

# Wellness among Graduate and Professional Students

Center for the Study of Student Life

February 2017



THE OHIO STATE UNIVERSITY  
OFFICE OF STUDENT LIFE

## INTRODUCTION

This report examines patterns in self-reported wellness by Ohio State graduate and professional students. Data are from the 2015 Wellness Assessment. The Wellness Assessment was designed to measure nine dimensions of wellness in order to give students a better understanding of their own wellness and provide them with resources that they can utilize at Ohio State to improve their wellness. The Wellness Assessment survey was open to all students on the Columbus campus of the Ohio State University during October 2015 as well as emailed to a random sample of 5,000 undergraduate, graduate and professional students. This report uses data only from the random sample of students who participated in the survey and consented to sharing their educational records for research purposes (5,000 recruited, 760 responded for a 15.2% response rate in total; 161 graduate and professional students responded).

For more information about the wellness assessment, please see <http://go.osu.edu/WA2016report>. For questions that comprise each wellness scale, please see the appendix.

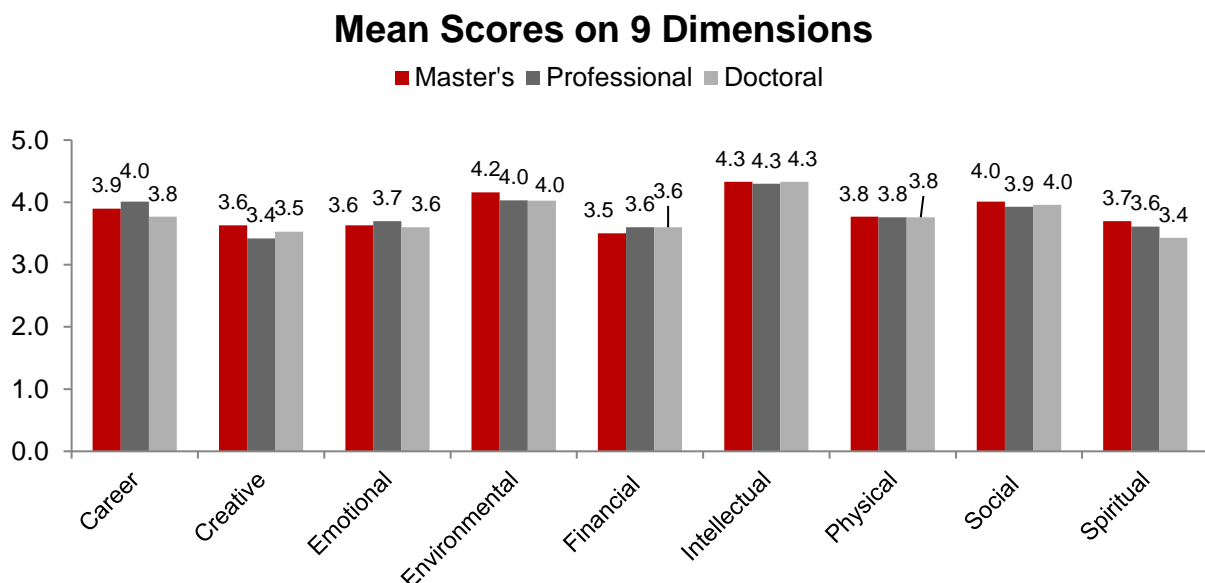
Sample	n	Percent
Graduate- Master's	56	34.8%
Graduate- Professional	37	23.0%
Graduate- Doctoral	68	42.2%

## KEY FINDING

- There are no statistically significant differences on any dimension of wellness between master's, professional and doctoral students.

## FINDINGS

The following chart displays mean score on each of the nine dimensions of wellness for master's, professional and doctoral students. There were no statistically significant differences between groups on any of the nine dimensions.



\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$

The following table presents the percentage of students who agree or strongly agree with each statement. There were not statistically significant differences between master's, doctoral or professional students on any of the items.

### Emotional Wellness

<b>% Agree or Strongly Agree (n = 161)</b>	<b>Graduate - Master's</b>	<b>Graduate - Doctoral</b>	<b>Professional</b>	<b>Statistically significant</b>
I am able to appropriately manage my feelings	75.0%	77.9%	81.1%	--
I am able to appropriately express my feelings	71.4%	67.6%	73.0%	--
I would be willing to seek help from others when I am having a difficult time	67.9%	66.2%	78.4%	--
I feel that I am able to cope with my daily stress	76.8%	66.2%	70.3%	--
I have a positive image of my body	66.1%	51.5%	62.2%	--

<b>% Often/Always (n = 161)</b>	<b>Graduate - Master's</b>	<b>Graduate - Doctoral</b>	<b>Professional</b>	<b>Statistically significant</b>
I use alcohol, nicotine or other substances to manage stress	3.6%	4.4%	8.1%	--
I use relaxation techniques to manage stress	26.8%	36.8%	37.8%	--

### Financial Wellness

<b>% Agree or Strongly Agree</b>	<b>Graduate - Master's</b>	<b>Graduate - Doctoral</b>	<b>Professional</b>	<b>Statistically significant</b>
I think it is important to spend less than I earn (n = 161)	89.3%	91.2%	94.6%	--
I am confident that I can plan a financial budget (n = 161)	75.0%	82.4%	78.4%	--
I have enough money saved to handle financial emergencies (n = 161)	66.1%	52.9%	73.0%	--
I stress about my finances (n = 161)	51.8%	50.0%	67.6%	--
I am able to pay my bills on time (n = 159)	100.0%	100.0%	100.0%	--
I am comfortable leaving a balance on my credit card(s) (n = 148)	41.5%	29.5%	14.7%	*
I pay off the entire balance of my credit card(s) each month (n = 140)	72.9%	74.6%	90.9%	--

<b>% Often/Always</b>	<b>Graduate - Master's</b>	<b>Graduate - Doctoral</b>	<b>Professional</b>	<b>Statistically significant</b>
I feel stressed by the amount of money I owe (credit cards, student loans, car payments, etc) (n = 154)	41.5%	41.5%	63.9%	--
I track my spending to stay within my budget (n = 161)	60.7%	54.4%	45.9%	--

\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$

## Social Wellness

<b>% Agree or Strongly Agree</b>	<b>Graduate - Master's</b>	<b>Graduate - Doctoral</b>	<b>Professional</b>	<b>Statistically significant</b>
I feel a sense of belonging in a community (n = 160)	73.2%	69.1%	69.4%	--
I have a strong social network (n = 161)	66.1%	61.8%	64.9%	--
I feel that I am a person who people like to be around (n = 161)	75.0%	70.6%	64.9%	--
I feel comfortable communicating face-to-face with others (n = 161)	87.5%	83.8%	83.8%	--
I rarely feel lonely (n = 161)	58.9%	51.5%	40.5%	--
I have at least one close friend whom I can trust and confide in (n = 161)	87.5%	92.6%	91.9%	--
I feel supported by my family (n = 161)	94.6%	89.7%	89.2%	--

## Career Wellness

<b>% Agree or Strongly Agree</b>	<b>Graduate - Master's</b>	<b>Graduate - Doctoral</b>	<b>Professional</b>	<b>Statistically significant</b>
I feel that my current job interferes with other aspects of my life (n = 133)	42.2%	34.9%	56.0%	--
I am able to balance my current job with the rest of my life (n = 136)	60.9%	61.5%	68.0%	--
I feel that I work in a positive environment (n = 138)	83.3%	70.8%	80.0%	--
I feel that I work in a stressful environment (n = 139)	40.8%	51.6%	57.7%	--
I am confident in my career decisions (n = 161)	67.9%	64.7%	70.3%	--
I feel that my current studies will be helpful to my future career (n = 160)	89.3%	85.3%	91.7%	--
I envision my future career as a means to contribute to society (n = 161)	85.7%	91.2%	94.6%	--
I feel that my major/career decision is an appropriate expression of my abilities and personal strengths (n = 161)	80.4%	75.0%	89.2%	--
I feel that my major/career decision is an appropriate expression of what I find meaningful and important in life (n = 161)	78.6%	85.3%	91.9%	--

## Intellectual Wellness

<b>% Agree or Strongly Agree (n = 161)</b>	<b>Graduate - Master's</b>	<b>Graduate - Doctoral</b>	<b>Professional</b>	<b>Statistically significant</b>
I am able to resolve conflicts peacefully	91.1%	92.6%	86.5%	--
I am confident in my ability to find solutions to my problems	96.4%	86.8%	91.9%	--
I am confident that I can learn new skills	98.2%	94.1%	97.3%	--
I engage in intellectually engaging activities	94.6%	98.5%	91.9%	--
I am interested in learning new things	100.0%	100.0%	100.0%	--

\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$

I feel that my education is a priority	96.4%	98.5%	97.3%	--
I am confident in my academic major decisions	82.1%	75.0%	86.5%	--
I feel challenged by my academics during this academic term	87.5%	82.4%	89.2%	--
I am able to manage my academic workload during this academic term	78.6%	72.1%	73.0%	--

## Physical

<b>% Agree or Strongly Agree (n = 161)</b>	<b>Graduate - Master's</b>	<b>Graduate - Doctoral</b>	<b>Professional</b>	<b>Statistically significant</b>
I am confident that I can exercise regularly	60.7%	64.7%	62.2%	--
I am confident that I can maintain a nutritious diet	75.0%	63.2%	70.3%	--

<b>% Often/Always</b>	<b>Graduate - Master's</b>	<b>Graduate - Doctoral</b>	<b>Professional</b>	<b>Statistically significant</b>
If you are sexually active, do you practice safer sex? (n = 161)	91.9%	87.2%	80.0%	--
I use tobacco products (n = 161)	5.4%	1.5%	0.0%	--
I eat a nutritious diet (n = 160)	69.6%	50.7%	59.5%	--
I get at least 8 hours of sleep per night (n = 159)	40.7%	30.9%	24.3%	--
I engage in cardiovascular exercise 3-5 times per week for at least 30 minutes (n = 161)	41.1%	45.6%	35.1%	--
I engage in flexibility exercise/ stretching (n = 161)	46.4%	27.9%	24.3%	--
I engage in strength training/ resistance exercise 2-3 times per week (n = 161)	32.1%	38.2%	29.7%	--
I use illicit drugs (e.g. marijuana, cocaine, Ecstasy) (n = 161)	3.6%	0.0%	0.0%	--
I use prescription medication that is not prescribed to me (e.g. Adderall, Xanax, Valium) (n = 161)	1.8%	0.0%	0.0%	--

<b>% Once a week or more (n = 161)</b>	<b>Graduate - Master's</b>	<b>Graduate - Doctoral</b>	<b>Professional</b>	<b>Statistically significant</b>
How often, in general, do you consume alcohol?	25.0%	23.5%	24.3%	--
How often do you binge drink? (Males: 5+ drinks in about 2 hours, Females: 4+ drinks in about 2 hours)	0.0%	1.5%	0.0%	--

## Creative Wellness

<b>% Agree or Strongly Agree (n = 161)</b>	<b>Graduate - Master's</b>	<b>Graduate - Doctoral</b>	<b>Professional</b>	<b>Statistically significant</b>
I express myself through creative activities	50.0%	41.2%	45.9%	--

\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$

I think of myself as a creative person	64.3%	66.2%	48.6%	--
I value multiple perspectives when thinking about complex topics	91.1%	91.2%	91.9%	--
The arts help me appreciate other perspectives and cultures	75.0%	77.9%	70.3%	--

<b>% Often or Always (n = 160)</b>	<b>Graduate - Master's</b>	<b>Graduate - Doctoral</b>	<b>Professional</b>	<b>Statistically significant</b>
I attend arts-related events or programs	35.7%	17.6%	11.1%	--

### Environmental Wellness

<b>% Agree or Strongly Agree</b>	<b>Graduate - Master's</b>	<b>Graduate - Doctoral</b>	<b>Professional</b>	<b>Statistically significant</b>
I think it is important to conserve natural resources (n = 161)	94.6%	86.5%	92.6%	--
I take time to appreciate nature	85.7%	82.4%	86.5%	--
I take time to appreciate my surroundings (n = 161)	85.7%	80.9%	86.5%	--
I often feel that I have little control over my safety (n = 160)	19.6%	14.9%	16.2%	--
I feel safe in my living environment (e.g, residence hall, apartment) (n = 161)	94.6%	92.6%	78.4%	--
I feel that I live in a stressful environment (n = 161)	21.4%	17.6%	16.2%	--
I feel that I live in a welcoming environment (n = 161)	78.6%	75.0%	64.9%	--

<b>% Often/Always (n = 161)</b>	<b>Graduate - Master's</b>	<b>Graduate - Doctoral</b>	<b>Professional</b>	<b>Statistically significant</b>
I engage in environmentally friendly behaviors (e.g. turn off the lights, turn off faucets, walk or bike)	85.7%	72.1%	75.7%	--
If given the opportunity, I recycle	87.5%	77.9%	70.3%	--

### Spiritual Wellness

<b>% Agree or Strongly Agree</b>	<b>Graduate - Master's</b>	<b>Graduate - Doctoral</b>	<b>Professional</b>	<b>Statistically significant</b>
I engage in self-reflection (n = 161)	78.6%	83.8%	73.0%	--
I seek out meaning in my life (n = 161)	89.3%	77.9%	78.4%	--
I feel a connection to something larger than myself (n = 161)	66.1%	46.3%	62.2%	--
I consider myself to be a spiritual person (n = 160)	53.6%	42.6%	55.6%	--
I engage in spiritual practices (n = 160)	38.2%	33.8%	35.1%	--

\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$

## APPENDIX: DEMOGRAPHICS OF PARTICIPANTS

	Graduate – Master’s (n = 56)	Graduate – Doctoral (n = 68)	Professional (n= 37)
Male	43.6%	49.3%	35.1%
Female	56.4%	50.7%	64.9%
First generation	18.2%	25.0%	29.7%
Non-first generation	81.8%	75.0%	70.3%
International	27.3%	26.5%	8.1%
Domestic	72.7%	73.5%	91.9%
<b>Race/Ethnicity</b>			
African American/Black or African descent	1.8%	1.5%	2.7%
Asian American/Asian (East, South Southeast)	32.1%	20.6%	10.8%
Hawaiian/Pacific Islander	0.0%	0.0%	0.0%
Latino(a)/Hispanic American	3.6%	4.4%	5.4%
Native American/American Indian/Alaskan Native	0.0%	0.0%	0.0%
Middle Eastern/Arab American	0.0%	0.0%	0.0%
White/European American	57.1%	61.8%	78.4%
Other	1.8%	1.5%	0.0%
Multiracial	3.6%	10.3%	2.7%
Prefer not to answer	0.0%	0.0%	0.0%
Veteran/Military	3.7%	0.0%	0.0%
Not Veteran/Military	96.3%	100.0%	100.0%
<b>Residence</b>			
Campus residence	3.6%	7.4%	0.0%
Within 43201 zip code	29.1%	27.9%	24.3%
Outside 43201 zip code	63.6%	60.3%	73.0%
Sorority or fraternity house	0.0%	0.0%	0.0%
None of these	3.6%	4.4%	2.7%

\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$

## APPENDIX: DIMENSIONS OF THE WELLNESS ASSESSMENT

### EMOTIONAL

- I use alcohol/nicotine/other substances to manage stress.
- I am able to appropriately manage my feelings.
- I use relaxation techniques to manage stress.
- I am able to appropriately express my feelings.
- I would be willing to seek help from others when I am having a difficult time.
- I feel that I am able to cope with my daily stress.
- I have a positive image of my body.

### CAREER

- I am confident about my career decisions.
- I envision my future career as a means to contribute to society.
- I feel that my current studies will be helpful to my future career.
- I feel that my major/career decision is an appropriate expression of my abilities and personal strengths.
- I feel that I work in a positive environment.
- I feel that I work in a stressful environment.
- I feel that my current job interferes with other aspects of my life.
- I am able to balance my current job with the rest of my life.

### FINANCIAL

- I am comfortable leaving a balance on my credit card(s).
- I think it is important to spend less than I earn.
- I am confident that I can plan a financial budget.
- I pay off the entire balance of my credit card(s) each month.
- I have enough money saved to handle financial emergencies.
- I track my spending to stay within my budget.
- I feel stressed by the amount of money I owe (credit cards, student loans, etc.).
- I stress about my finances.

### CREATIVE

- I express myself through creative activities.
- I attend arts-related events or programs.
- I think of myself as a creative person.
- I value multiple perspectives when thinking about complex topics.
- The arts help me appreciate other perspectives and cultures.

### PHYSICAL

- I am confident that I can exercise regularly.
- I am confident that I can maintain a nutritious diet.
- I use illicit drugs (e.g. marijuana, cocaine, ecstasy).
- I use tobacco products.
- I use prescription medication that is not prescribed to me (e.g. Adderall, Xanax, Valium).
- I eat a nutritious diet.
- I engage in cardiovascular exercise 3-5 times per week for at least 30 minutes.
- I engage in flexibility exercise/stretching.
- I engage in strength training/resistance exercise 2-3 times per week.
- I get at least 8 hours of sleep per night.
- Do you get an annual flu vaccine?
- Do you maintain annual physical exams(s)?
- How often do you binge drink? (Males: 5+ drinks in about 2 hours, Females: 4+ drinks in about 2 hours)
- How often, in general, do you consume alcohol?

### ENVIRONMENTAL

- I engage in environmentally friendly behaviors (turn off lights/faucets, walk or bike).
- I feel safe in my living environment.
- I feel that I live in a stressful environment.
- I often feel that I have little control over my safety.
- I take time to appreciate my surroundings.
- I take time to appreciate nature.
- I think it is important to conserve natural resources.
- If given the opportunity, I recycle.

### SPIRITUAL

- I consider myself to be a spiritual person.
- I engage in self-reflection.
- I engage in spiritual practices.
- I feel a connection to something larger than myself.
- I seek out meaning in my life.

### INTELLECTUAL

- I am able to resolve conflicts peacefully.
- I am confident about my academic major decisions.
- I am confident in my ability to find solutions to my problems.
- I am confident that I can learn new skills.
- I am interested in learning new things.
- I engage in intellectually engaging activities.
- I feel that my education is a priority.
- I felt challenged by my academics during my most recent academic term.
- I was able to manage my academic workload during my most recent academic term.

### SOCIAL

- I feel a sense of belonging in a community.
- I feel supported by my family.
- I feel that I am a person who other people like to be around.
- I have a strong social network.
- I have at least one close friend whom I trust and can confide in.
- I feel comfortable communicating face-to-face with others.
- I rarely feel lonely.

\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$

