



BACKGROUND

- Approximately 7% of young adults aged 18-25 experience a major depressive episode each year and around 25% of college students experience an anxiety disorder in the past year (National Institute of Mental Health, 2023).
- About 7.5% of college students reported seriously considering suicide, and 1.8% reported attempting suicide (National Institute of Mental Health, 2023).
- Childhood parenting practices are found to be important determinants of coping strategies, resilience, and emotional regulation abilities, all of which have a major impact on a person's wellbeing in college and beyond. (CDC, 2023)



(Prostock Studio, 2020)

- Motherhood, parents' younger ages, poorer education levels, job loss, having younger children, and many children were linked to increased everyday parenting challenges and mental health

OBJECTIVES

- Research was done to investigate the associations between parenting responsibilities and self-reported well-being among college students.
- Hypothesis: The more parenting responsibilities, the worse the well-being of a college student will be.



(Tetra Images, 2021)

MATERIALS & METHODS

- Observational secondary data analysis using cross-sectional data from the Pioneer Student Health and Well-Being Survey.
- Participants:
 - 289 college students that attend Sacred Heart University, ages 18-54.
- The data was self-reported by Sacred Heart University's College of Health Professions in the fall of 2021 utilizing an online anonymous survey sent via email
- Examined the relationship between parenting obligations and college students' self-reported well-being
- Primary Variable: Parenting Responsibilities
- Outcome Variable: WHO-5 Well-Being Index Score

Exposure/Outcome Measures

- Participants in the study either reported having parenting responsibilities or no parenting responsibilities
- Descriptive analysis was utilized to describe the attributes of the participants such as age, gender, race/ethnicity, and year in school
- The Independent Samples T Test was performed to determine if a statistically significant correlation existed between the two variables.

RESULTS

- Descriptive Statistics
 - 90% reported not having parenting responsibilities (260 out of 289 participants) while 10% of them reported having parenting responsibilities (29 out of 289 participants).
- Based on Figure 1, the mean WHO-5 index score for college students with parenting responsibilities was 8.4 with a standard deviation of 3.0 and the mean WHO-5 index score for college students without parenting responsibilities was 7.7 with a standard deviation of 3.9.

- Inferential Statistics:
 - The p-value of our T-test analysis was $p=0.33$.
 - The value is greater than the alpha level of 0.05, showing no statistically significant difference in mean well-being index scores between individuals with parenting responsibilities for children under the age of 18 and those without such responsibilities.

Variables	Frequency (%) Total Sample (N= 289)
Parenting (n, %)	
No	260 (90)
Yes	29 (10)
Well-being Index (Mean, SD)	7.77 (3.8)
Age (Mean, SD)	22.56 (4.7)
Gender (n, % in each category)	
Female	236 (81.7)
Male	48 (16.6)
Transgender	3 (1.0)
Non-binary/non-conforming	2 (.7)
Race/Ethnicity (n, % in each category)	
Two or more	8 (2.8)
White	231 (79.9)
Hispanic/Latino	16 (5.5)
Asian	13 (4.5)
Black/African American	10 (3.5)
American Indian/Alaskan Native	6 (2.1)
Native Hawaiian/ OPI	5 (1.7)
Year in School (n, % in each category)	
Freshman	34 (11.8)
Sophomore	43 (14.9)
Junior	66 (22.8)
Senior	48 (16.6)
Graduate/Professional	92 (31.8)
Not seeking a degree	4 (1.4)
Other	1 (0.3)

Table 1. Effect of variables on 289 individuals wellbeing status using Pioneer Student Health and Well-being survey 2021.

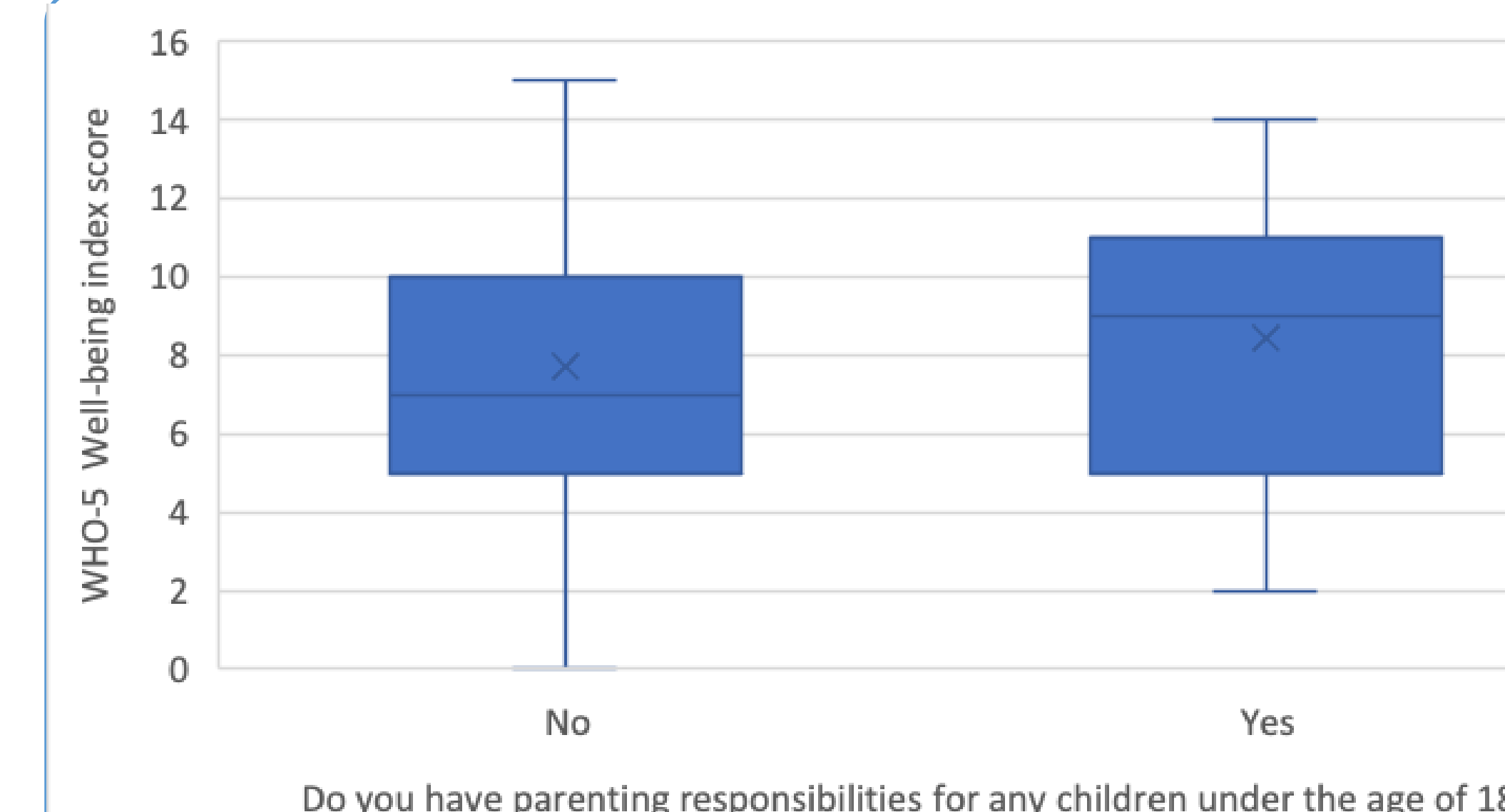


Figure 1. Parenting responsibilities effect of WHO-5 Well-Being index scores

CONCLUSIONS

- Based on our analysis of the Pioneer Student Health and Well-Being Survey database, the answer to our research was that whether an individual has parenting responsibilities or not doesn't affect the well-being of the college student.
- Our p-value of 0.33, showed no statistically significant relationship between parenting responsibilities and well-being index scores.
- For future research we would recommend exploring other factors influencing well-being outcomes.
- A longitudinal study on college students with parental responsibilities can track their well-being over time and provide qualitative insights.
- This approach can inform targeted interventions and support services for this population.

REFERENCES

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