BRITISH ACTIVE STUDENTS SURVEY: OCC sport HIGHER EDUCATION 2019/2020

66% female

33% male

SPORT ENGLAND

Who took part?





students

institutions

What did they do and how active were they?

Students were asked what kind of activity they took part in:

17%

19%

Personal Wellbeing average scores:

5.9

6.3

6.4

5.1

Happiness

Life satisfaction

Feeling worthwhile

Anxiety (inverse scale)

Just gym

Both gym & sport

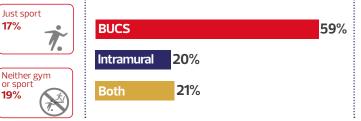
42%

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22%

Those who took part in sports were asked what type of team/club they participated with:



How did their wellbeing metrics compare?

6.5

6.9

4.8

How does this impact attainment and employability?

Social Inclusion average scores: Where 0 = 'not at all' and 10 = 'completely' % answering 'never' or 'rarely' to 'I feel': Left out



agreement to positively worded statements Where higher scores equal higher mental wellbeing (35 =

Mental Wellbeing scores (SWEMWEBS):

highest score) Ľ

Level of study

Mainly undergraduate

Undergraduate Postgraduate Further Education

Active

76%

74%

67%

150 mins+

<2%

Students were asked how much activity they did in a

week, which was grouped by Sport England's Active Lives

Inactive

<30 mins

categorisations to allow comparison to national data.

14%

17%

21%



Loneliness average scores: % answering 'rarely' or 'hardly ever' During the past week have you felt lonely?



Social Trust average scores: % answering 'agree' or 'strongly agree' To what extent do you agree or disagree that most people in your local area can be trusted?

47%

41%

responded to are below.

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Survey population

AL (16-24 years)

AL (25-34 years)

What are the barriers and motivators?

Students were asked what grade they expected to get:

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1st	35%	36%
2.1	50%	53%
2.2	5%	4%
3rd	<1%	<1%
Pass	9%	7%

Students were asked about their confidence of finding a job within six months of finishing university:



Biggest motivators: To benefit my health 14% As a stress relief 12% To improve my body image 11%

Students were asked what the barriers and motivators to

exercise were. The options which the highest percentage

Biggest barriers: Too busy with studies 32% Activity options are too expensive 13% Too busy socialising **11%**

View the full report here For more information email the ukactive Research Institute: research@ukactive.org.uk