

General summary of TU/e wellbeing monitor results

PILOT STUDENT WELLBEING MONITOR 2023



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Education and Student Affairs

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As part of the TU/e's student wellbeing policy, we have developed and piloted our own student wellbeing monitor this year. This monitor looks into the 5 dimensions of wellbeing as described in the policy including mental wellbeing, social wellbeing, academic wellbeing, physical wellbeing and financial wellbeing. In addition it looks into experiences of social safety and students awareness and use of the sources of support inside the TU/e. As this was a pilot to test the monitor, the monitor was only sent to a random sample of 3000 students and hence the total response number is relatively low. Therefore these results are not generalizable to all students.

On the mental wellbeing scale the results show that the majority of students generally report feeling mentally well. Between 45% and 55% reported feeling optimistic, useful, close to others, able to make up their minds and able to think clearly often to all of the time. 78% of students reported not feeling relaxed often to all of the time. The latter was more often the case for female identifying students and internationals students than for male identifying students and Dutch students.

On the social wellbeing scales, > 49% of respondents reported feeling connected to the TU/e, reported not feeling lonely, and feel there are people they can rely on. Roughly 20% of respondents do show some signs of loneliness and do not feel connected to the TU/e. We also see that bachelor's students have these feelings more compared to master's students. Same goes for internationals versus Dutch.

When looking at academic wellbeing we see that respondents generally feel engaged in their studies. 60% feel enthusiastic about their studies and 49% feel immersed in their studies. Results on the academic exhaustion scale show that 72% of students often feel tired before university, 51% need more time to relax after their studies, and that 36% do not have a lot of energy for leisure activities after their studies. 39% of respondents report having enough energy for leisure activities after their studies. These results are seen as lower in international and female identifying students compared to Dutch and male identifying students.

When it comes to physical wellbeing, respondents show overall satisfaction with their general physical health, however they show less satisfaction with their sleeping and physical exercise behaviors.

The majority of respondents further report that they are managing their finances well and are not worried or hindered by their finances (+/- 60 – 70%). However, 33% of respondents do worry about their future financial situation and 22% worry about if they will manage to pay their bills this month. Dutch students generally worry

less compared to Internationals, and male identifying students worry less about their future financial situation compared to female identifying students.

92% of students feel safe on campus and 62% have not experienced unacceptable behavior in the past 6 months. In contrast, 34% have experienced unacceptable behavior at the TU/e in the past 6 months. Of the socially unsafe behavior that was witnessed or experienced, most were between students, and some between students and staff members. The background of the socially unsafe behavior was often related to general discrimination (related to race, origin, beliefs, etc.). Most people talked to their friends or peers about it, and 8% reported. Many also did nothing, reasons most commonly being because they did not think it was serious enough or did not know what to do.

All sources of support listed were known by at least some of the respondents, with the academic advisors, student psychologists and sports center being known by half or more of the respondents. Most respondents have made use of the academic advisor support, yet less than 100 respondents have made use of the other sources of support available.