

Atheism, Religion and Wellbeing in College Students

Teleios surveyed college students to evaluate the influence of religious belief on general wellbeing.



Recent research has noted the benefit of religion on personal wellbeing, but data is limited in university students. We surveyed students at a large public southeastern university and 247 students completed the survey.

WHAT WE FOUND

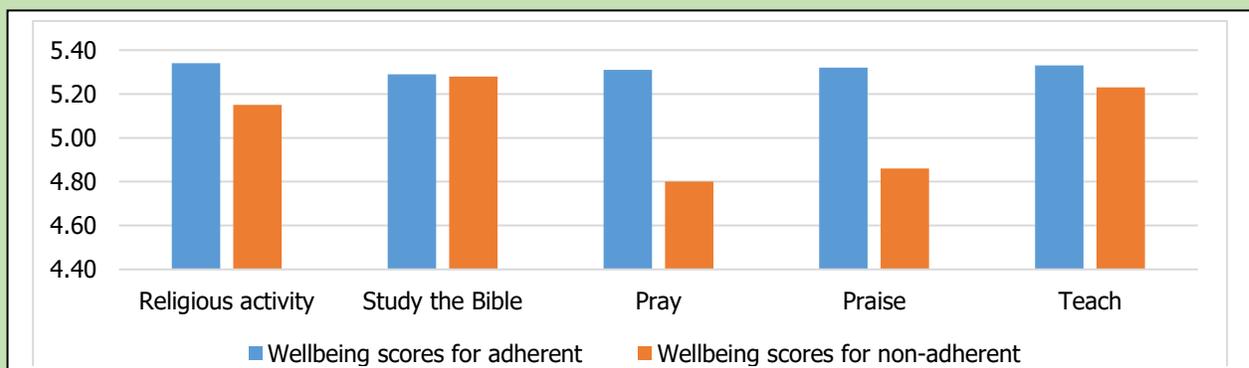
WELLBEING

- All noted good wellbeing with the highest ratings in the evangelical group (P=0.004; Table 1).
- All groups noted wellbeing was enhanced by:
 - good health
 - university coursework
 - family and friends
 - a love interest
 - career goals
- Evangelicals who adhered to the principles of their faith showed better wellbeing than those less adherent (P<0.0001; Figure 1).

Table 1: Wellbeing scores for different beliefs

Religion	Total	Good wellbeing	%
Evangelical Christian	104	91	87%
Social Christian	66	50	76%
Atheist/Agnostic	32	25	79%
Roman Catholic	14	11	79%
Other (<5%)	31	19	61%

Figure 1: Evangelical wellbeing scores for those adherent and non-adherent to their faith (0 low; 6 high)



GUILT

40% atheist/agnostics noted strong guilt; while only 2% evangelicals noted it (P=0.02).

***Do you feel guilt?
32% expressed they
feel some level of guilt!***



HOPE

All groups found hope in the future in a 'committed relationship' or 'family'; evangelicals/Catholics importantly took hope in 'being saved by grace through Jesus Christ'*. Atheist/agnostics were more likely to place their hope in a 'government job', 'one world government' or 'local activism to achieve social justice'.

HEAVEN

80% of evangelicals believed they would be admitted to heaven 'by grace through Jesus Christ'; while 50% of atheist/agnostics indicated 'there is no heaven', 'unsure' or 'would be admitted through works/grace'.

***Will you be admitted to heaven?
80% of evangelicals believed by
grace in Jesus Christ!***

WHAT IT MEANS

- **Evangelicals reported higher ratings of wellbeing compared to atheists/agnostics and other religious beliefs.**
- **Healthy lifestyle practices were chosen by all as important for enhancing wellbeing!**
- **Only a low minority of students were dependent upon drug/alcohol, sexual relations or social media for good wellbeing!**
- **Evangelicals who were more adherent to their faith (religious activity, Bible study, prayer, praise and teach) showed better wellbeing!**

Having faith that you are saved by grace through Jesus Christ and practicing a Biblical lifestyle improves your wellbeing!

*If you are not a Christian or do not understand that salvation is a gift from God keep reading!

- Each person has done misdeeds (sin) that deserve judgment and punishment from a perfect and just God.
- However, God being loving, sent his Son, Jesus Christ, to die for our sins on the cross to take the punishment that we deserved.
- Consequently, God will see us without sin by accepting through faith the forgiveness that Christ provided by his death on the cross. This gracious forgiveness heals our relationship with God allowing us to obtain eternal life! (Ephesians 2:8-9, Romans 10:9-10, and Romans 3:21-26).

If you have questions/insecurities about your faith or general comments we welcome you to contact us at teleiosresearch@outlook.com.

Please visit our website and social media accounts:

<http://teleiosresearch.com>
<http://teleiosblog.blogspot.com>
<https://www.facebook.com/TeleiosResearch>
<https://www.instagram.com/teleiosresearch>
<https://twitter.com/TeleiosResearch>