



## *Thriving U.: College Student Wellness and Utilization of Resources*

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### BACKGROUND

The rise of negative associations post-pandemic has led college students to engage with on-campus wellness resources more frequently. For example, recent averages for area utilizations on college campuses saw a 40% increase for dining spaces and 15% increase for fitness spaces (Tradeline, 2023). It is pertinent that the wellness resources available to students are reaping positive outcomes and best supporting the population's holistic well-being. The APA Dictionary of Psychology defines well-being as having high quality of life, experiencing minimal stress, good overall health, and feeling satisfied and happy with one's life (APA Dictionary of Psychology, n.d.-b). Furthermore, the theoretical model of Holistic Psychology and Social Inclusion Theory considers aspects of well-being that are not mainstream, such as confronting negative experiences, highlighting positives, exclusive and inclusive practices (Phan et al., 2021; Allman, 2013). Building off of the former information and multiple outside studies, we have outlined the following criteria for our evaluation: Emotional Health, Physical Health, Social Connectedness, Meaning and Purpose, Character Strengths, Financial Security, and Self-Efficacy. This proposal study will allow for a program review on the effectiveness of Pacific University's on-campus resources.

### Primary Prediction

We anticipate a significant positive correlation between on-campus resource utilization and holistic well-being amongst college students.

### PROPOSED METHOD

#### Participants

We will convenience sample undergraduate students from Pacific University Oregon (PUO) via word of mouth, social media, email, and flier solicitations. We anticipate a sample of 100 participants reflecting demographic variables consistent with the larger College of Arts and Sciences population (PUO OIRA, 2023).

#### Materials

To address the empirical question, and measure holistic well-being and resource utilization, the materials used for this study include:

**The Well-Being Assessment (WBA)** a 40-item questionnaire to assess Emotional Health, Physical Health, Social Connectedness, Meaning and Purpose, Financial Security, and Character Strengths (Węziak-Białowska et al, 2021) on an 11-point Likert scale.

**General Self Efficacy Scale (GSE)** is a 10-question assessment for self-efficacy levels on a 4-point scale, which will be included as a domain in our total Holistic Well-Being scores along with WBA (Węziak-Białowska et al, 2021) scores.

**Resource Utilization Measure** is a 10-item questionnaire to assess on a 5-point frequency scale the extent to which students seek out on-campus resources (Obeidi & Patnaude, 2024)

### Design and Procedures

This descriptive evaluation will be administered through Qualtrics®, an online survey platform, distributed through a hyperlink or QR code sent out to Pacific University undergraduate students. It will prompt participants with an implied consent and conclude with an online debriefing screen.

### ANTICIPATED RESULTS

In order to assess the prediction that holistic health among our college sample is positively correlated with greater resource utilization will be assessed using Pearson's  $r$  correlation. Higher levels of resource utilization will correlate with higher holistic well-being among undergraduate students at Pacific University. A Pearson's  $r$  will be used to assess the relationship between Resource Utilization and Holistic Well-Being, and a Cronbach's alpha to assess the samples' score reliability and the heterogeneity of our sample. We will additionally conduct a 2 Residence (on-campus, off-campus) x 3 Nutritional Plan (Meal Plan, Economy Plan, no plan) x 4 Employment (Full-time, part-time, work-study, unemployed) factorial ANOVA for descriptive data to assess main effects. All significant main effects and interactions will be followed up with an effect size estimate and a post-hoc pairwise comparison using Tukey's HSD for Nutritional Plan and Employment.

### DISCUSSION

The findings of this study will ultimately allow us to assess the extent to which on-campus resources are able to facilitate well-being, and whether they are effective in doing so. Considering the context of the rise of poor mental health rates, fear, and decreased happiness post the COVID-19 pandemic lockdown, providing support for students is essential for both their short-term and long-term academic, career, and well-being success. Confounding variables including off-campus resource usage, which will be inquired about in the questionnaire. Future studies should be sampled from a larger population that will allow us to look closer at factors such as ethnic identity and religion, which could be physically identifiable, but may have an effect on scores of well-being. Due to the population size of PUO, certain questions cannot be asked without risking the anonymity and privacy of students.

This study will also allow us to evaluate the effectiveness of on campus resources at PUO, and provide recommendations based on the available literature and data collected on how support for student well-being can be optimized.



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