BRITISH ACTIVE STUDENTS SURVEY 2018

6,891 students

36% 62%

1% 15% 84%

Higher Education-Postgraduate
Higher Education-Undergraduate
Further Education

Modal age: 20 years

ACTIVITY TYPE

CMO Guidelines:
Adults should undertake at least 150 minutes a week of moderate intensity physical activity

Active
150 mins+
53%

Fairly active
31–149 mins
40%

Inactive
<30 min
7%

Just Gym
18%

Just Sport
21%

Both
53%

Neither
9%

ATTAINMENT

Grade expectation for students at university:

High 95%
Low 5%

Active students rated themselves higher for teamwork, analysis, communication and drive

MENTAL WELLBEING

Average SWEMWBS score:

22.3

20.5

SWEMWBS is a scale used to measure mental wellbeing by asking the level of agreement with positively worded statements e.g. "I've been feeling useful". The maximum score is 35 and a higher score represents higher mental wellbeing.

PERSONAL WELLBEING

Questions were scored from 0 (not at all) to 10 (completely):

Feeling worthwhile 7.3 6.4
Life Satisfaction 7.1 6.2
Happiness 6.8 5.8
Anxiety* 4.3 5.1

*scored using an inverse scale

EMPLOYABILITY

Confidence of finding a job within 6 months of graduating:

very or fairly confident
65%

not at all/ lack confidence
14%

Active students rated themselves higher for teamwork, analysis, communication and drive

SOCIAL ISOLATION

Questions were ranked from 1 ('never') to 5 ('always'):

% answering usually or always to these "I feel..." questions

Left out 9% 21%
People barely know me 16% 31%
Isolated from others 11% 22%
People are around me but not with me 14% 27%

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BARRIERS TO ACTIVITY

No barriers to activity:

13% 22%

Biggest barriers:

Too busy with studies 76%
Too expensive 23%
Too busy socialising 23%

For further information and to read the full report visit