Who took part?

9,013 students
101 institutions
66% female
33% male

What did they do and how active were they?

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

- BUCS: 59%
- Intramural: 20%
- Both: 21%

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

- Just gym: 22%
- Just sport: 17%
- Both gym & sport: 42%
- Neither gym or sport: 19%

How did their wellbeing metrics compare?

Personal Wellbeing average scores:
Where 0 = ‘not at all’ and 10 = ‘completely’

- Happiness: 5.9 6.5
- Life satisfaction: 6.3 6.9
- Feeling worthwhile: 6.4 7.1
- Anxiety (inverse scale): 5.1 4.8

Social Inclusion average scores:
% answering ‘never’ or ‘rarely’ to ‘I feel’:

- Left out: 34% 40%
- People barely know me: 34% 43%
- Isolated from others: 41% 51%
- People are around me but not with me: 40% 50%

Mental Wellbeing scores (SWEMWEBS):
agreement to positively worded statements
Where higher scores equal higher mental wellbeing (35 = highest score)

- Loneliness average scores:
  - During the past week have you felt lonely?
    - People barely know me: 22% 27%
    - Isolated from others: 41% 47%

- Social Trust average scores:
  - To what extent do you agree or disagree that most people in your local area can be trusted?
    - Agree or strongly agree: 20.6 21.8

How does this impact attainment and employability?

Students were asked what grade they expected to get:

- 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:

Very or fairly confident: 51% 61%
Not at all/lack confidence: 15% 12%

What are the barriers and motivators?

Students were asked what the barriers and motivators to exercise were. The options which the highest percentage responded to are below.

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

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