

## THE ALABAMA MODEL OF STUDENT HEALTH AND WELLBEING

The Alabama Model of Student Health and Wellbeing provides an understanding of student wellness that contributes to students' academic and personal success as well as ways to support it. Through this model of wellness, it is our hope students will have a better holistic understanding of health and wellbeing and how it relates to their college experience. The student assessment provides insights into the wellbeing of University of Alabama students over the duration of the school year according to the Alabama model of wellness.



### ACADEMIC

Developing and enhancing successful skills and intellectual abilities that lead to overall academic success.

**PRIMARY QUESTION:** How do you feel about your academics today?



### CAREER

Gaining awareness of individual interests, abilities and experiences that lead to congruence with one's chosen career path. **PRIMARY QUESTION:** How do you feel today about your future career goals?



### FINANCIAL

Establishing and maintaining knowledge and skills to develop and maintain financial security.

**PRIMARY QUESTION:** How do you feel today about your personal financial situation?



### PSYCHOLOGICAL

Developing and maintaining personal awareness, resilience and understanding of one's self and others that leads to personal satisfaction and rewarding relationships. **PRIMARY QUESTION:** How do you feel about your mental health today?



### PHYSICAL

Establishing, enacting, and maintaining individual awareness and knowledge of the importance of physical activity and healthy lifestyle practices. **PRIMARY QUESTION:** How is your physical health today?



### SOCIAL

Developing and maintaining healthy and appropriate relationships with others that lead to a feeling of belonging and social connection. **PRIMARY QUESTION:** How well do you feel connected to others right now?



### SPIRITUAL

Developing a process of existential understanding and growth that can help to inform and guide one's meaning and experience of the world. **PRIMARY QUESTION:** How do you feel about your spirituality today?

Responses from each of these possible questions are reported on a 4-point Likert scale:

- 1**= Not very good/Disagree/Not very well/etc.      **3**= Good/Agree/Well/etc.  
**2**= Fair/Slightly disagree/Fair/etc.                      **4**= Very good/Strongly agree/Very well/etc.

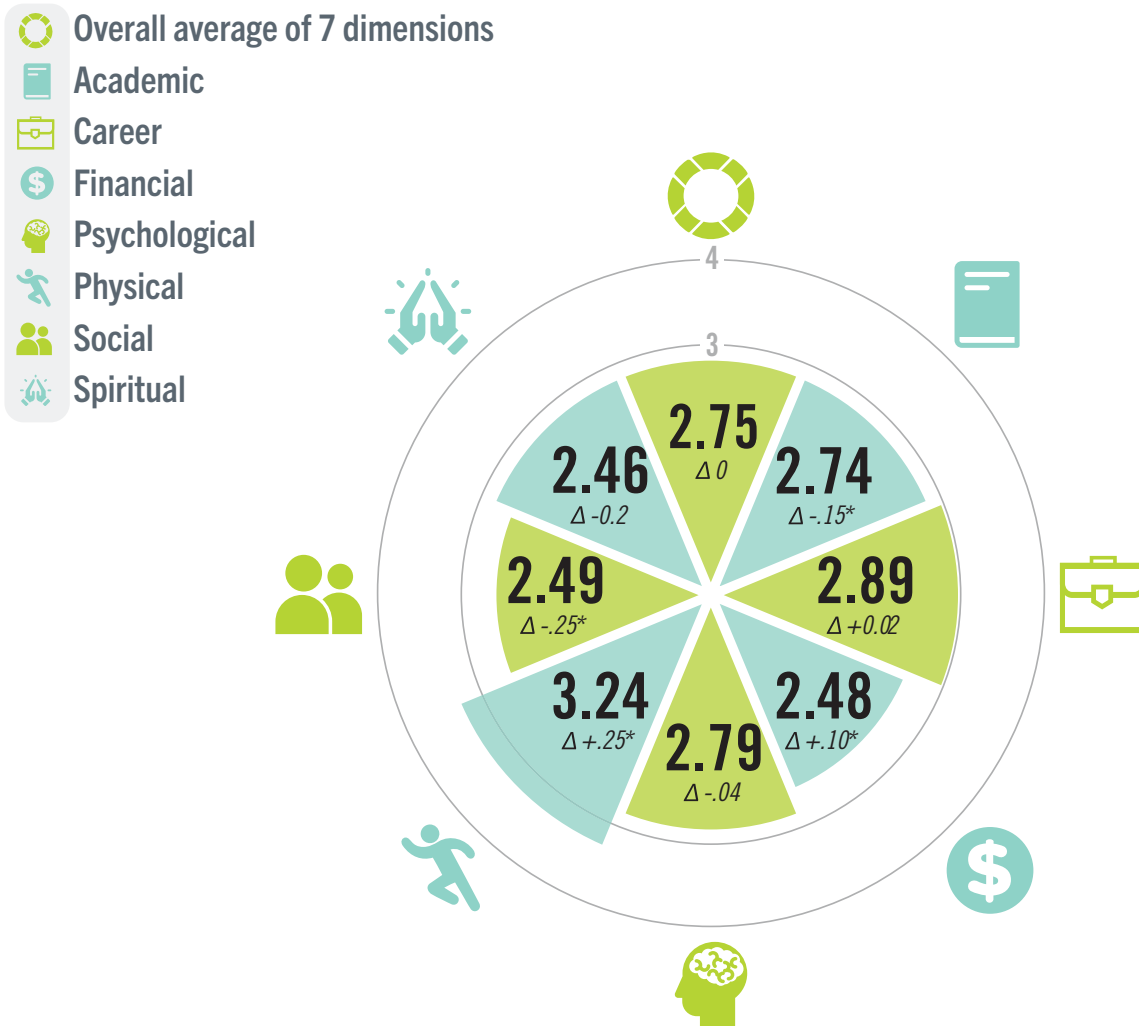
**~25,600**

survey participants consisting of all UA main campus students (undergraduate and graduate) from Fall 2019 through Spring 2021

The numbers plotted represent the average response of all students surveyed in 2020-2021.

Δ Denotes the change (+ increase or - decrease) from year 2019-20

## OVERALL (Total averages by dimension)



- There was no significant difference in the overall wellbeing index from 2019 to 2020.
- There was a significant decrease in overall academic wellbeing from 2019 to 2020.
- There were significant increases in financial, physical, social wellbeing from 2019 to 2020.

(\*  $p \leq .05$ )

# BY SEX

There were no significant differences in the overall wellbeing index by sex from 2019 to 2020.



## Male

There were significant differences in dimensions of wellbeing among males:

- Career, financial, and physical wellbeing demonstrated significant increases from 2019 to 2020.
- There were significant decreases in academic and social wellbeing from 2019 to 2020.



## Female

There were significant differences in dimensions of wellbeing among females:

- Financial and physical wellbeing demonstrated significant increases from 2019 to 2020.
- There were significant decreases in academic and social wellbeing from 2019 to 2020.

# BY STUDENT ORGANIZATION AFFILIATION

There was no significant difference in the overall wellbeing index between Greek-affiliated and non-Greek affiliated students from 2019 to 2020.



## Greek

- Greek-affiliated students demonstrated a significant increase in physical wellbeing and a significant decrease in social and academic wellbeing from 2019 to 2020.



## Non-Greek

- Non-Greek affiliated students demonstrated a significant increase in financial wellbeing and a significant decrease in academic, psychological, and social wellbeing from 2019 to 2020.

# BY GEOGRAPHIC REGION

There was no significant difference in the overall wellbeing index between in-state students and out-of-state students from 2019 to 2020.



## In-state

- There was a significant increase in physical and financial wellbeing from 2019 to 2020.
- There was a significant decrease in academic, social, and spiritual wellbeing from 2019 to 2020.



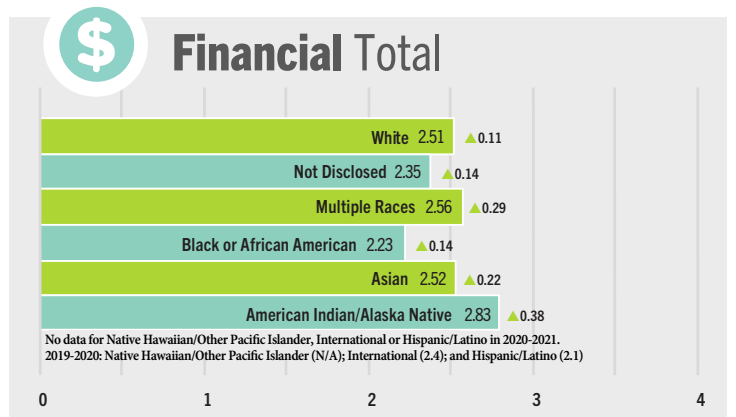
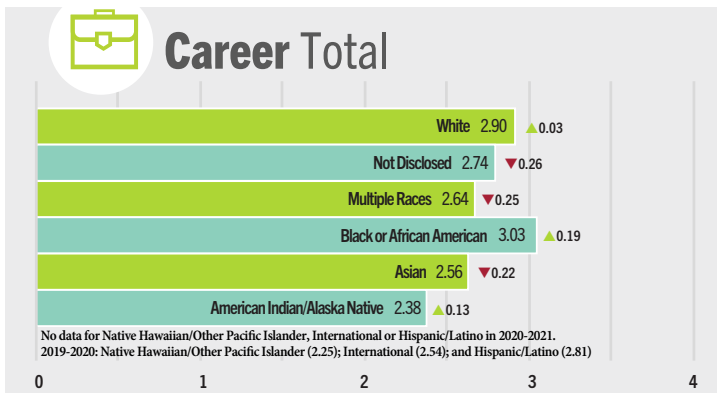
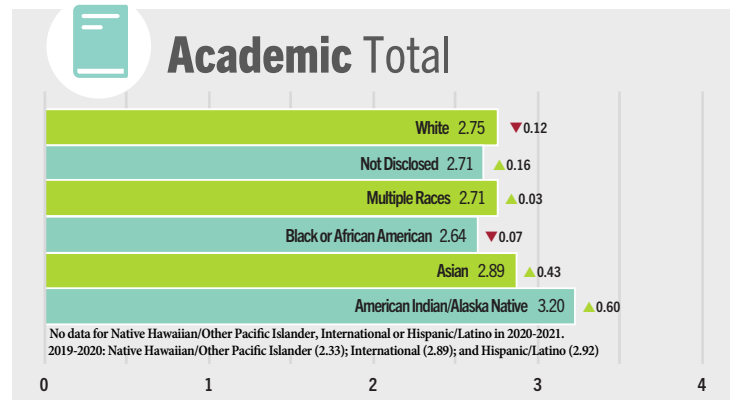
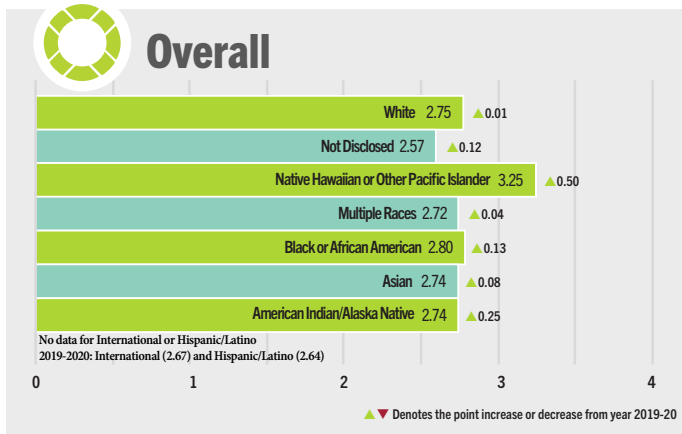
## Out-of-state

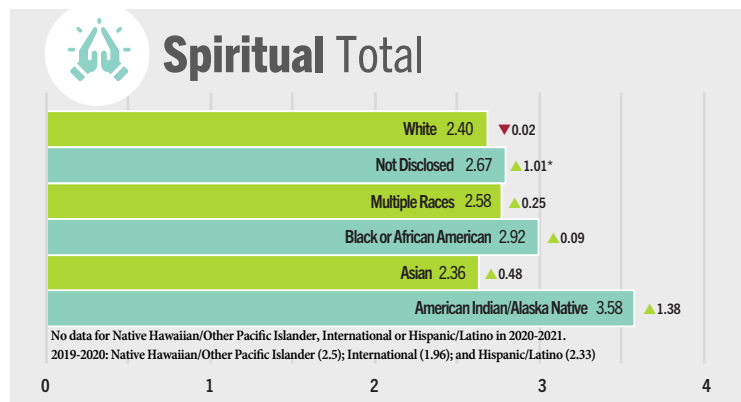
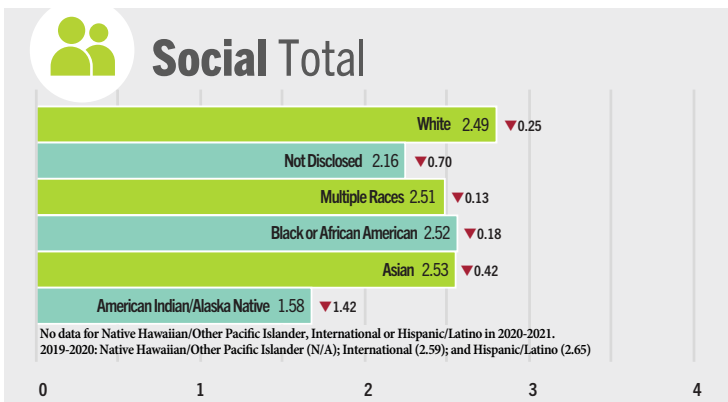
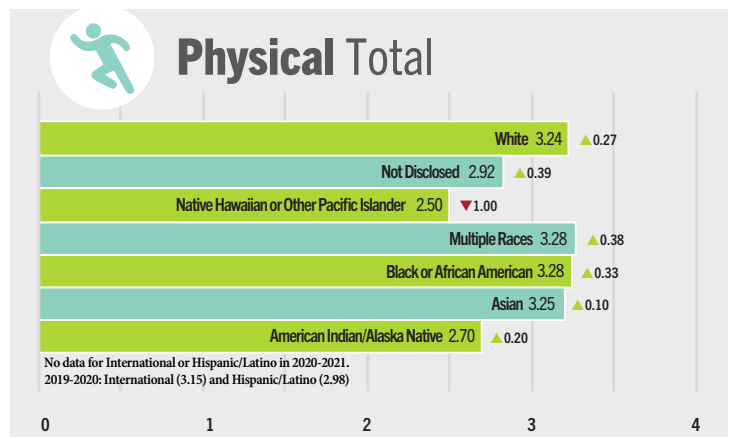
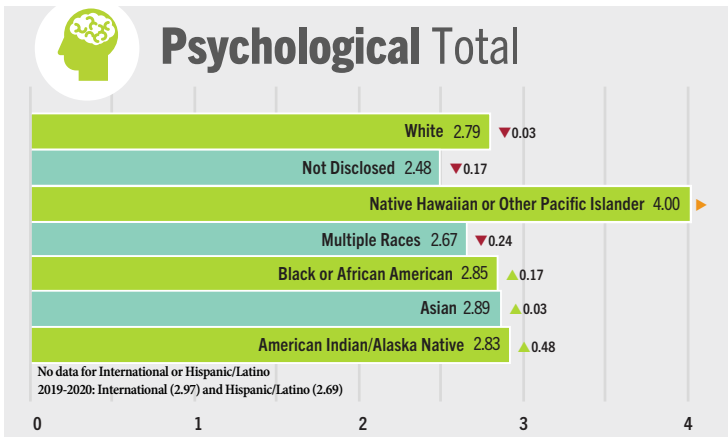
- There was a significant increase in financial and physical wellbeing from 2019 to 2020.
- There was a significant decrease in academic and social wellbeing from 2019 to 2020.

# BY RACE

▲ ▼ ▶ Denotes the point increase, decrease or no change from year 2019-20

There was a significant increase in overall wellbeing for Black/African American students from 2019 to 2020.





## NEXT STEPS

- Continue assessment and data collection
- Refine data analysis to examine each dimension
- Expand infographic series to provide additional information by for each dimension of wellbeing