

## **Teleios recently surveyed college students on associations with positive and negative well-being.**

Christian centered living has been shown helpful to a person's well-being in clinical research, including general well-being, marriage, finances, and physical health. College students have not been studied as extensively as other demographic groups regarding this effect.

We evaluated students at the University of Georgia for positive and negative influences on well-being, their ability to recognize advice from an individual source, its perceived benefit to contributing to well-being, and how they would respond to this advice. There were 105 responses to the survey.

### **We asked University of Georgia students what helps their well-being...**



72% chose maintenance of good health and/or sporting activities



72% chose a close relationship with family and friends



57% chose a close relationship with God

## Surprisingly, students relied the least on ...



20% chose social media interactions



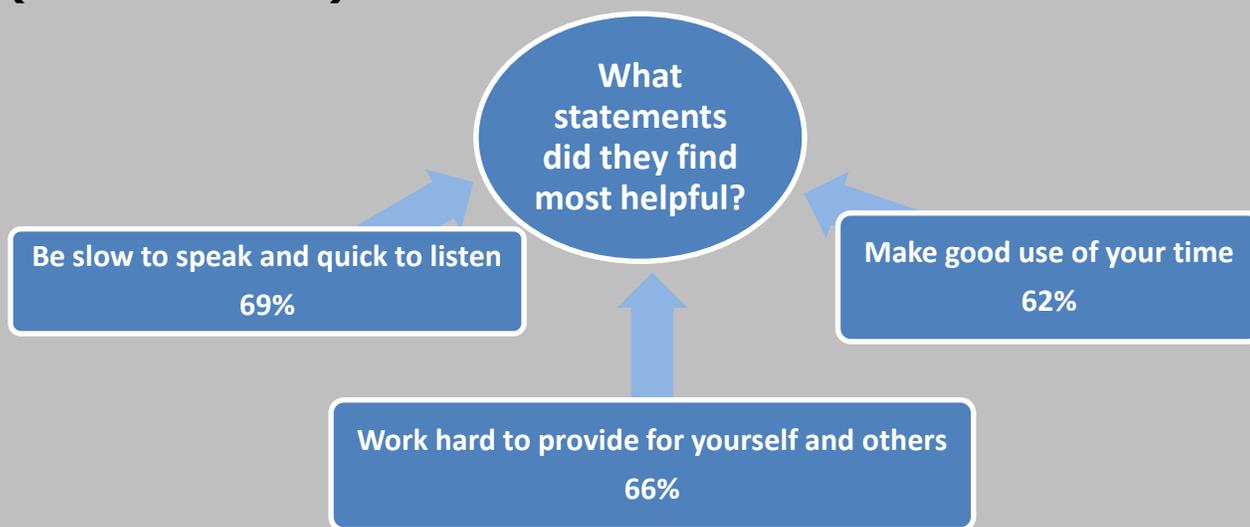
14% chose sexual activity



13% chose drugs and alcohol

General well-being was noted most commonly to be improved by: good health (72%); or close relationships with family (72%), friends (72%) and God (57%). Detracting from general well-being were: lack of vigor, energy, optimal health (64%); poor self-image (64%); or stress from university course work (64%).

## Students then were given a list of anonymous advice statements (from the Bible).

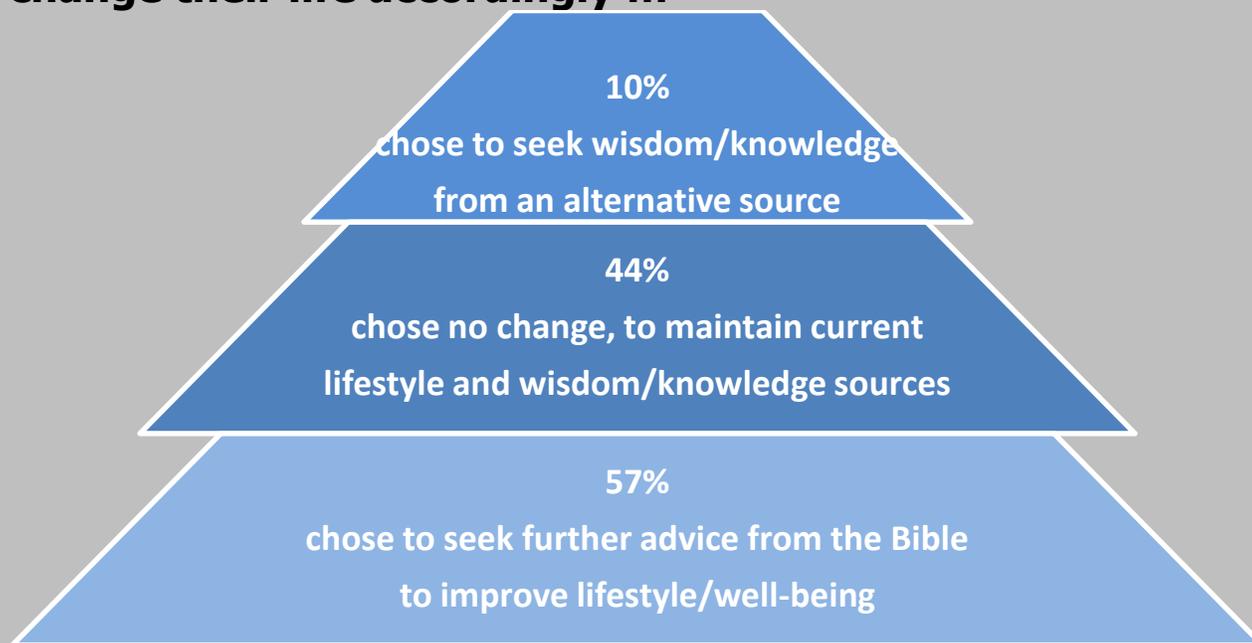


Students could generally identify wise statements from an undisclosed source as able to improve general well-being.

## When asked from what source the advice statements came ...



## When told the advice came from the Bible and asked if they would change their life accordingly ...



When informed the advice statements were paraphrased from the Bible and asked what their response was they chose to: seek further advice from the Bible to improve lifestyle/wellbeing (57%); maintain their current lifestyle and wisdom/knowledge sources (44%); or not use the Biblical advice (16%).

This study showed that college students most commonly identify health and close relationships with family, friends and God as positive sources of well-

being. Further, about half are willing to pursue more knowledge to increase well-being.