



About the Public Health Concern of Wellbeing Amongst University Students...

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ABSTRACT

This commentary briefly highlights the health needs of University students. The amount of physical and mental health conditions reported is presented. The sleep need and reporting's of sleep quality in University students is presented. Literature review results pertaining to the assessment and definition of well being relative to University students is listed.

University students of the traditional ages of 18 to 30 years old represent a unique group given their common stratified position of part time work world and full to part time academic world. Each position involves the young adult with responsibilities and new opportunities. For some young adults, the academic world of the University student is particularly challenging. In general, the tradition of aged young adults is relatively physically healthy. The onset of some stress triggered medical conditions may be active such as gastric reflux, headaches and physical fatigue. The counter movement, by many University students to challenge their physicality is to exercise. Some 38% of young adults exercise at least once per week [1]. A second, common challenge of young adults is the maintenance of mental health. The challenges of academic settings realistically compel the University students to evaluate their performance, to manage their workload and determine short, mid and long range plans for the management of their students and for some, their work schedule. While empirical findings support the experience of academic and the production of positive student experiences [2], the process may not be experienced as positively [2]. Alumni report mentorship, and authentic experiential learning as impact their lifelong well being from University time [2].

Well being is defined in many ways by both University students and researchers. The challenges of academic planning within coursework, performance on evaluations and processing new information in coursework, University students' strive to balance their day. At times, the balance of the day results in long scheduled academic responsibilities and in the evening, social and entertainment choices for their time. The regularity of exercise, nutritional eating and sleep health is at times not prioritized in University students' schedules [3]. As a group, University students are sleep deprived with some 1- 2 hours decrement in optimal levels of sleep for their age [4,5]. As a result, caffeinated products, energy drinks, daytime napping, evening passive activities of television viewing/streaming on a tablet are engaged—due to mental fatigue.

Many University students report anxiety about studies, performance and in an increasing amount, social anxiety that is more difficult and does not meet clinical diagnostic standards.

Stress, getting used to regularly performing academically (i.e., studying regularly, preparing for class, completing assignments). In summary, the challenges of University life and University students resultant reporting are rampant with the absence of wellbeing. The stress, mental fatigue, anxiety and stress prevail over the student definition of wellbeing: balance between life domains, good effort to achievement ratio, manageable stress, strong resilience to adversity, a sense of happiness and feeling supported/belonged [6]. The World Health Organization (WHO) scale to measure well-being is the most common empirical tool used in this area. Research using the WHO Well Being scale report measured wellbeing to be a sense of social support, physical activity and sleep quality [7]. Further, measures of interventions on University campuses to increase or foster well being for students has been positive [1]. However, longitudinal studies of well being programming are needed. The interventions were in program areas of: Mindfulness training, Stress management, Exercise, Computer-delivered and web-based interventions, Yoga classes, Psychoeducation programs on relaxation and stress topics [1].

The concern becomes, to address the public health issue of wellbeing in University students with both the unmet areas such as interventions to improve sleep quality [3,5] as well as longitudinal measurement of current University administration programming for well-being. It is essential to improve University students lived experience of their University days, to become more effective in their student job and to genuinely impact their life, further work is essential. A start would be the employment of sleep quality intervention, in terms of psychoeducation, and/or as interventions. Improving sleep quality will improve mental health and collectively, wellbeing [5].

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