BRITISH ACTIVE STUDENTS SURVEY 2018
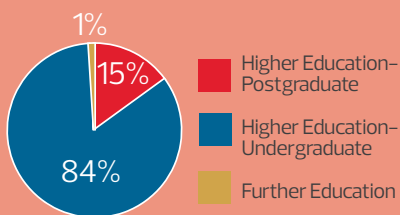
6,891 students
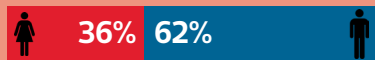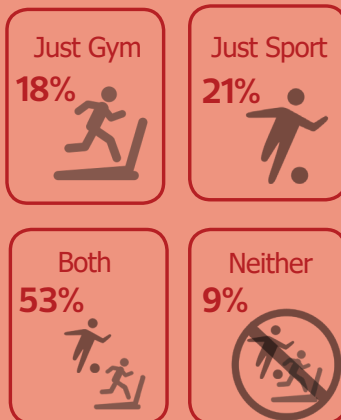
36% **62%**
2% responded with other options

Modal age: 20 years

1%
15%
84%

- Higher Education–Postgraduate
- Higher Education–Undergraduate
- Further Education

ACTIVITY TYPE

Just Gym **18%**

Just Sport **21%**

Both **53%**

Neither **9%**

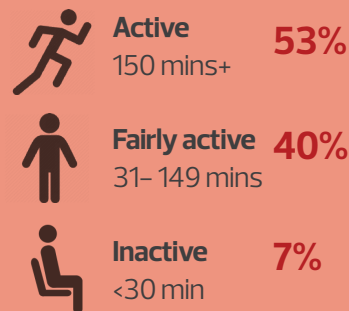## ACTIVE vs INACTIVE

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

Active 150 mins+ **53%**
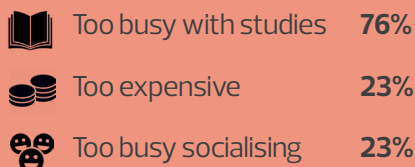
Fairly active 31– 149 mins **40%**

Inactive <30 min **7%**

BARRIERS TO ACTIVITY

No barriers to activity:

13% **22%**

Biggest barriers:

Too busy with studies	**76%**
Too expensive	**23%**
Too busy socialising	**23%**

ATTAINMENT

Grade expectation for students at university:

High 95% **Low 5%**

High 84% **Low 16%**
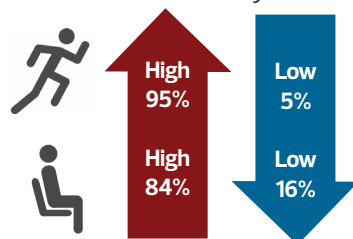
Average hours studied per week: **30+ hours**
High: 1st / 2:1   Low: 2:2 / 3rd

EMPLOYABILITY

Confidence of finding a job within 6 months of graduating:

very or fairly confident | not at all/ lack confidence

65% **8%**

53% **14%**
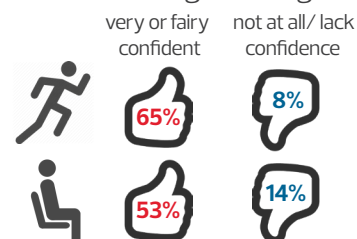
Active students rated themselves higher for teamwork, analysis, communication and drive

PERSONAL WELLBEING

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

Feeling worthwhile	7.3	6.4
Life Satisfaction	7.1	6.2
Happiness	6.8	5.8
Anxiety*	4.3	5.1

*scored using an inverse scale

MENTAL WELLBEING

Average SWEMWBS score:

22.3 **20.5**

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	9%	21%
People barely know me	16%	31%
Isolated from others	11%	22%
People are around me but not with me	14%	27%