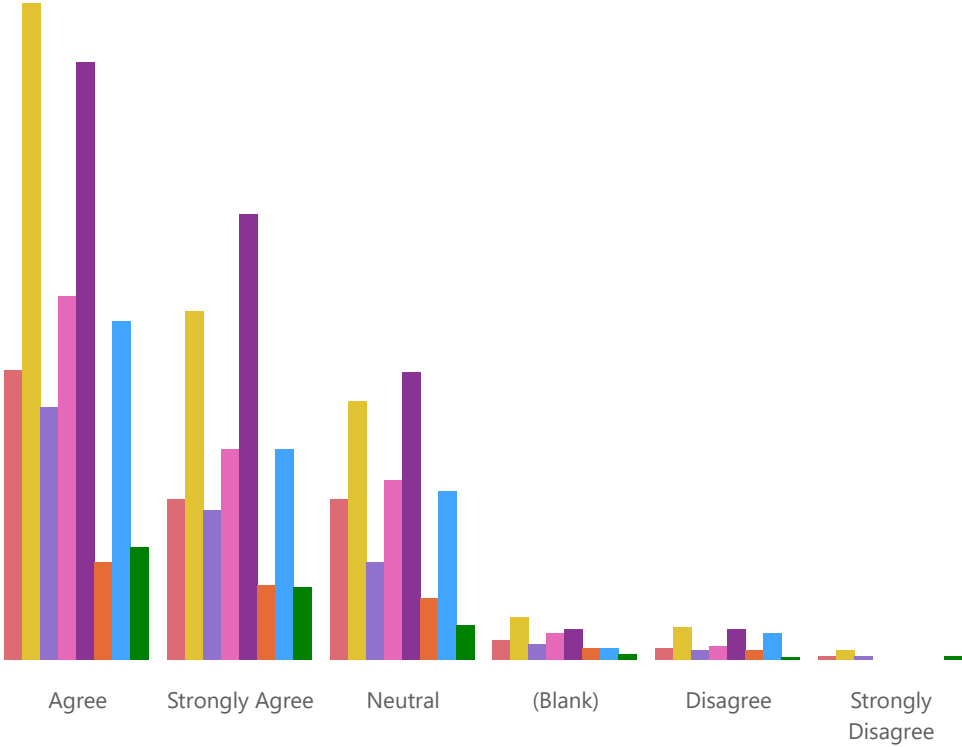
By 3rd year of study

By 4th year of study



By study area

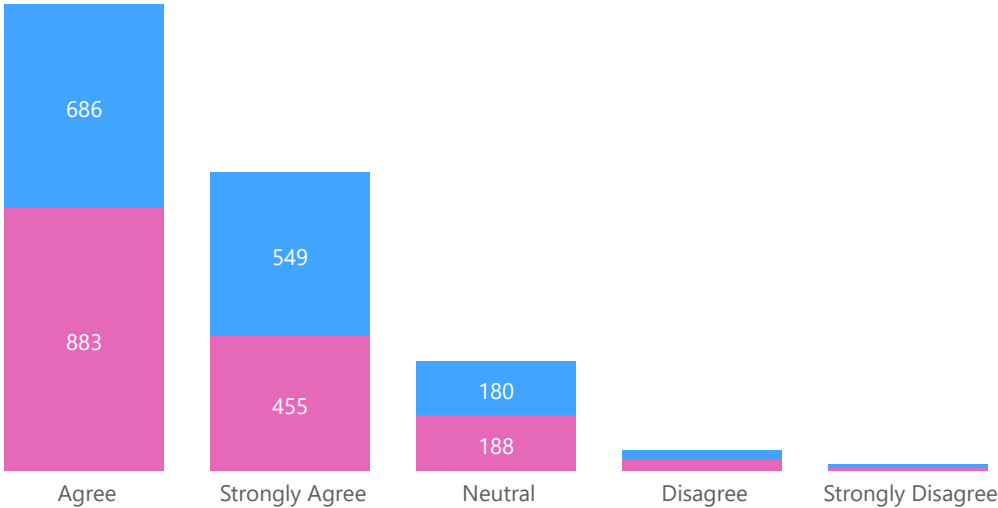
- Arts/Humanities
- Business/Economics/Law
- Education
- Engineering/IT
- Health/Psychology
- Other
- Science/Agriculture
- Sports/Events/Hospitality



# I feel physically fit

By gender

- Female
- Male



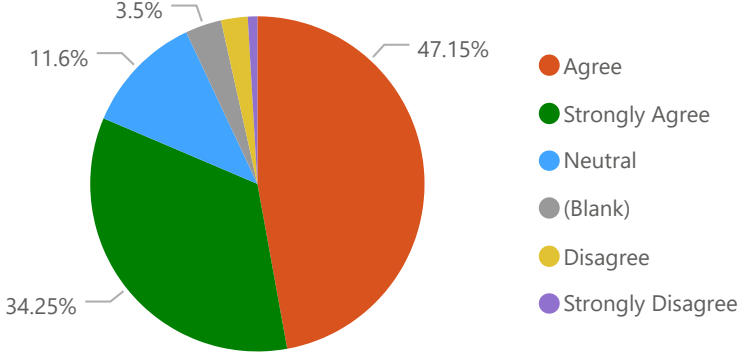
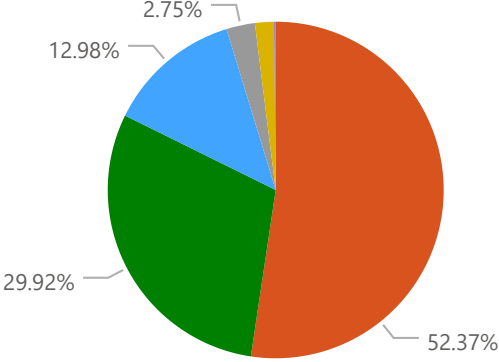
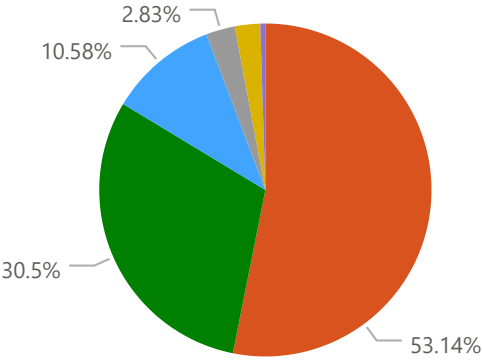
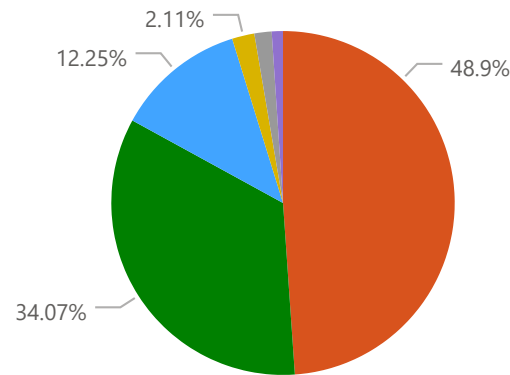
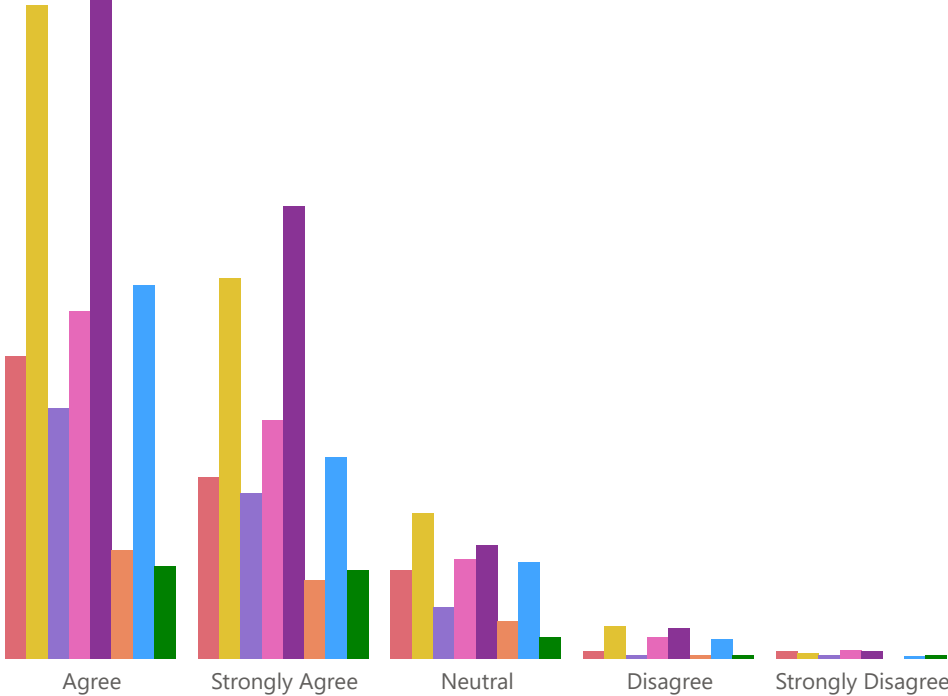
By 1st year of study

By 2nd year of study

By 3rd year of study

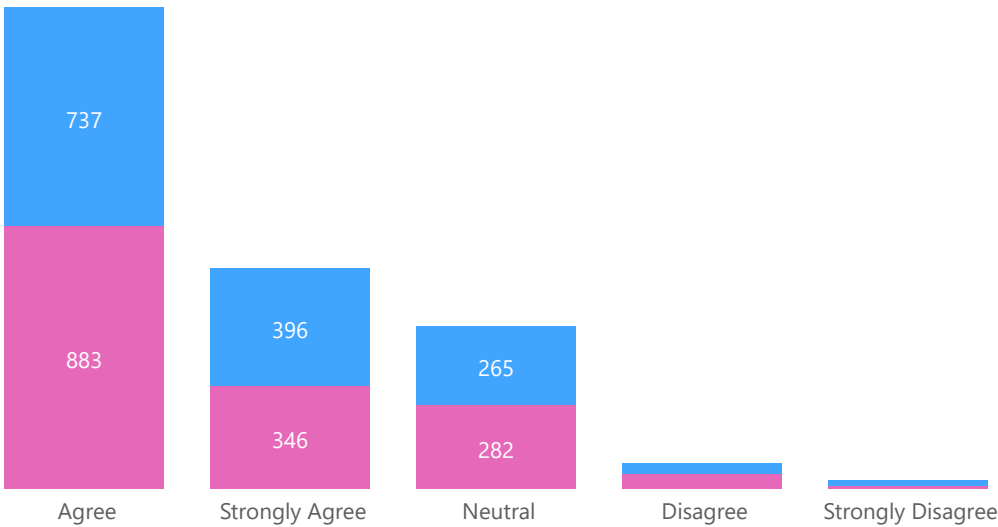
By 4th year of study

- By study area
- Arts/Humanities
  - Business/Economics/Law
  - Education
  - Engineering/IT
  - Health/Psychology
  - Other
  - Science/Agriculture
  - Sports/Events/Hospitality

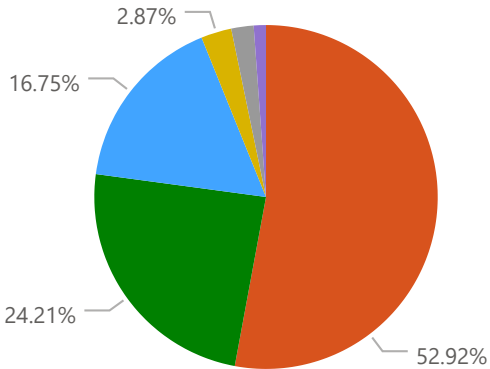


# I feel satisfied with my life at present

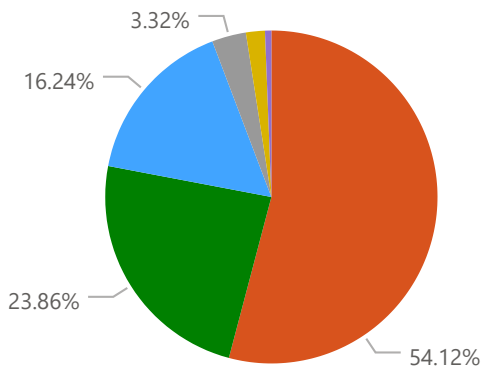
By gender



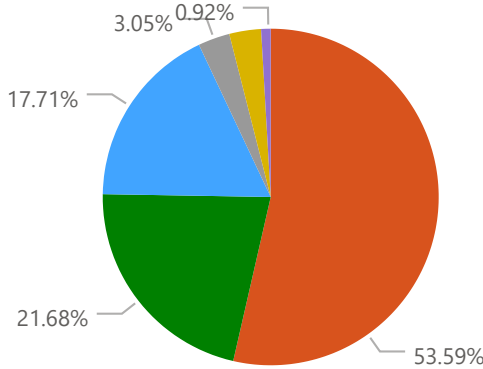
By 1st year of study



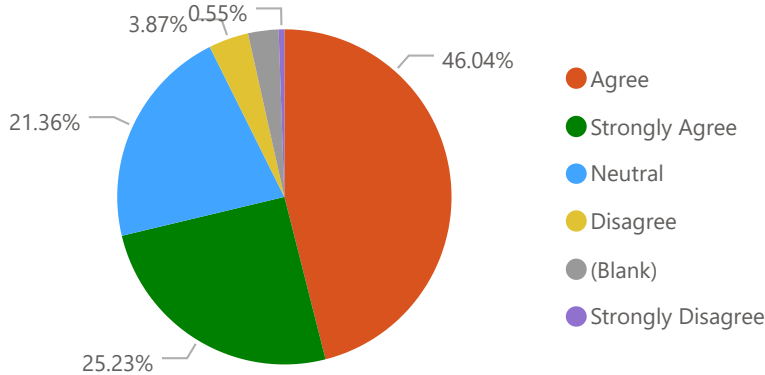
By 2nd year of study



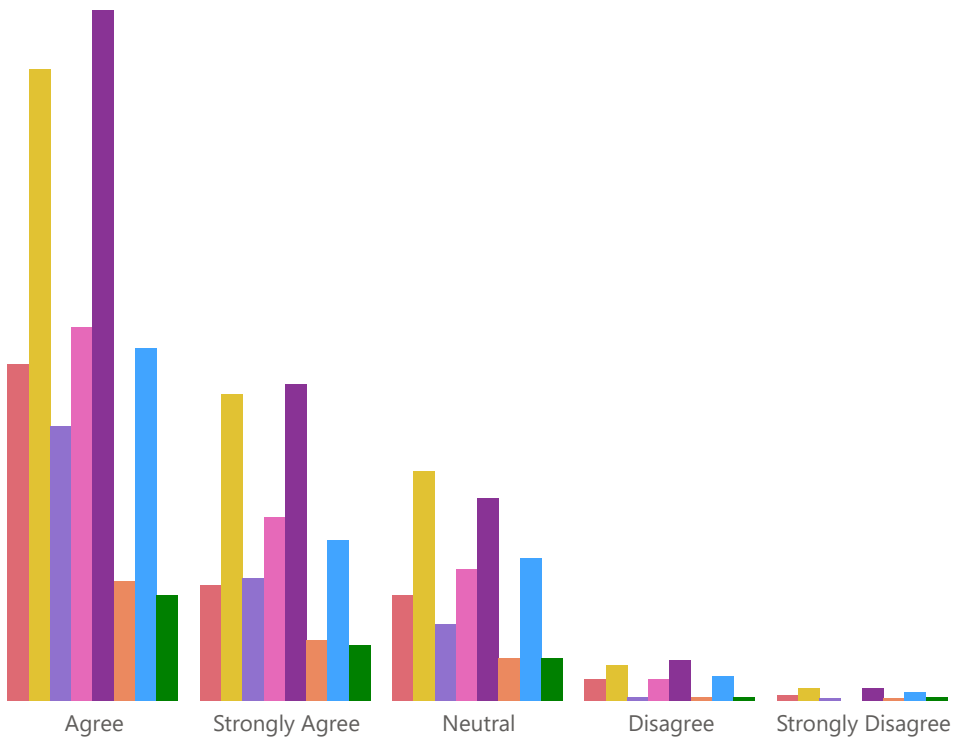
By 3rd year of study



By 4th year of study



- By study area
- Arts/Humanities
  - Business/Economics/Law
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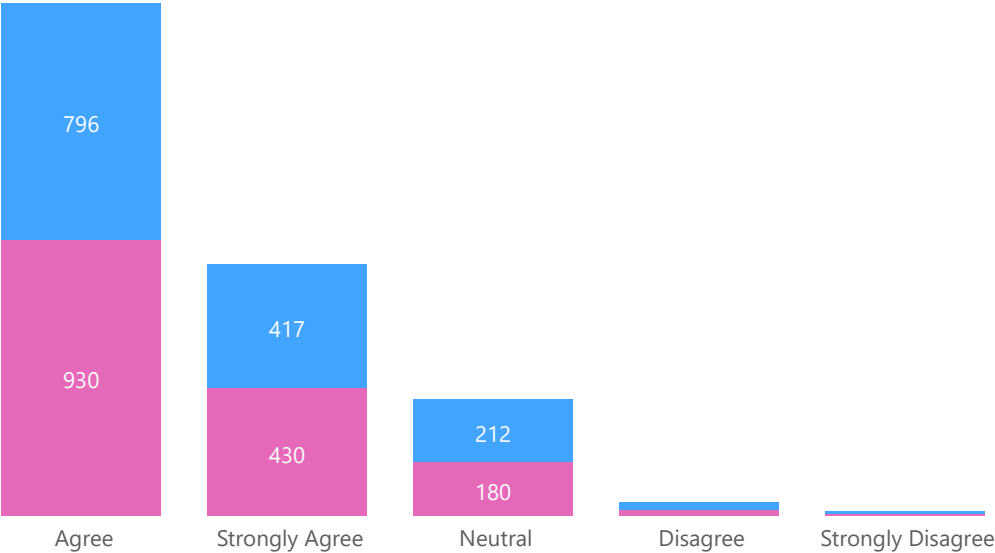




# I feel that the things I do in my life are worthwhile

By gender

Female Male



By 1st year of study

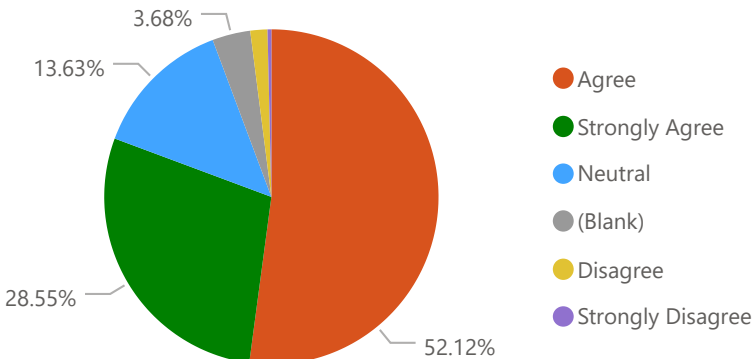
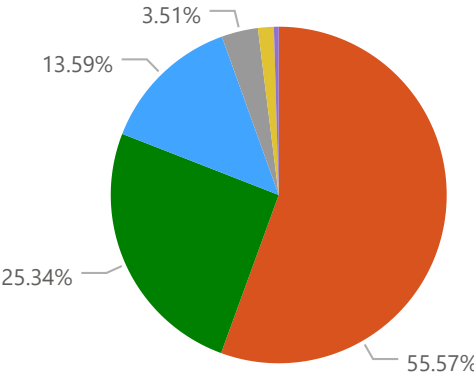
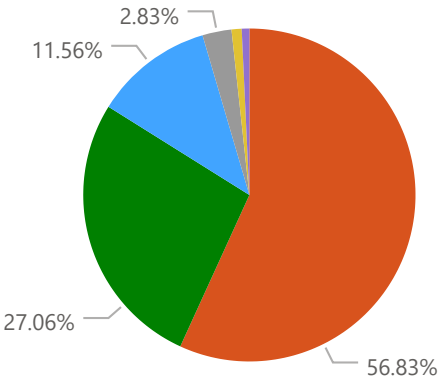
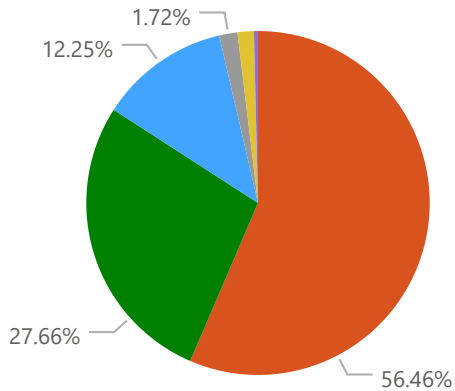
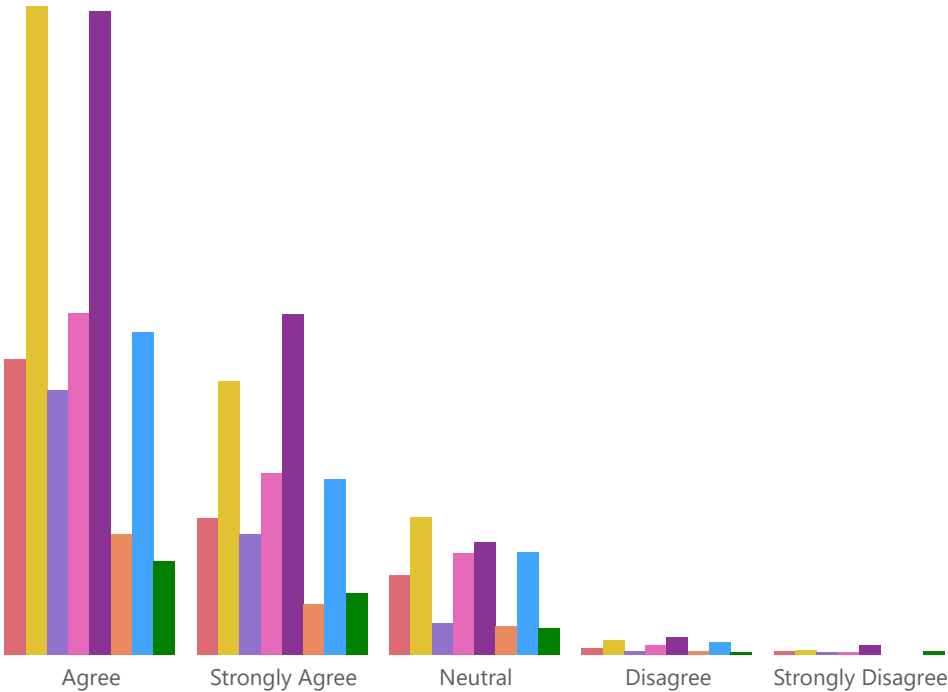
By 2nd year of study

By 3rd year of study

By 4th year of study

By study area

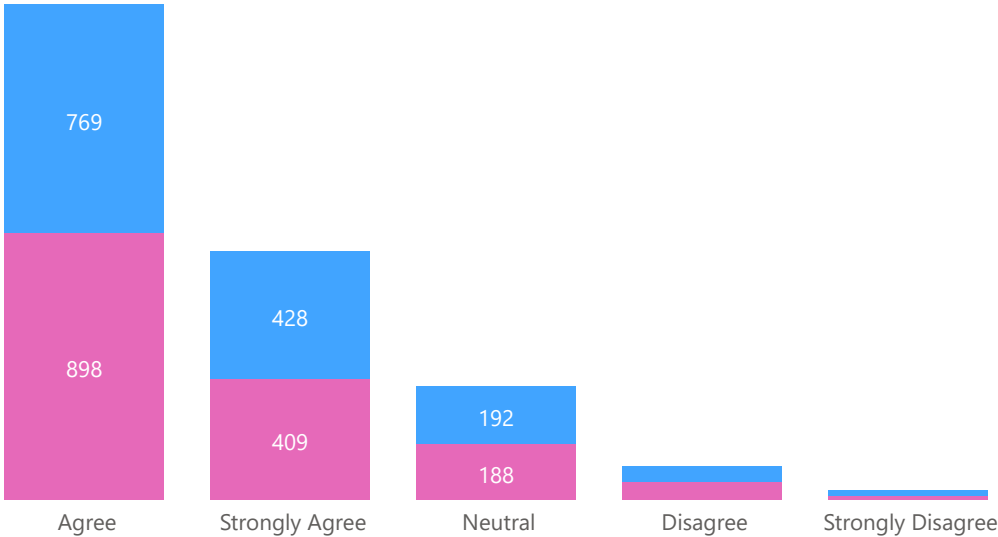
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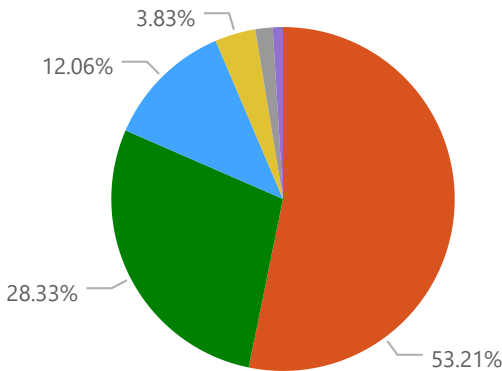
# I felt happy yesterday

By gender

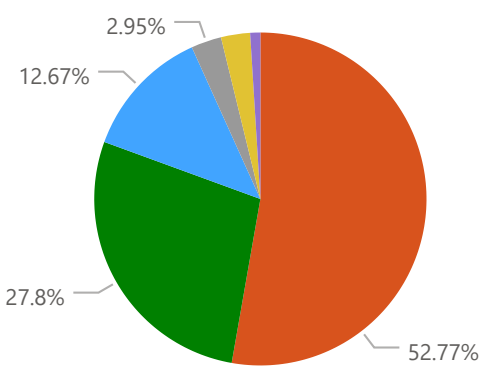
- Female
- Male



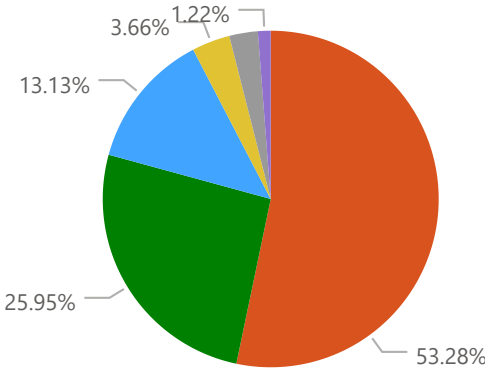
By 1st year of study



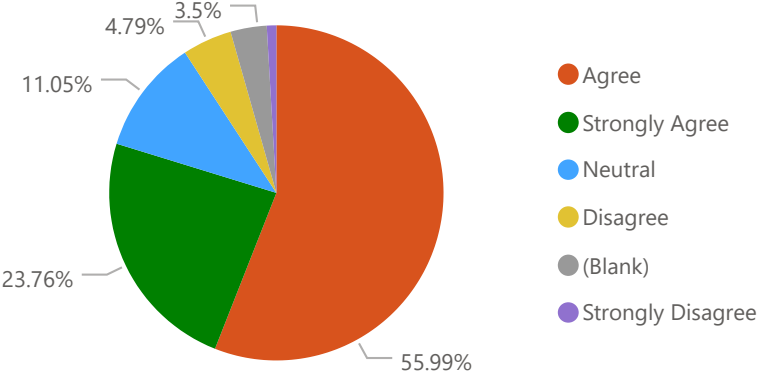
By 2nd year of study



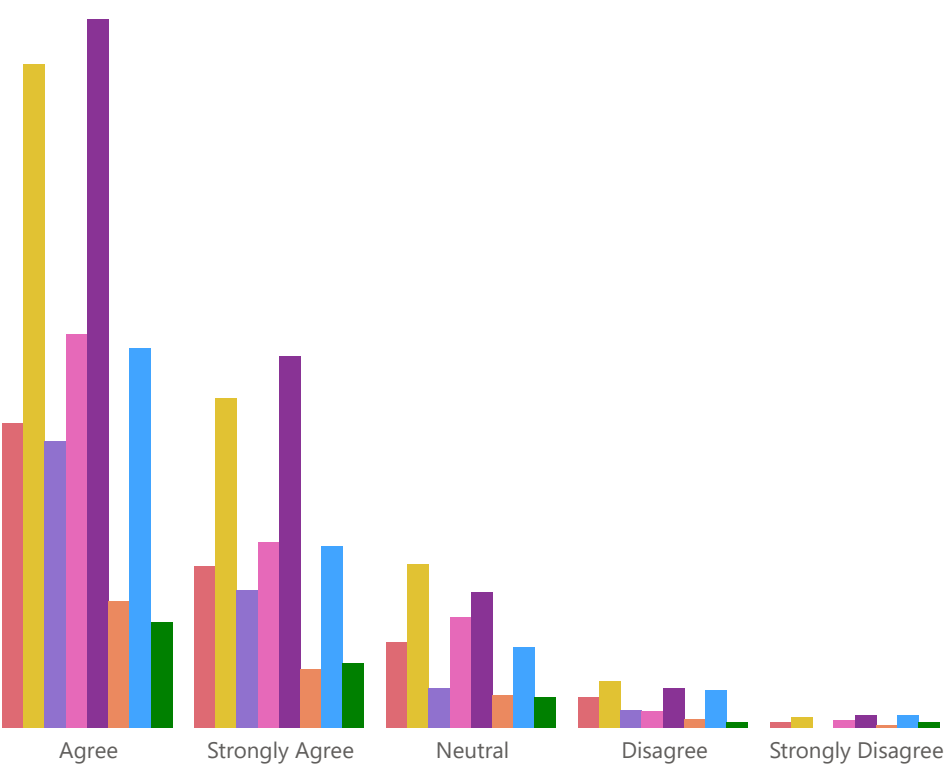
By 3rd year of study



By 4th year of study



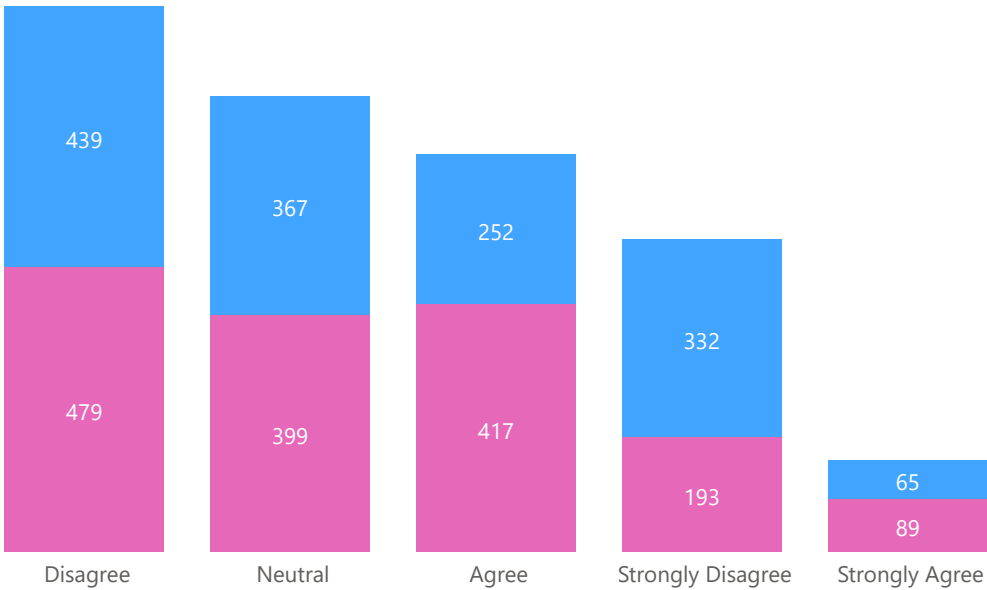
- By study area
- Arts/Humanities
  - Business/Economics/Law
  - Education
  - Engineering/IT
  - Health/Psychology
  - Other
  - Science/Agriculture
  - Sports/Events/Hospitality



# I felt anxious yesterday

By gender

Female Male



By 1st year of study

By 2nd year of study

By 3rd year of study

By 4th year of study

By study area

- Arts/Humanities
- Business/Economics/Law
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- Engineering/IT
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