

Resilience

27.09.2023 – 03.10.2023

99 Responses
8 TUD faculties
BSc. and MSc.

Topic of research

The survey delved into the topic of resilience, with questions about stress and how students deal with it.

Student initiatives such as [Hij](#) and [Maskerclass](#), have been organised to stimulate a dialogue on mental health and exchange well-being practices.

Survey Insights

- Respondents indicated study related stressors and performance pressure due to various reasons as the most recurring stress factors in their student life.
 - Study related stressors included aspects such as group work, keeping up with deadlines, uncertainty about course structures, or personal factors such as motivation;
 - Performance pressure related to exams, fear of failure, peer pressure, or expectations (mostly) self-imposed were mentioned.
- Housing, time management and future security were other recurring stress factors that students pointed out.
- While most students indicated as doing okay in terms of dealing with their stress, a significantly large number of students indicated they think they don't deal with their stress very well.
- Nonetheless, many students (*70 open answers*) pointed out various things they do by themselves to deal with stress. From rest, sports and yoga, to strict schedules, music, nature, food and talking to friends were pointed out as different ways in which students deal with stress.

Survey Results •

1. Indication of whether or not students agree with the presented statements.

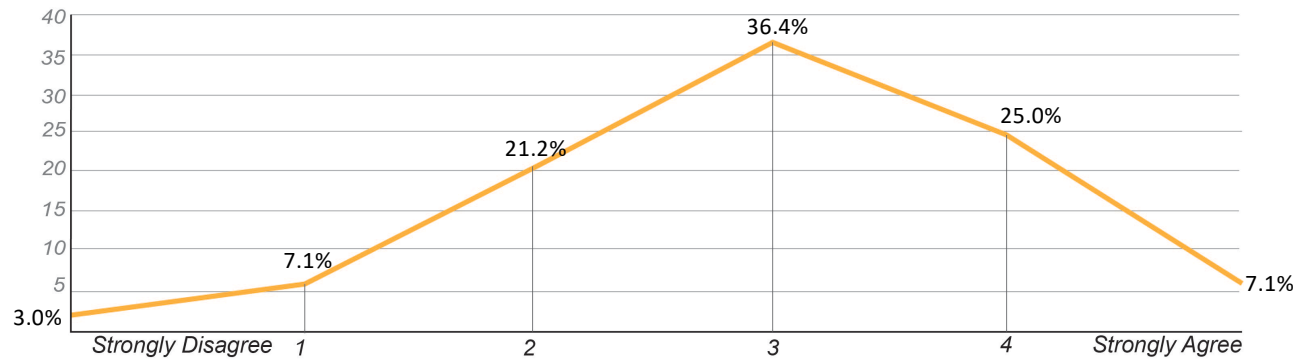
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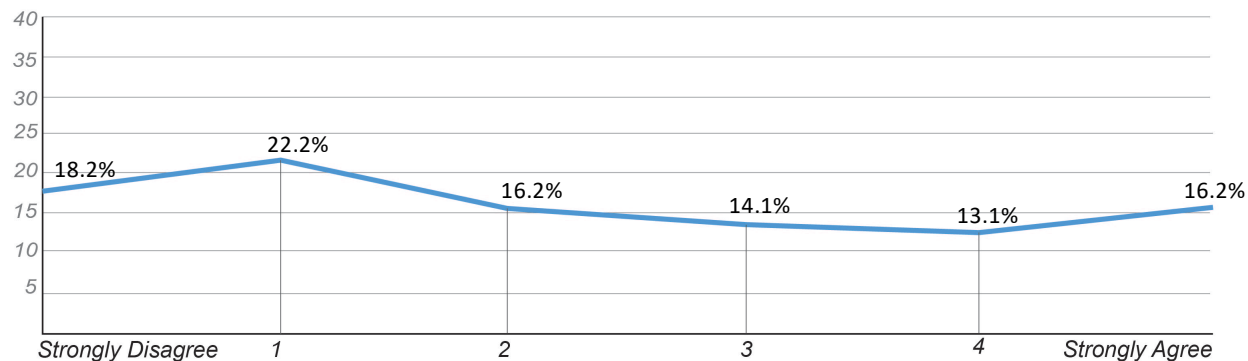
Stress and mental health

I consider a certain amount of stress valuable for personal growth and development.



➤ While students consider an average amount of stress as valuable, only 7,1% who fully agree. We have to consider that the statement specifies only "a certain amount of stress' (≠ high level of stress); and about 30% of students tend to not consider even a certain level of stress as valuable.

I am worried about my own mental health



➤ The results show that concerns about mental health are almost equally distributed among students. It should be noted that a higher percentage of students are not worried about their mental health.

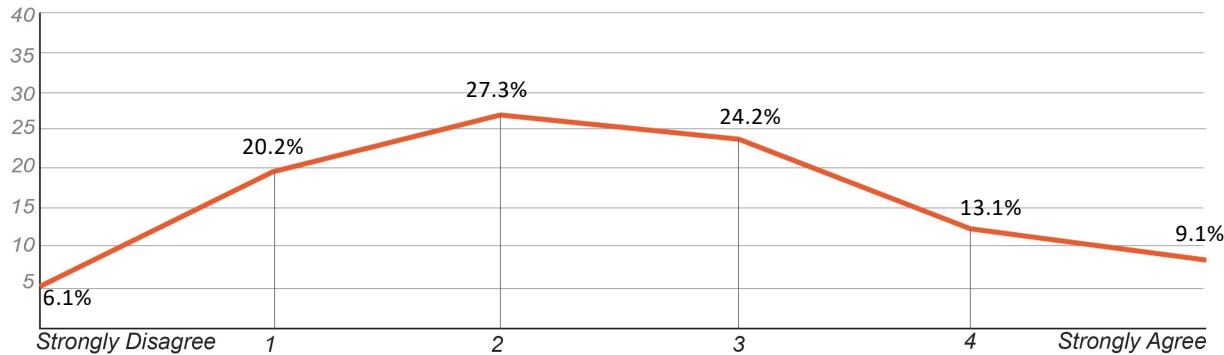
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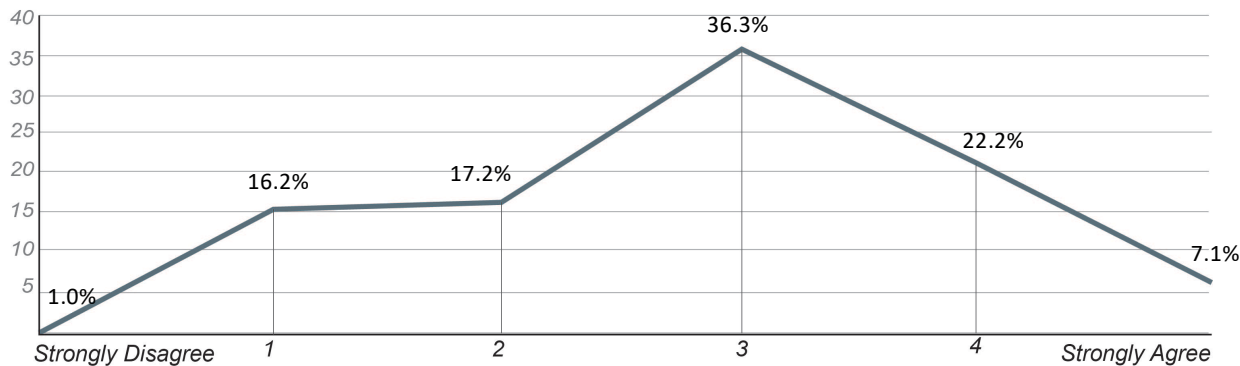
Ability and skills to cope with stress

I face a lot of stress and don't know how to deal with it.



➤ The results indicate an average level of **helplessness**: Overall, students know what to do when they feel stressed, some clearly report to have coping skills, fewer tend to have less skills to counter stress.

I know what I can do by myself when I need to reduce my personal stress levels.



➤ The results indicate an average level of **ability to cope**: Most students know what to do when they feel stressed

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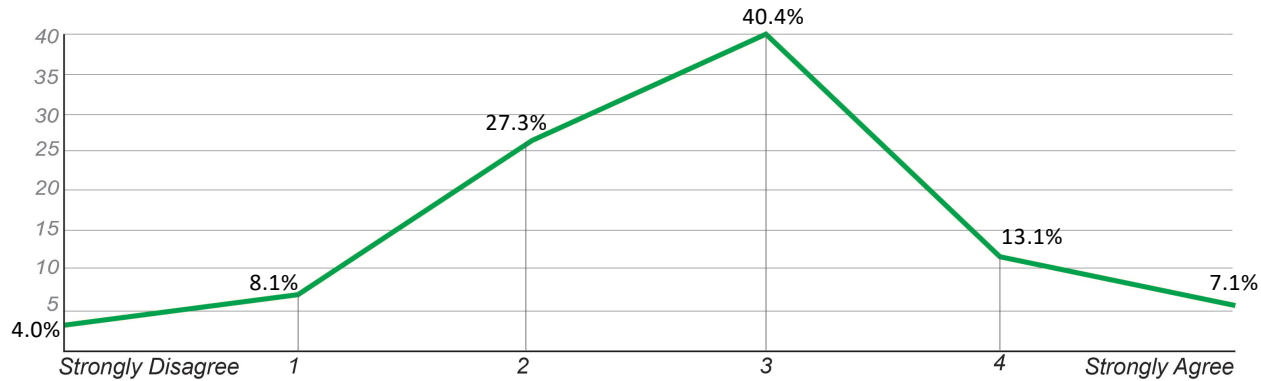
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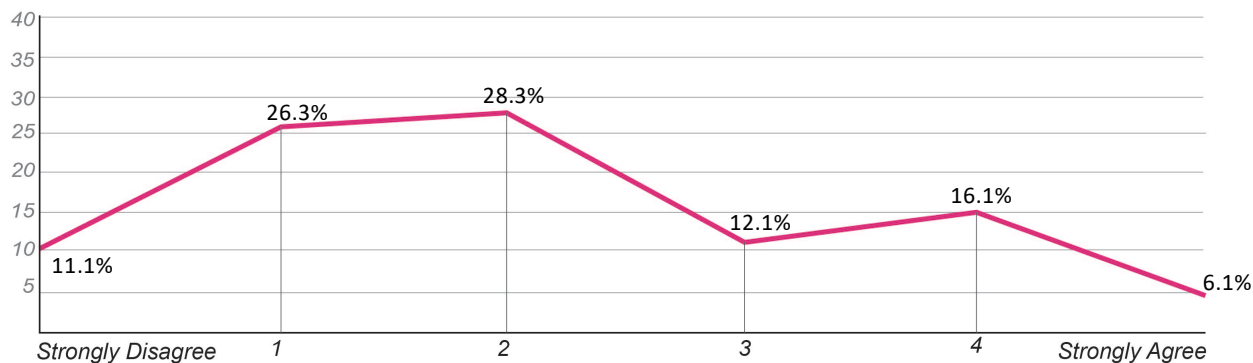
Coping with Stress

I'm able to apply and practice the things that help me deal with stress.



- While majority of students are able to apply coping strategies, 27,3% tend to find that more difficult and 8,1% find it very difficult which might be due to different reasons (personal situation, character traits etc.)

I face a lot of stress and try to deal with it, but I'm unable to do so.



- The results are in line with the results above. Students tend to cope successfully. Overall, they succeed in applying coping strategies, even when they experience a lot of stress.

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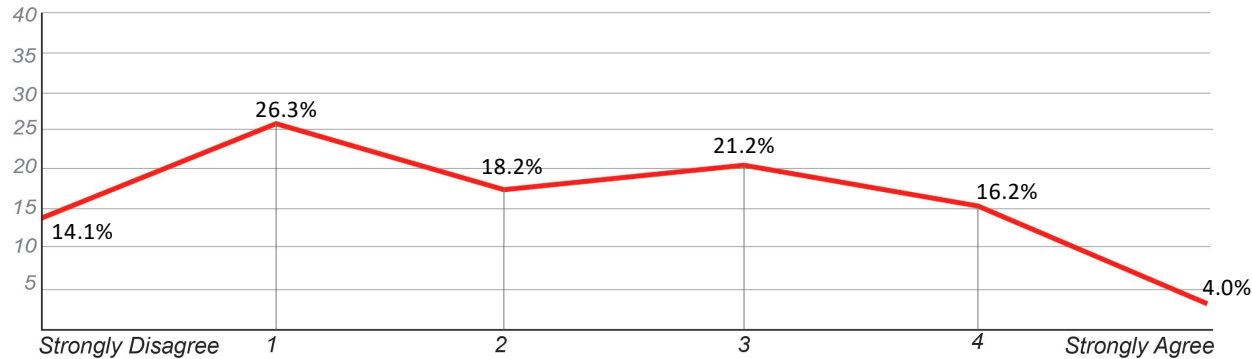
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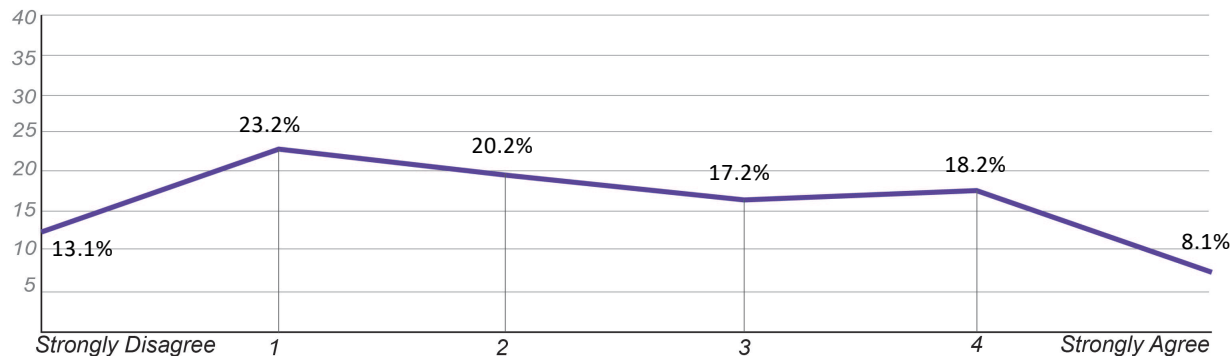
Reaching out for external resources

I feel comfortable reaching out for help when unable to deal with stress myself.



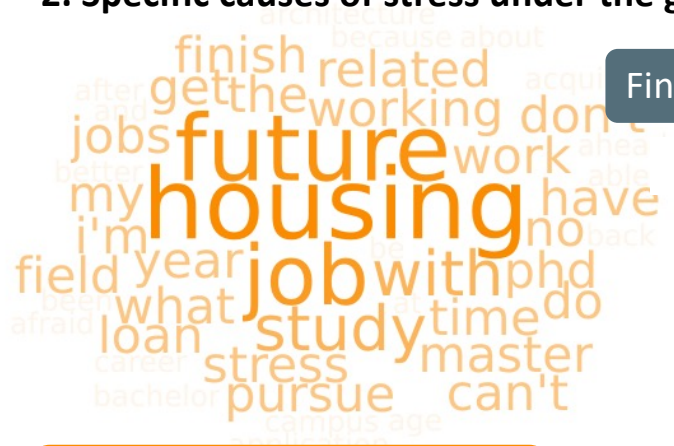
- There is obviously(still) a **barrier for students to ask for help** which should be addressed. It could indicate high perfectionism, a fear of failure or high expectations from oneself amongst students.

I know where to ask for help when I'm unable to deal with stress by myself.



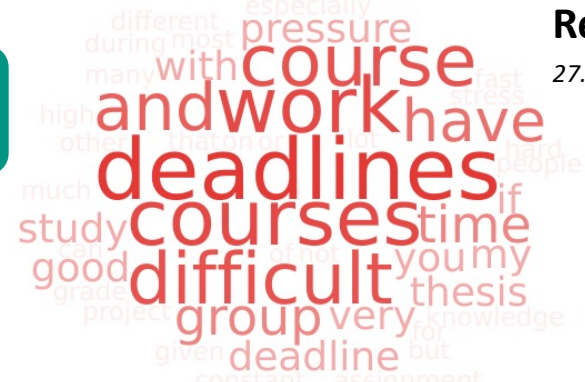
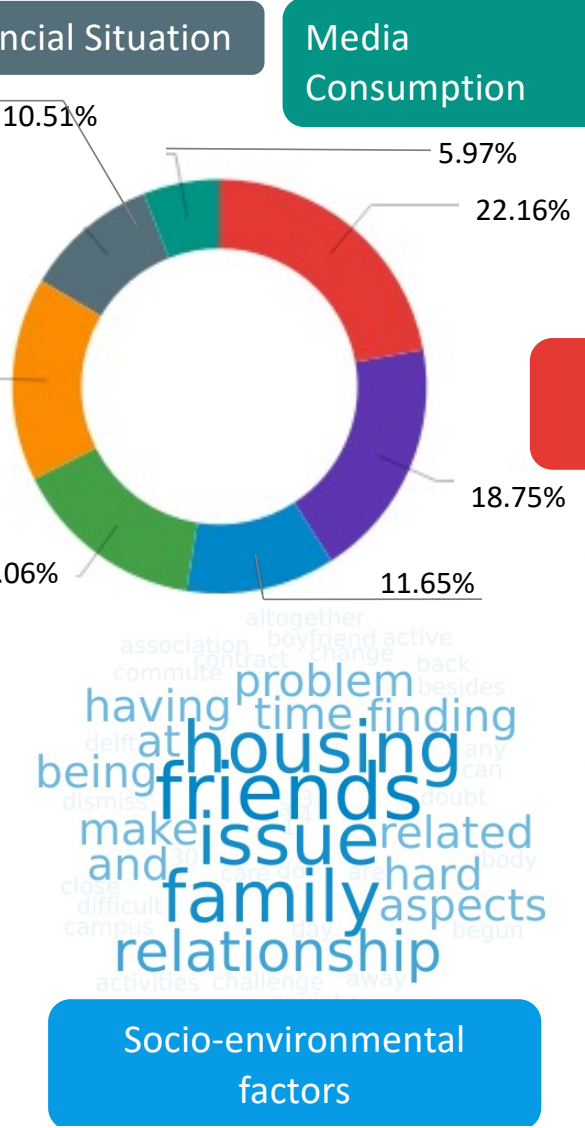
- There is **helplessness regarding reaching out for help**: Is it only the visibility of our services or also a general issue that students do not really know who they can approach when they need help (e.g. friends, family, GP etc.)?

2. Specific causes of stress under the given categories.

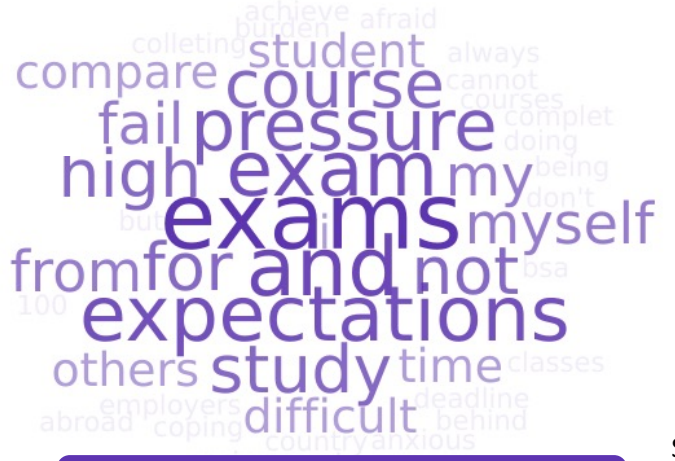


Future insecurities & uncertainties

Student life related practicalities



Study & course related content and practicality



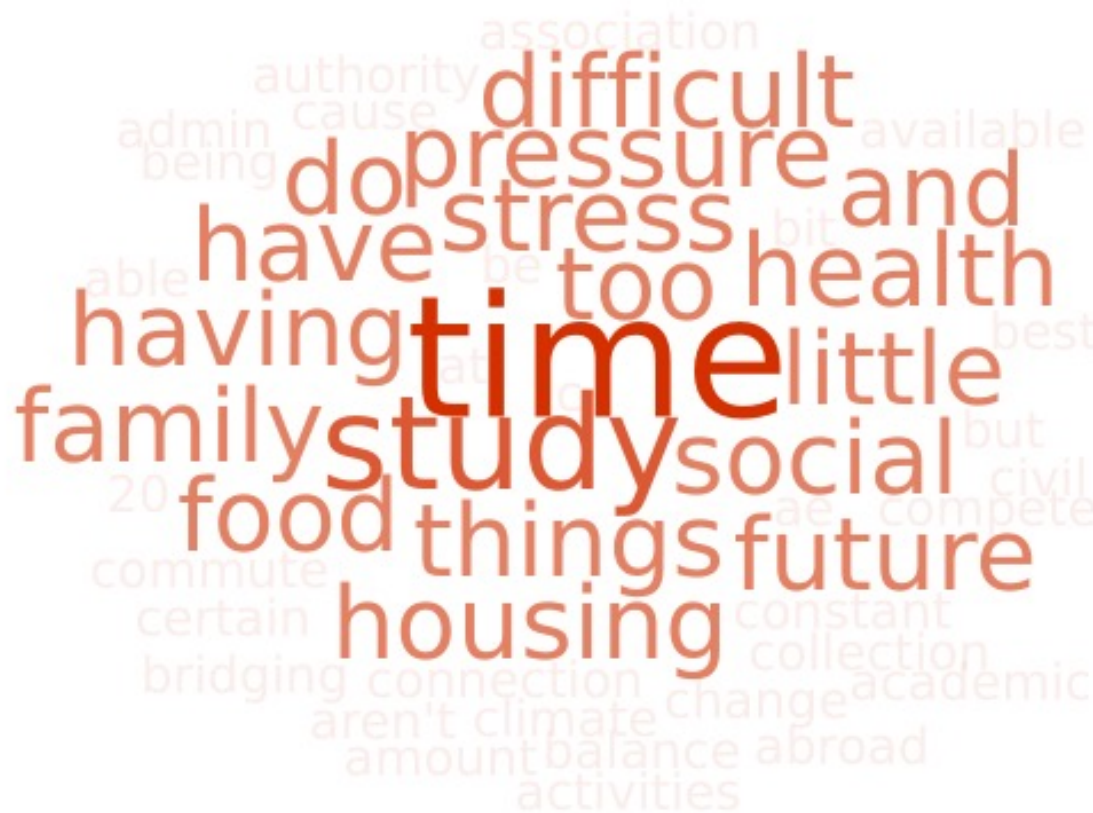
Performance pressure due to

Socio-environmental factors

3. Any other factors that cause students stress

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“Loneliness, Difficulties with prioritizing many tasks I have”

- BK, MSc Student

“The thought that I need to make really important decisions for my future, and I need to make the best possible”

- 3mE, MSc Student

“the quality of food; unavailability to go to my regular dermatologist; social expectations regarding looks”

- IDE, MSc Student

“Cooking everyday, I am a foodie need good food.”

- IDE, MSc Student

4. What students do to deal with stress by themselves

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“I was trying to engage more with meditation stuff with the Headspace app, as well as doing yoga, but I feel like I only manage to do it in times where I am not stressed, because in times where I am stressed, I don't feel like I have the time for it :) hm, this irony”

- IDE, MSc Student

“I have a pretty strict 9-5 schedule on weekdays. The evenings and weekends are truly for me to relax, and I don't allow myself to think about schoolwork during my free time. This way I have enough time to relax, and I can deal with stress better when I am working.”

- TPM, BSc Student

5. How well students think they deal with their stress?

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