# **BRITISH ACTIVE STUDENTS SURVEY 2018**

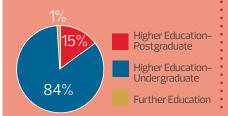


#### ,891 students



62%

Modal age: 20 years



#### **ACTIVITY TYPE**









#### **ACTIVE vs INACTIVE**

#### **CMO Guidelines:**

Adults should undertake at least 150 minutes a week of moderate intensity physical activity



**Active** 150 mins+

**53%** 



Fairly active 40%

31-149 mins



**Inactive** 

**7**%

## <30 min

## **BARRIERS** TO ACTIVITY

No barriers to activity:





23%

**Biggest barriers:** 

Too busy with studies 76%



23% Too expensive

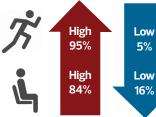


Too busy socialising

22%

Grade expectation for students at university:

**ATTAINMENT** 





Average hours studied per week: 30+ hours

High: 1st/2:1 Low: 2:2/3rd

### **EMPLOYABILITY**

Confidence of finding a job within 6 months of graduating:

> not at all/lack very or fairy confident confidence















Active students rated themselves higher for teamwork, analysis, communication and drive

### **PERSONAL WELLBEING**

Questions were scored from 0 (not at all) to 10 (completely):



5.8

51

6.8

Feeling worthwhile Life Satisfaction 7.1 6.2

Anxiety\* 4.3 \*scored using an inverse scale

**Happiness** 

#### **MENTAL** WELLBEING

Average SWEMWBS score:





SWEMWBS is a scale used to measure mental wellbeing by asking the level of agreement with positively worded statements e.g. 'I've been feeling useful'. The maximum score is 35 and a higher score represents higher mental wellbeing.

#### **SOCIAL ISOLATION**

Questions were ranked from 1 ('never') to 5 ('always'):

% answering usually or always to these 'I feel ...' questions





Left out

People barely know me 16%

21%

Isolated from others

31%

People are around me but not with me

11% 22%

14% 27%





For further information and to read the full report visit



