BRITISH ACTIVE STUDENTS SURVEY:
FURTHER EDUCATION 2019/2020

UK active RESEARCH INSTITUTE

aoc sport — every student active

BUCS

MATRIX FITNESS

SPORT ENGLAND

Who took part?

7,169

students

107

institutions

53% female

46% male

Mode of study

- Undergraduate — 90%
- Postgraduate — 8%
- Further Education — <2%

Mainly full time

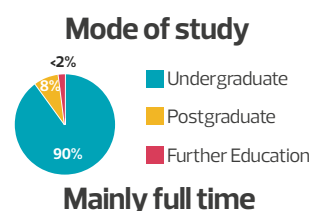## What did they do and how active were they?

Students were asked what kind of activity they took part in:

- Just gym **18%**
- Just sport **16%**
- Both gym & sport **16%**
- Neither gym or sport **50%**
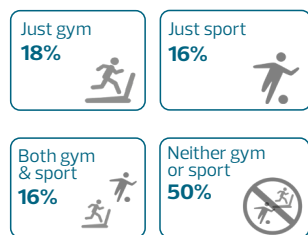
Those who took part in sports were asked what type of team/ club they participated with:

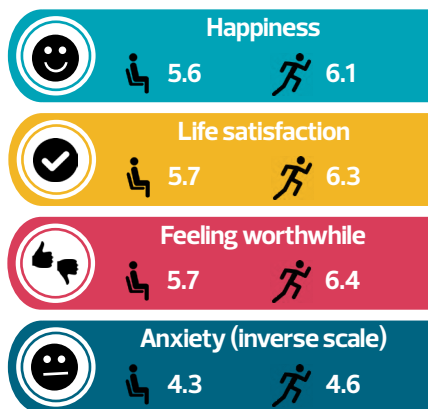- AoC competition **59%**
- Non AoC sport **19%**
- Both **31%**
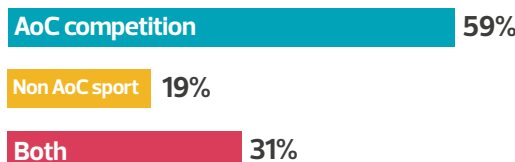
Students were asked how much activity they did *in a week*, which was grouped by Sport England's Active Lives categorisations to allow comparison to national data.

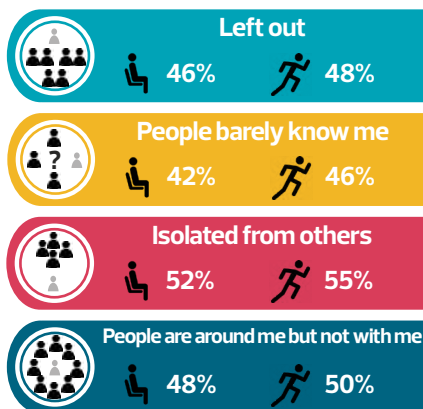|	Inactive <30 mins	Active 150 mins+
Survey population	26%	65%
AL (16–24 years)	17%	74%
AL (25–34 years)	21%	67%

How did their wellbeing metrics compare?

Personal Wellbeing average scores:
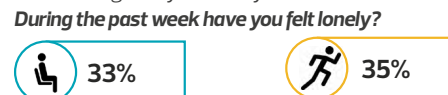Where 0 = 'not at all' and 10 = 'completely'

	Inactive	Active
Happiness	5.6	6.1
Life satisfaction	5.7	6.3
Feeling worthwhile	5.7	6.4
Anxiety (inverse scale)	4.3	4.6

Social Inclusion average scores:
% answering 'never' or 'rarely' to 'I feel':

	Inactive	Active
Left out	46%	48%
People barely know me	42%	46%
Isolated from others	52%	55%
People are around me but not with me	48%	50%

Mental Wellbeing scores (SWEMWEBS):
agreement to positively worded statements
Where higher scores equal higher mental wellbeing (35 = highest score)

Inactive **20.6** — Active **21.6**

Loneliness average scores:
% answering 'rarely' or 'hardly ever'
During the past week have you felt lonely?

Inactive **33%** — Active **35%**

Social Trust average scores:
% answering 'agree' or 'strongly agree'
To what extent do you agree or disagree that most people in your local area can be trusted?
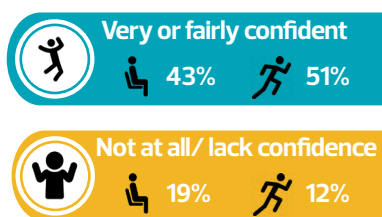
Inactive **28%** — Active **35%**

How does this impact attainment and employability?

Students were asked what grade they expected to get:

UCAS Points	Inactive	Active
16–31	19%	17%
32–47	53%	51%
48–56	28%	32%

Students were asked about their confidence of finding a job within six months of finishing college:

	Inactive	Active
Very or fairly confident	43%	51%
Not at all/ lack confidence	19%	12%

What are the barriers and motivators?

Students were asked what the barriers and motivators to exercise were. The options which the highest percentage responded to are below.

Biggest motivators:
To benefit my health **16%**
To improve my body image **13%**
As a stress relief **11%**

Biggest barriers:
Too busy with studies **27%**
Body confidence/ image **12%**
There are no barriers **11%**