The Study of Wellbeing in College Students Involved in Organizations: A Qualitative Research Analysis

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Interviews

Mental Health

"My mental health tends to affect all aspects of my life. If I'm not mentally there or something then it affects how motivated I am. It affects my relationships, yuh know, with people, family and stuff. How I conduct myself in public."

-Pebble

Physical Health

"I mean, people say that you're like the people you hang around with, so if you're hanging around a bunch of people that don't work out and are always doing drugs and binge drinking all the time, I mean you could easily reflect that."

-Larry

Social Health

"I think some college students lack support from family. I think that social life can be something missing because students can miss out on being social due to schoolwork and having to devote time into studying a lot and when they do decide to socialize it almost makes them feel left out or feeling like they don't fit in."

-Marie

Abstract

As stress levels rise and increasing amounts of students seek help, this article strives to define the areas that affect students the most while suggesting possible implementation strategies that are proven to be effective in reducing these factors. Qualitative interviews and PhotoVoice were used for data collection. Results were analyzed through a transcription and coding process. Recommendations are made within the article to suggest possible implementation strategies proven to reduce stress within the areas of college student wellbeing. The overall findings of the study suggest that college students, regardless of organizational involvement, focus on mental, physical and social wellness more heavily than any other dimension.

86% Of partipants mentioned Mental Health as the top factor affecting their college wellbeing, followed by Physical and Social Health.

Conclusion

The study succeeded in finding that college students, regardless of organizational involvement, focus on mental, physical, and social wellness more heavily than any other dimension. The study failed to accomplish its initial mission of identifying differences involving wellness factors contributing to college student wellbeing with organizational affiliation. This study is important to the research community because it can be further utilized throughout college campuses to reduce issues surrounding college student well-being.

Figure 1, 2, and 3 were submitted by students invloved in the study using Photovoice to represent their struggle with mental, physical, and social wellbeing.
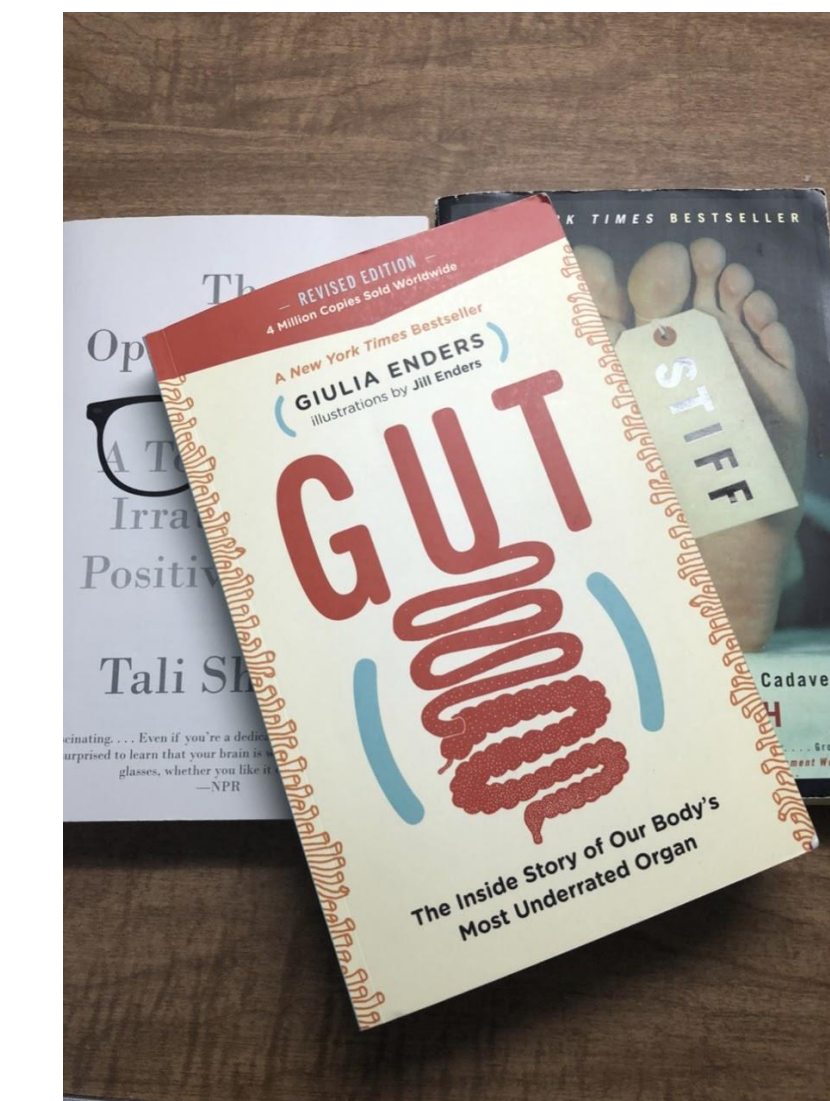

Figure 1   *Figure 2*   *Figure 3*

Recommendations

Solution Focused Brief Therapy Vs. Traditional Counseling

The SFBT approach has been highly successful as it focuses directly on the good rather than the bad and does not diagnose the collaborators with an issue. Therapists focus on moving individuals toward a goal-oriented mindset, focusing on the future rather than the current problem.

Wellness Hubs

While many campuses have recreational centers devoted to the physical well-being of college students, they can sometimes get a negative reputation as being solely for working out. Wellness Hubs, however, take on well-being in its entirety as a center for students to focus on multiple dimensions of health. Possible additions to an ideal Wellness Hub can be seen in *Table 1.3* below.

Wellness Hub Amenities

Table 1.3

Physical	Mental & Emotional	Spiritual	Social	Vocational	Financial	Intellectual
Yoga/ Pilates, Cycling center	SFBT Counseling	Religious Resources & Church Info	Ping Pong, Air Hockey, Shuffle-board	Career Guidance	Finance Counseling	Art Center
Nutrition/ healthy eating resources	Focus group therapy	Religious Clubs	Video Games & Board Games	Campus job resources	Finance classes specific to post-college situations	"Sound" room for music
Workout Plans	Reading Center	One-on-one services	Organizati-onal Resources	Major-specific opportunities	Financial Aid Services	Writing Center