To Flourish or Not to Flourish...

Aim:

To better understand the factors that impact student well-being at the University of Richmond, with a focus on those that raise happiness and reduce stress.
Goals and Questions

- To find statistically significant data that correlates to who the happiest spidURs are
- Tried to separate student groups to identify individual factors
- Sought out students who had lowest stress, highest happiness
Methods

Anonymous survey was sent on Facebook and other social media platforms and an announcement was made on Spiderbytes*

- Could have influenced responses because results could be skewed towards our social groups

Survey contained questions asking status of wellbeing along with variables that could be identified in correlation

JMP was used to analyze the data for statistical significances in relationships between variables (t-tests, tukey test & etc)

Responses: 325 (Roughly 75% female, 25% male)
Results on Happiness
Mentor

Do you feel that you have a close mentor or friend on campus whom you could talk to if something difficult were going in your life?
Gender

![Bar chart showing happiness levels by gender]

- Female
- Male
- Non-binary

What is your gender?
Greek Life

![Bar chart showing happiness levels with and without Greek Life involvement.](chart.png)
Stress

![Graph showing the relationship between stress and happiness.](image-url)
Sleep

![Bar chart showing happiness levels based on hours of sleep.]

- Less than 6 hours
- 7-9 hours
- More than 9 hours

How many hours of sleep, on average, do you get each night?
Pig Roast Attendance
Living Environment

![Bar chart showing happiness levels by living environment]

- Apartments: [Happiness Level]
- Dorm: [Happiness Level]
Year
Results on Stress
Mentor

Do you feel that you have a close mentor or friend on campus whom you could talk to if something difficult were going in your life?

![Bar Chart]

- No
- Yes

Stress
Year in School

What year are you?

Stress

- Freshmen
- Sophomore
- Junior
- Senior
- Exchange student
Sleep

![Stress vs Sleep Hours]

- Less than 6 hours
- 7-9 hours
- More than 9 hours
Results of Mentorship
Gender

Percentage that feel they have a close friend or mentor to talk to

Female: 100%
Male: 80%
Non-binary: 50%
Results of LLCs
Pig Roast
Greek Life
Conclusions

So… Who are the happiest students at UR?

- Females
- Involved in Greek life
- Living in apartments
- Getting 7-9 hours of sleep
- Report having a mentor
- Pig roast attendees
Future Research and Lessons Learned

- Answers on a sliding scale rather than yes or no
- Attempt to find a representative sample through wider distribution
- Additional qualitative survey - what does happiness mean?
- Include more/other variables
Additional Data
Pig Roast Attendance
Gender

![Bar chart showing happiness levels for different genders](chart.png)
Greek Life

![Bar chart showing happiness comparison between those involved in Greek Life and those who are not.](image-url)
Sleep

[Bar chart showing happiness levels for different hours of sleep: Less than 6 hours, 7-9 hours, More than 9 hours]
Mentor

Do you feel that you have a close mentor or friend on campus whom you could talk to if something difficult were going in your life?
Stress
Where You Live
Year
Year in School

![Bar chart showing stress levels by year in school]

- Freshmen
- Sophomore
- Junior
- Senior
- Exchange student

What year are you?
Sleep

![Graph showing stress levels for different sleep durations](Image)
Mentor

Do you feel that you have a close mentor or friend on campus whom you could talk to if something difficult were going in your life?
Gender

Percentage that feel they have a close friend or mentor to talk to

- Female
- Male
- Non-binary
Pig Roast
Greek Life