

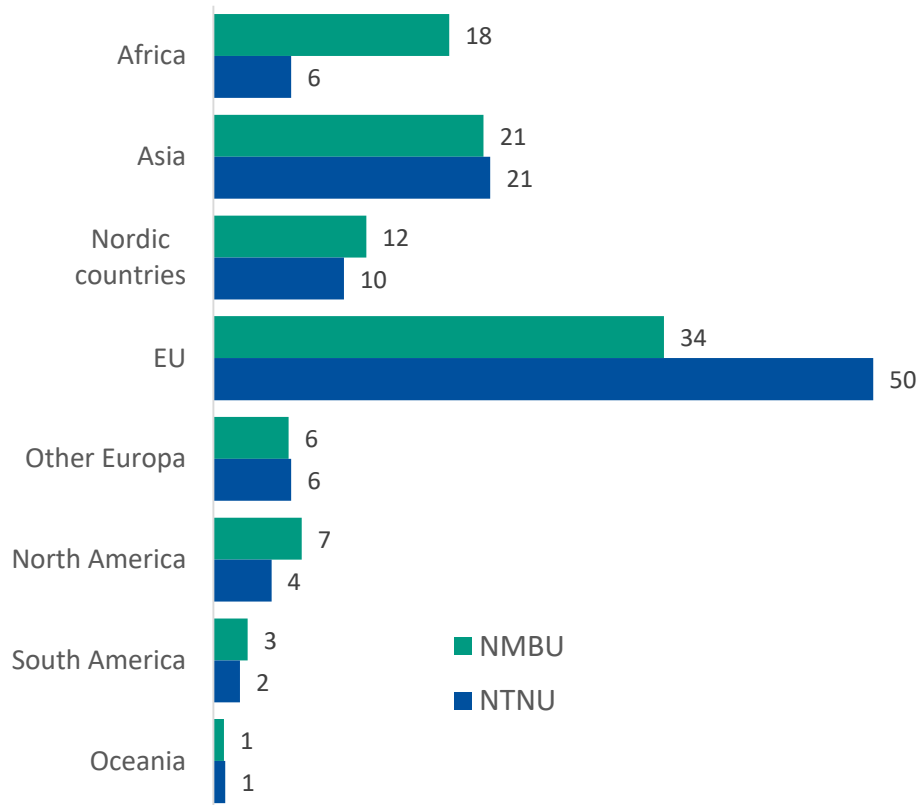
Health and wellbeing among international students (HoT-Int)

Main documentation of results

Januar 2019



Region (based on citizenship) %

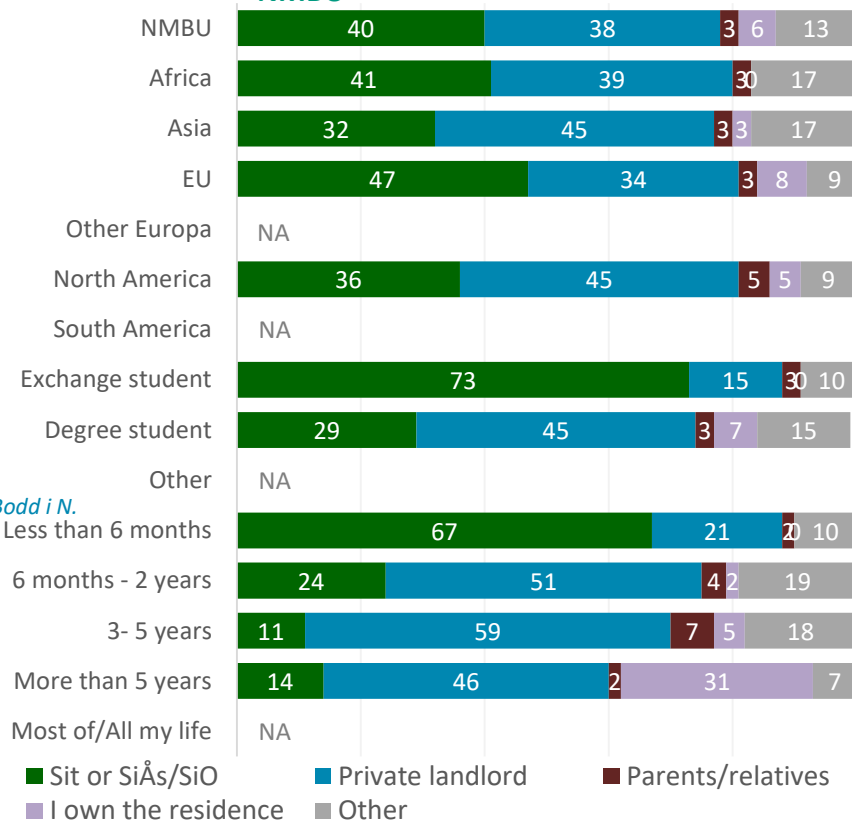


Health and wellbeing among international students 2018

How international students live

Who owns the residence where you live now? (%)

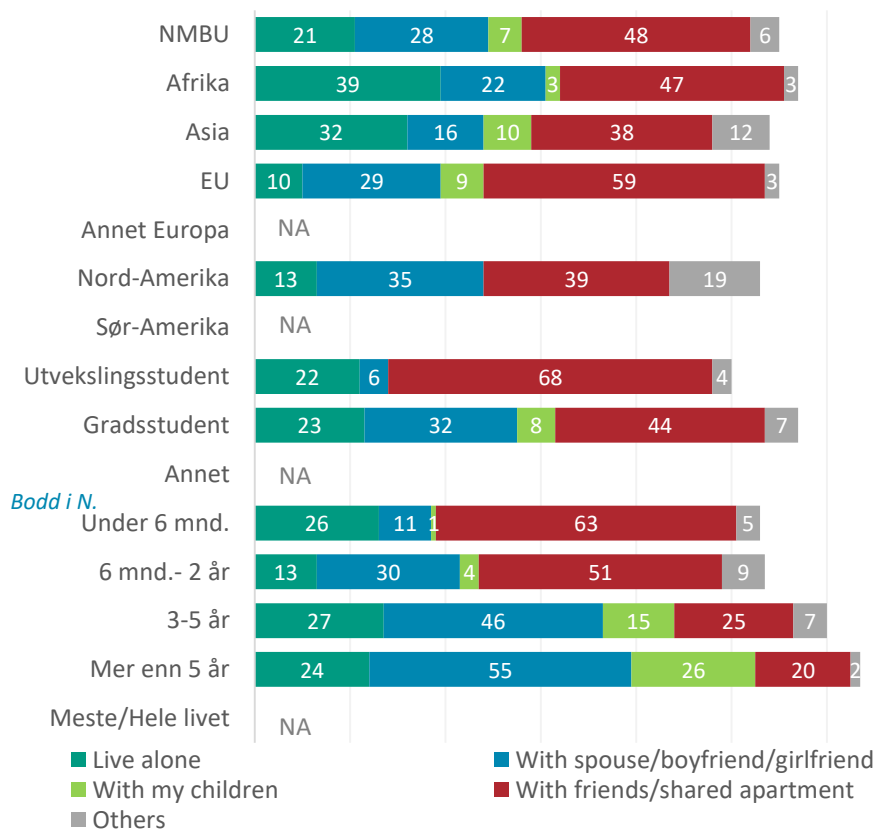
NMBU



What is your current living situation? (%)

Multiple answers allowed

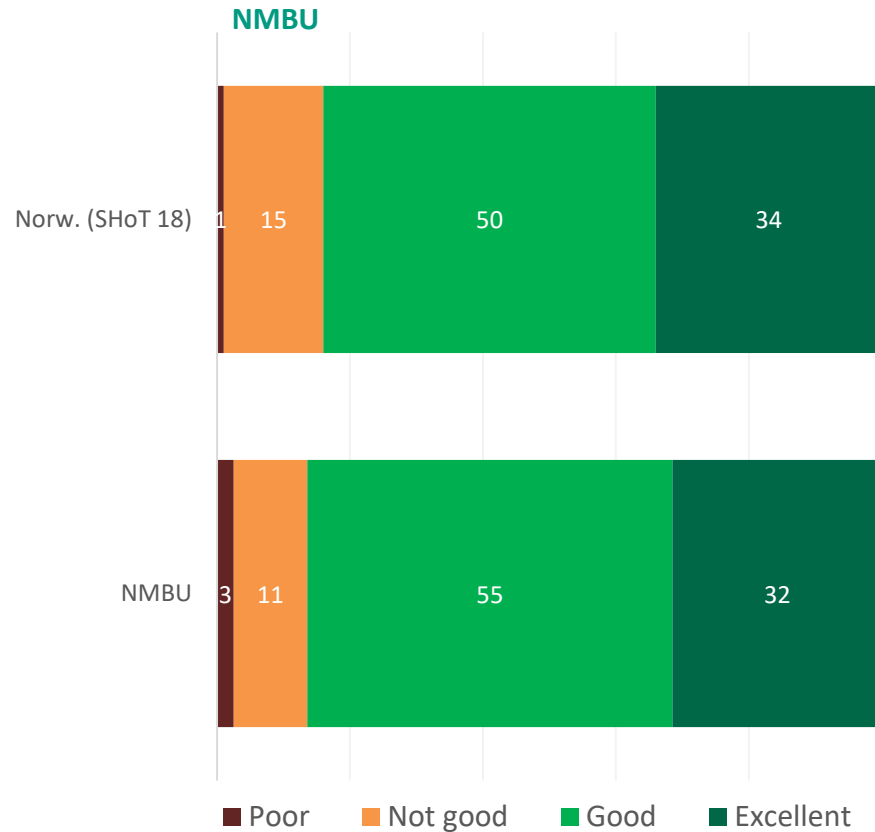
NMBU



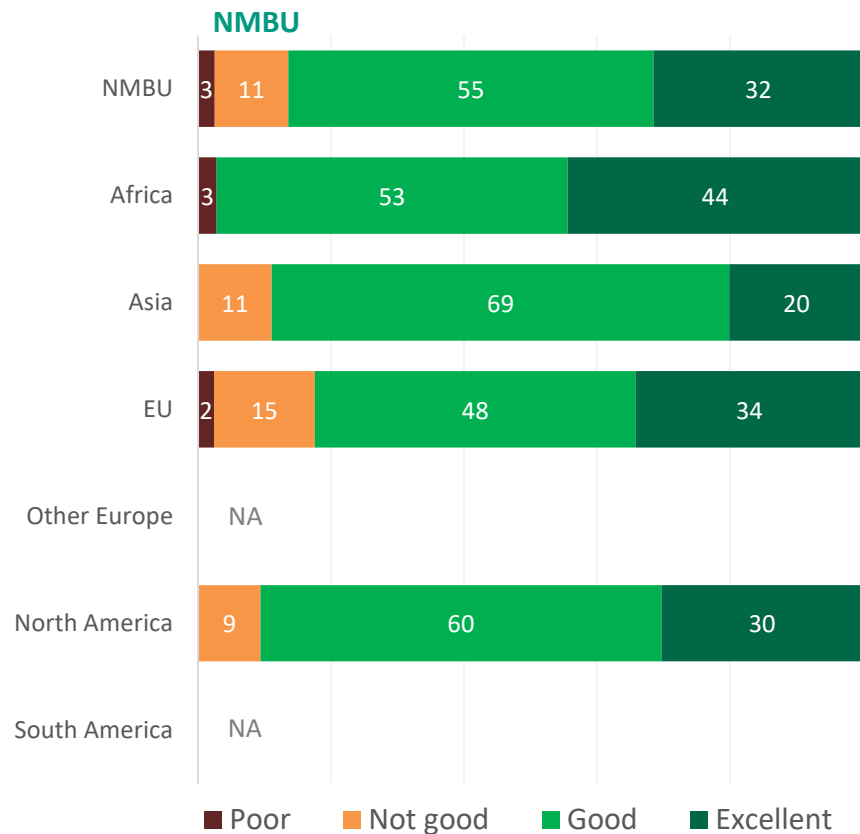
Health and wellbeing among international students 2018

Assessment of one's own health and health care

How would you rate your general health? (%)

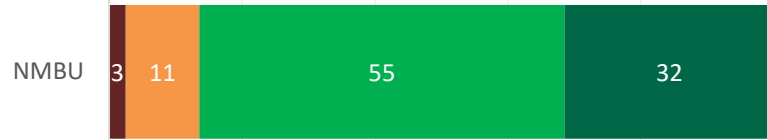


How would you rate your general health? (%)

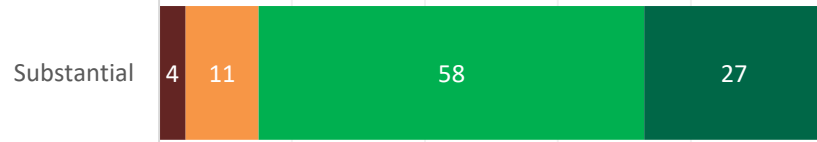
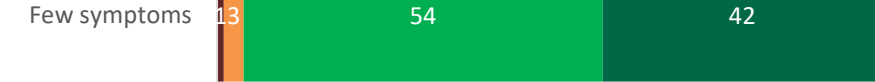


How would you rate your general health? (%)

NMBU



Symptoms of anxiety
and depression
HSCL - 5

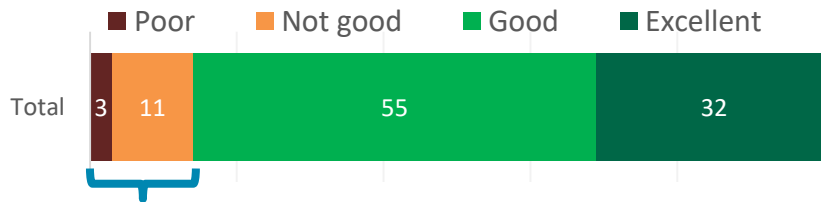


Poor Not good Good Excellent

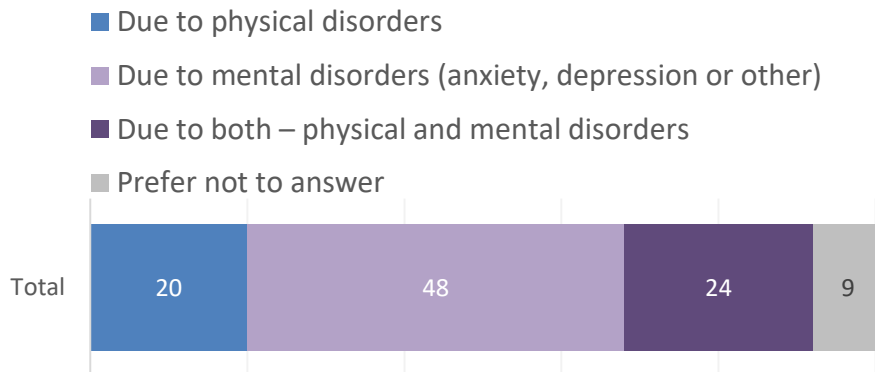
Why students don't consider their health as good (%)

NMBU

How would you rate your general health?



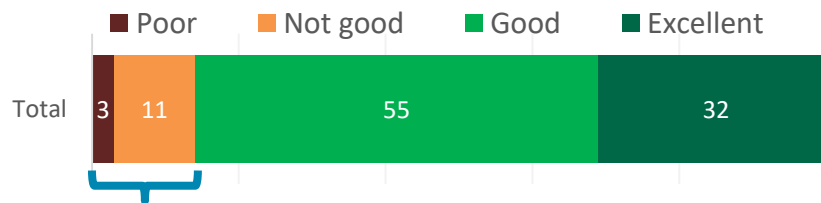
Why don't you consider your health as good?



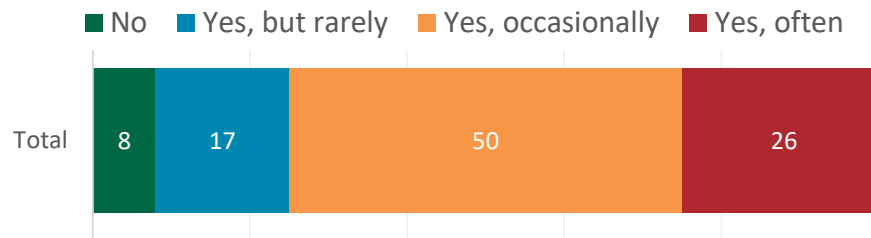
Do health problems affect their ability to participate in regular study activities? (%)

NMBU

How would you rate your general health?



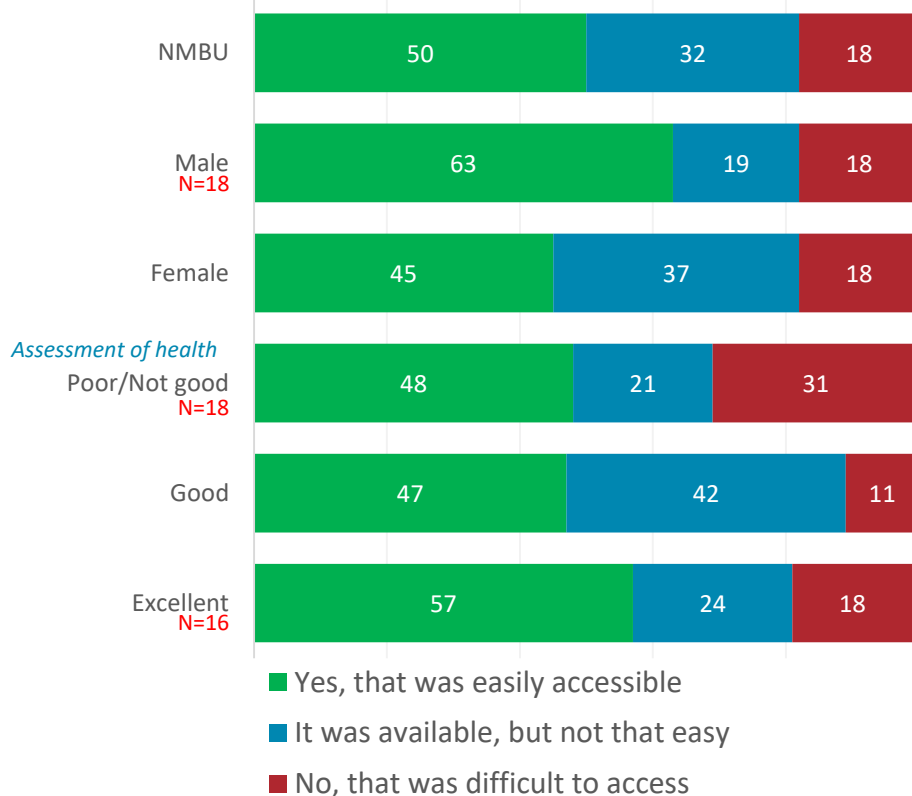
Do health problems affect your ability to participate in regular study activities (reading, participating in classes, group work etc.)?



Did you find it easy to get access to the help you needed? (%)

Base: students who have sought professional help for health problems

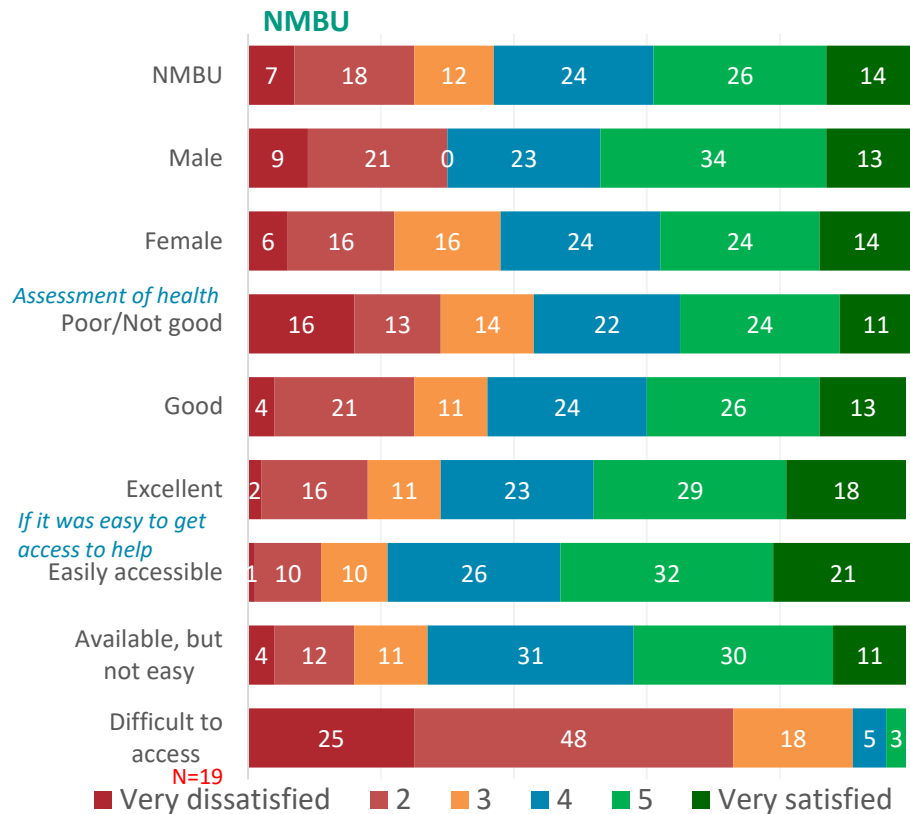
NMBU



Satisfaction with the help (%)

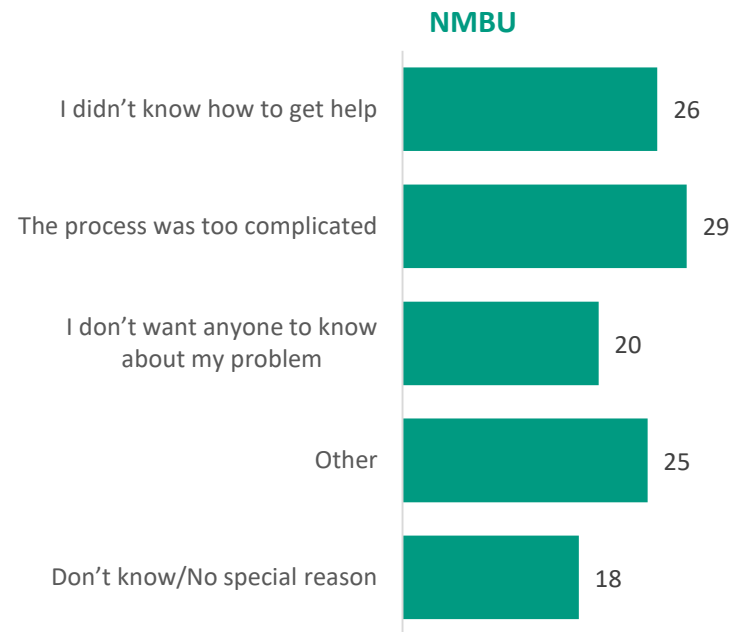
How satisfied are you with the help you received?

Base: students who have sought professional help for health problems



Why didn't you obtain help? (%)

Base: students who have not sought professional help, even if they should

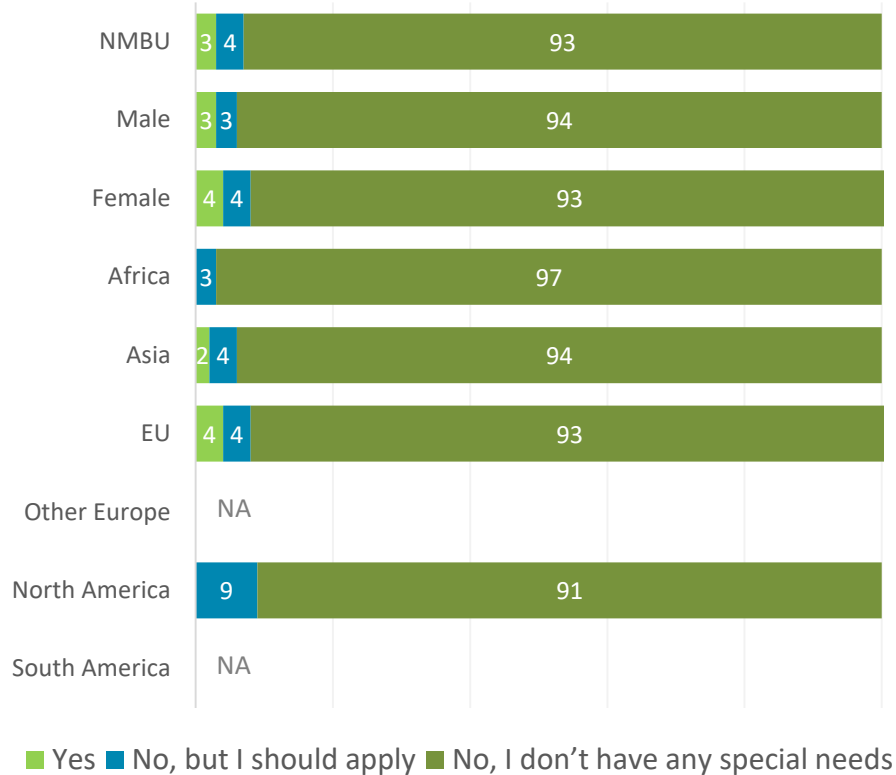


Health and wellbeing among international students 2018

Help/facilitation due to physical disabilities/learning disabilities

Do you receive special help/facilitation in regards to a physical disability/learning disability? (%)

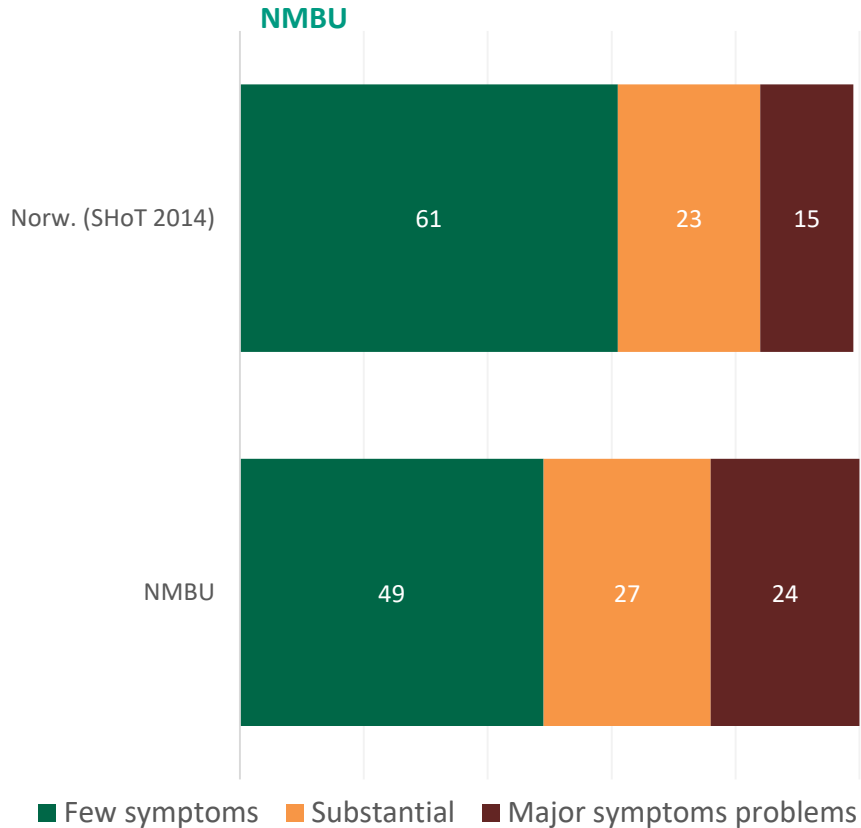
NMBU



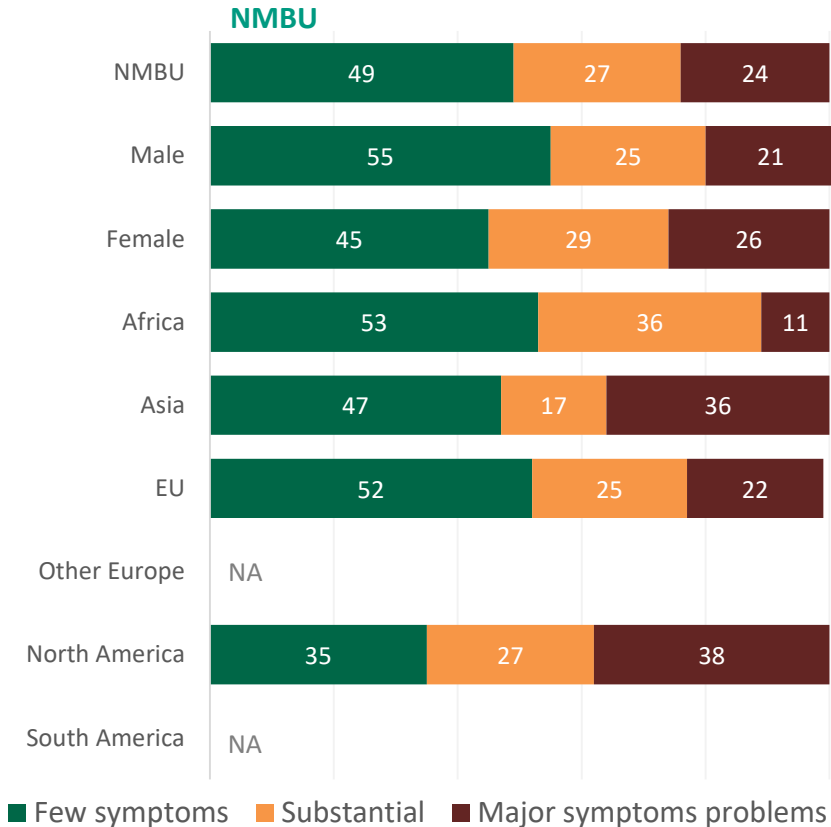
Health and wellbeing among international students 2018

Symptoms of anxiety and depression

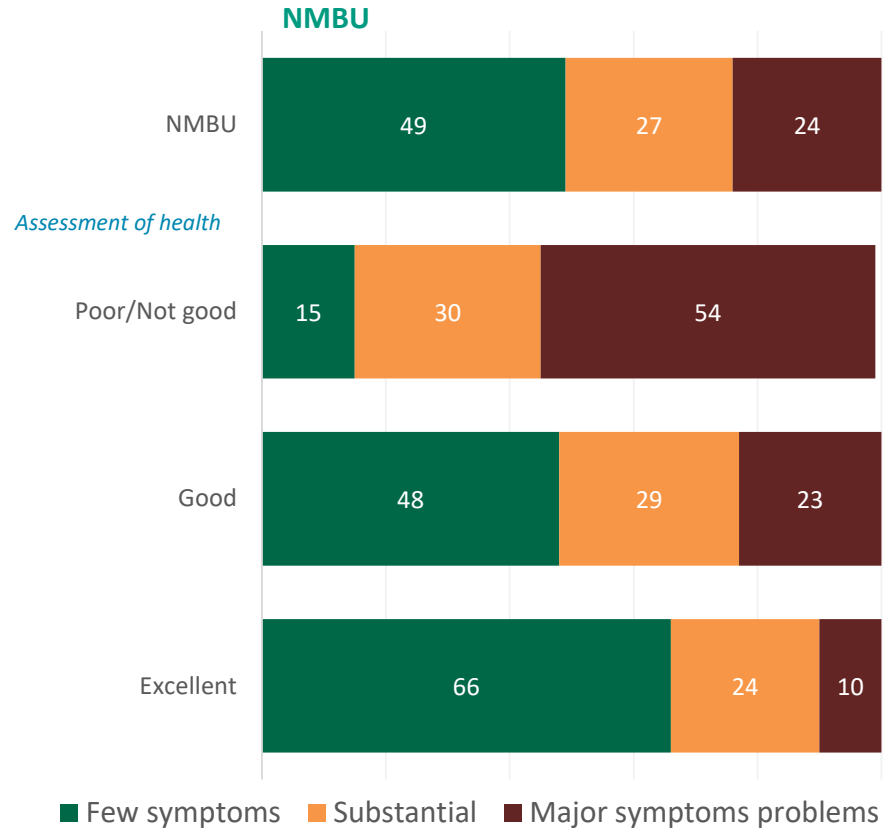
Symptoms of anxiety and depression (%)



Symptoms of anxiety and depression (%)



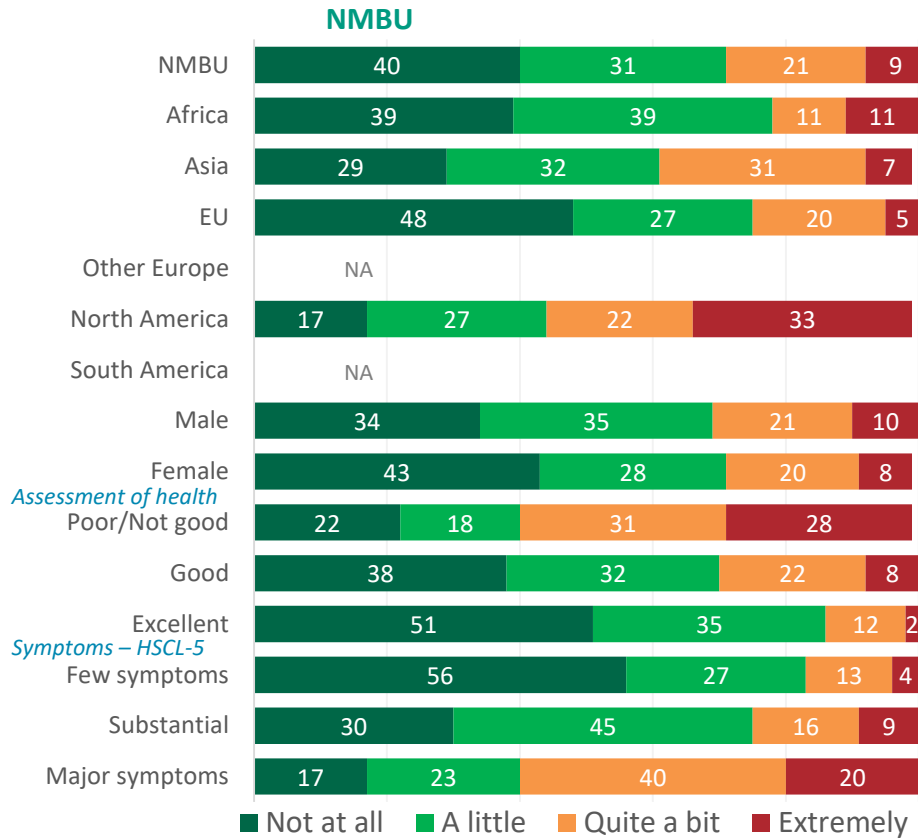
Symptoms of anxiety and depression (%)



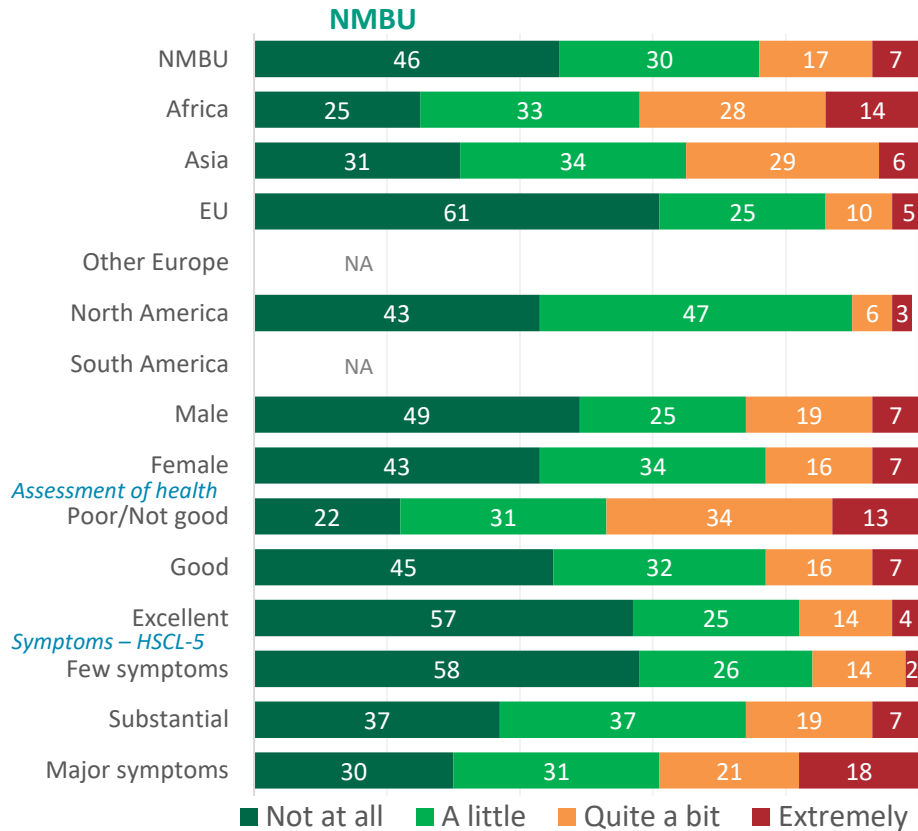
Health and wellbeing among international students 2018

Other symptoms problems

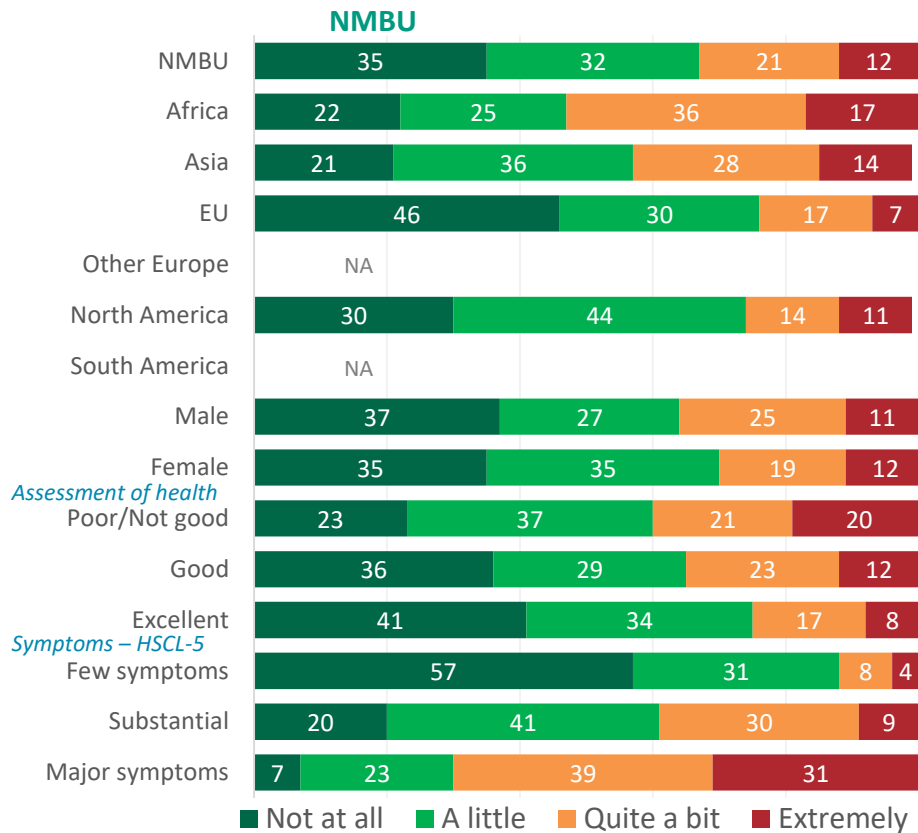
Difficulties falling asleep, staying asleep (%)



Strong sense of homesickness (%)



Troublesome pressure from family or yourself to succeed (%)



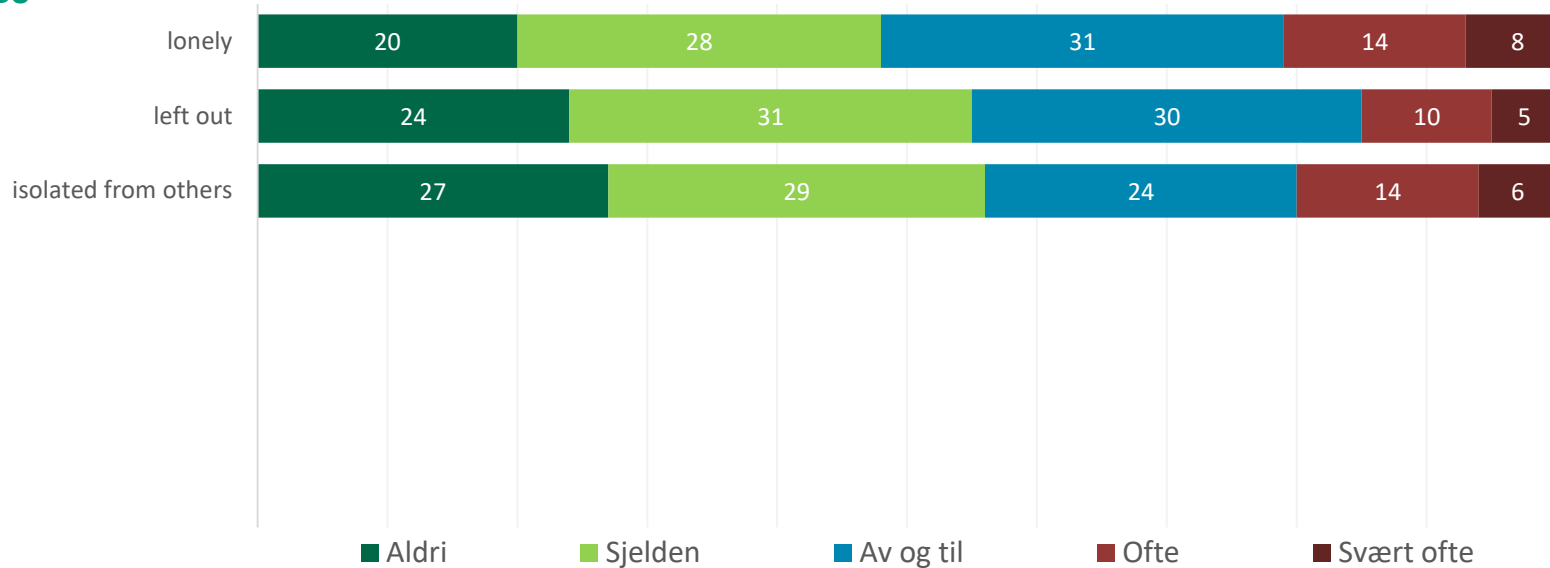
Health and wellbeing among international students 2018

Loneliness

Loneliness (%)

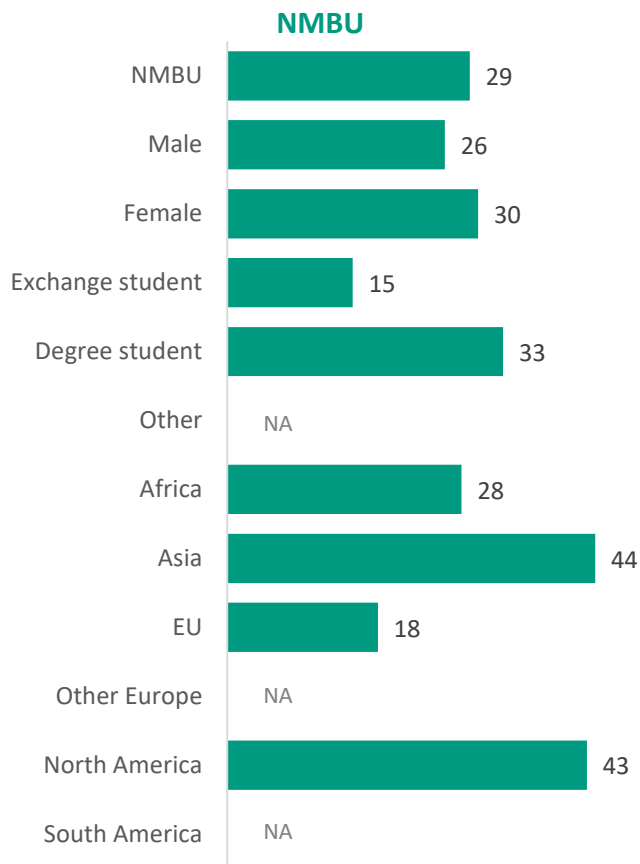
During this semester, how often have you felt?

NMBU



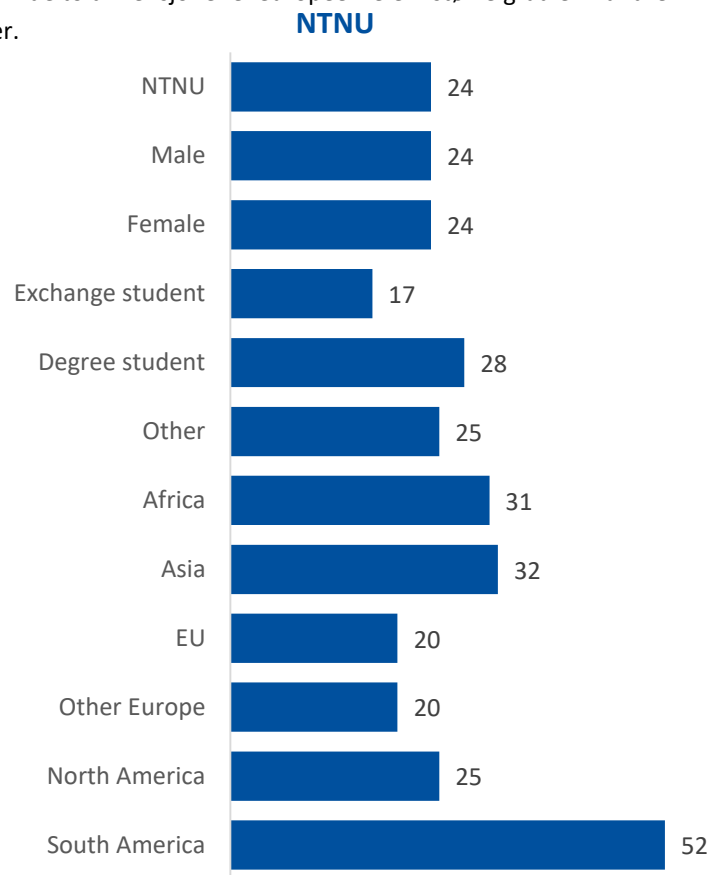
Loneliness (1) (%)

Often – or very often felt at least one form of loneliness



- Gradsstudenter rapporterer i større grad enn utvekslingsstudenter om ensomhet. Det er store forskjeller avhengig av hvor studentene kommer fra. Det er en bakenforliggende sammenheng mellom de to dimensjonene: europeerne er i større grad enn andre utvekslingsstudenter.

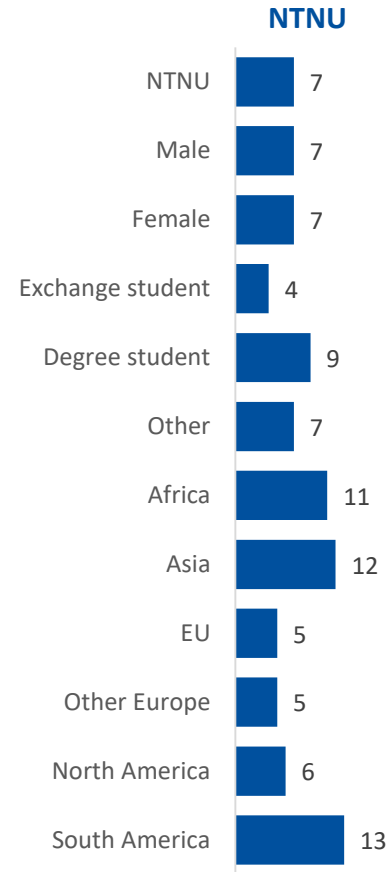
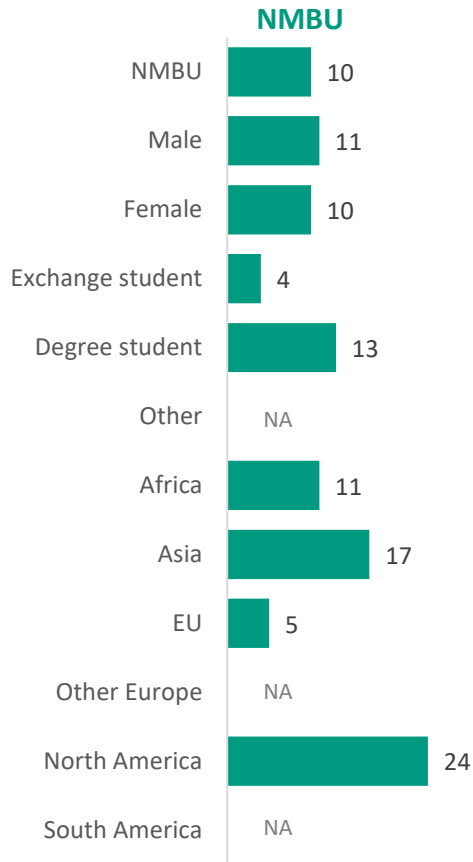
27



HoT-Int 2018. NMBU, NTNU, Sit, SiÅs

Loneliness (2) (%)

Often – or very often felt all three forms of loneliness



Health and wellbeing among international students 2018

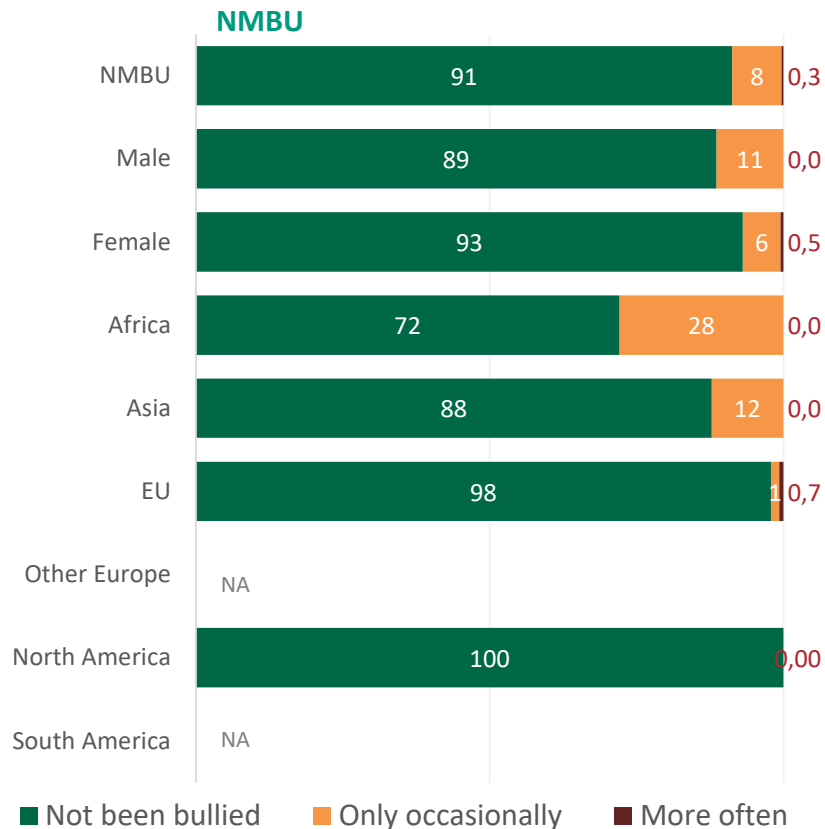
Bullying and harassment

Bullying and harassment

- The questions about bullying and harassment are related specifically related to the university.
 - **Bullying** is when:
 - One or several people (students or employees) say or do hurtful and uncomfortable things towards another person, or teases in a hurtful/uncomfortable way. Normally this happens several times, and it can be difficult for the person who is affected to defend him or herself.
 - A person on purpose is excluded, or when other people tell lies or spread rumors about him or her
 - A person receives uncomfortable or hurtful messages or pictures by phone, social media or the internet
 - It is not bullying when someone is teased in a kind and friendly way. It is also not considered bullying when two students with an equal power balance have a fight or quarrel.
 - **Sexual harassment** is defined as unwelcome sexual attention and advances that are offensive and bothersome. Have you experienced any of the following forms of sexual harassment at NMBU/NTNU while studying there?
 - Note that the questions about bullying and harassment in the norwegian SHoT-survey (2018), are not specifically related to the university.

Bullying from students (%)

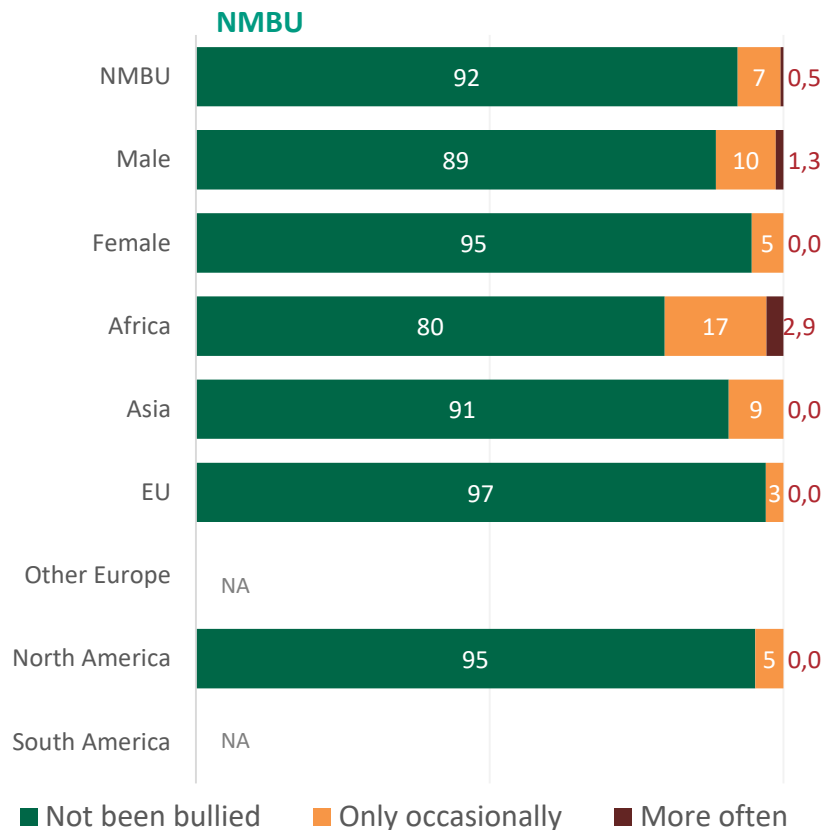
How often have you been bullied by your fellow students in the past months?



«More often» includes 2 or 3 times a month, About once a week, Several times a week.

Bullying from employees (%)

How often have you been bullied by employees at the university?



«More often» includes 2 or 3 times a month, About once a week, Several times a week.

Abbreviations harassment

Original formulation	Abbreviation
Verbal harassment (sexual suggestions and propositions, comments about your body, appearance or private life)	Verbal
Non-verbal harassment - inappropriate looks or body gestures	Non-verbal (looks, body gestures)
Non-verbal harassment - viewing of sexual images, including digital	Non-verbal (sexual images, incl. digital)
Non-verbal harassment - indecent exposure and the like	Non-verbal (indecent exposure)
Physical harassment - unwelcome touching, hugging or kissing	Physical (unwelcome touching)
Physical harassment - attempted rape	Physical (attempted rape)
Physical harassment - rape	Physical (rape)

Sexual harassment is defined as unwelcome sexual attention and advances that are offensive and bothersome.

Have you experienced any of the following forms of sexual harassment at NMBU/NTNU while studying there?

Harassment (%)

Sexual harassment is defined as unwelcome sexual attention and advances that are offensive and bothersome.
Have you experienced any of the following forms of sexual harassment at NMBU/NTNU while studying there?

	NMBU	Male	Female	Exchange	Degree	Africa	Asia	EU	North-America
Verbal	3,8	2,2	4,8	1,4	5,1	2,9	0,0	5,1	8,0
Non-verbal (looks, body gestures)	2,6	1,3	3,5	0,0	3,1	8,5	0,0	2,1	3,1
Non-verbal (sexual images, incl. digitalt)	1,1	1,3	1,0	0,0	1,7	2,9	0,0	1,4	0,0
Non-verbal (indecent exposure)	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Physical (unwelcome touching)	2,2	1,1	3,0	0,0	2,7	0,0	0,0	3,0	6,3
Physical (attempted rape)	1,0	0,0	1,6	0,0	1,4	0,0	0,0	0,7	3,1
Physical (rape)	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
None of these	94	95	92	99	92	86	100	94	86
1 form of harassment	4,6	4,8	4,5	1,4	5,5	14,2	0,0	3,0	11,1
Several forms of harassment	1,9	0,0	3,1	0,0	2,8	0,0	0,0	2,8	3,1

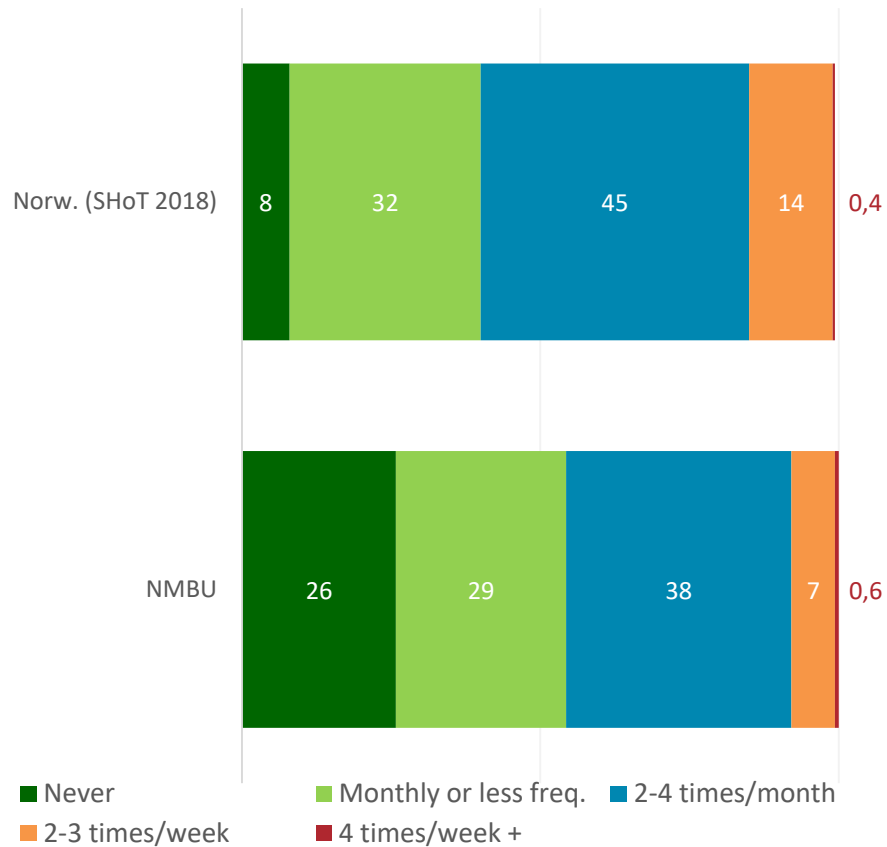
Health and wellbeing among international students 2018

Alcohol

Drinking frequency (%)

How often do you drink alcohol?

NMBU



■ Never

■ Monthly or less freq.

■ 2-4 times/month

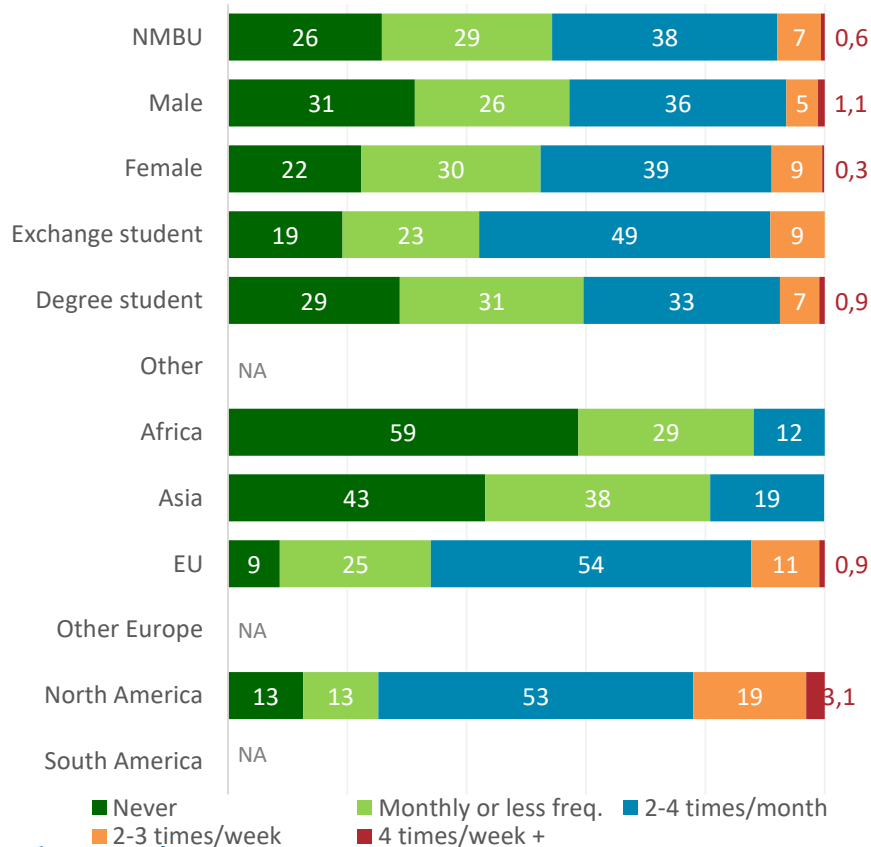
■ 2-3 times/week

■ 4 times/week +

Drinking frequency (%)

How often do you drink alcohol?

NMBU



Drinking frequency (%)

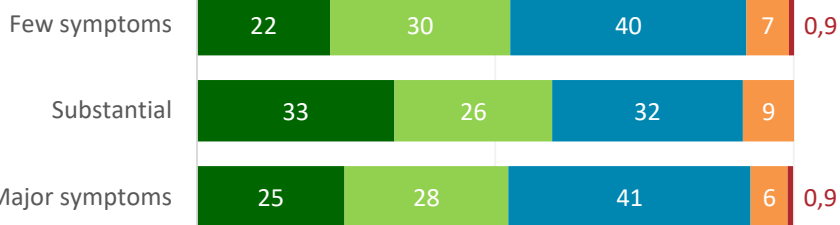
How often do you drink alcohol?

NMBU

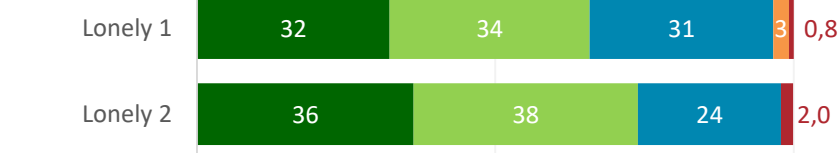
Assessment of health



Symptoms - HSCL-5



Loneliness



■ Never
■ Monthly or less freq.
■ 2-4 times/month
■ 2-3 times/week
■ 4 times/week +

tanalyse

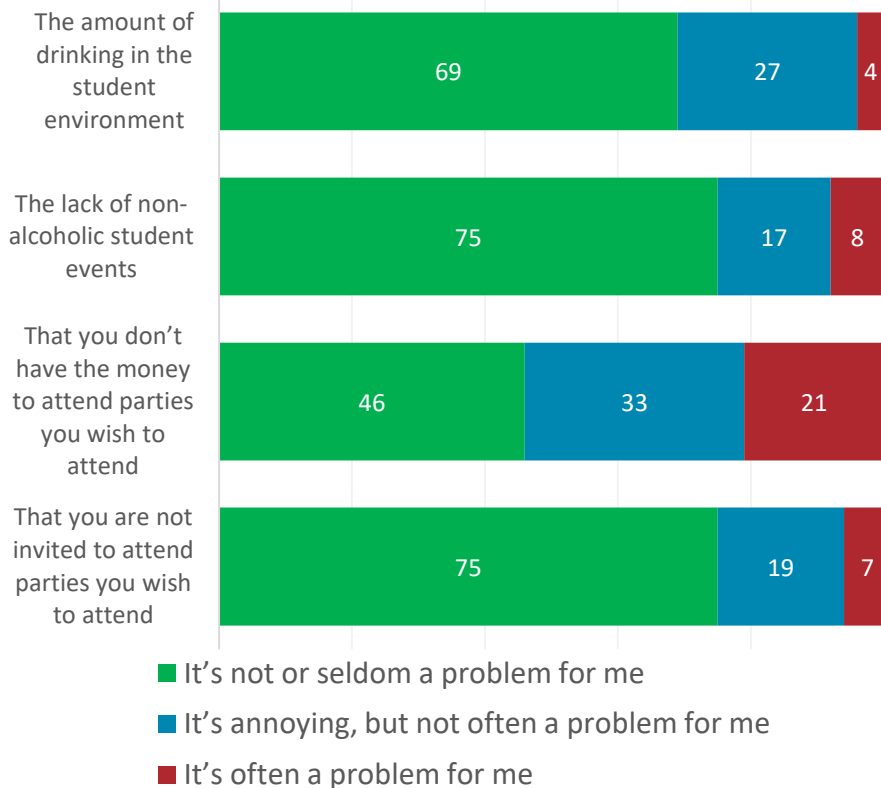
Lonely 1: Often – or very often felt at least one of three forms of loneliness.
Lonely 2: Often – or very often felt all three forms of loneliness.

HoT-Int 2018. NMBU, NTNU, Sit, SiÅs

Problems depending on alcohol (%)

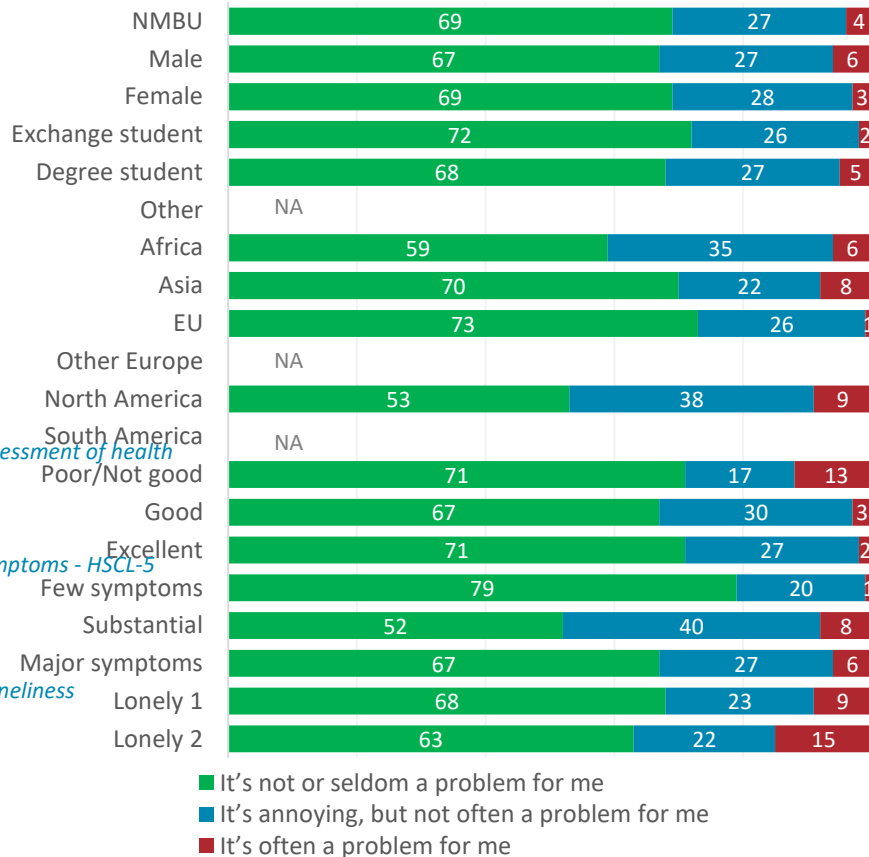
To what extent do you experience that the following is a problem for you as a student in Norway?

NMBU



The amount of drinking in the student environment (%)

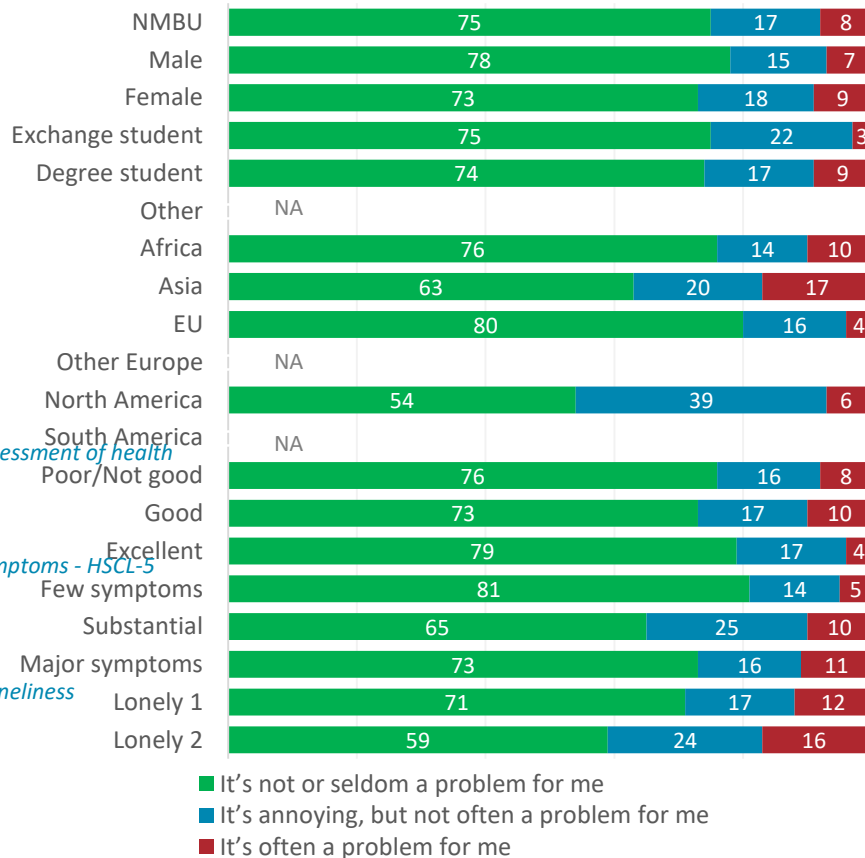
NMBU



- It's not or seldom a problem for me
- It's annoying, but not often a problem for me
- It's often a problem for me

The lack of non-alcoholic student events (%)

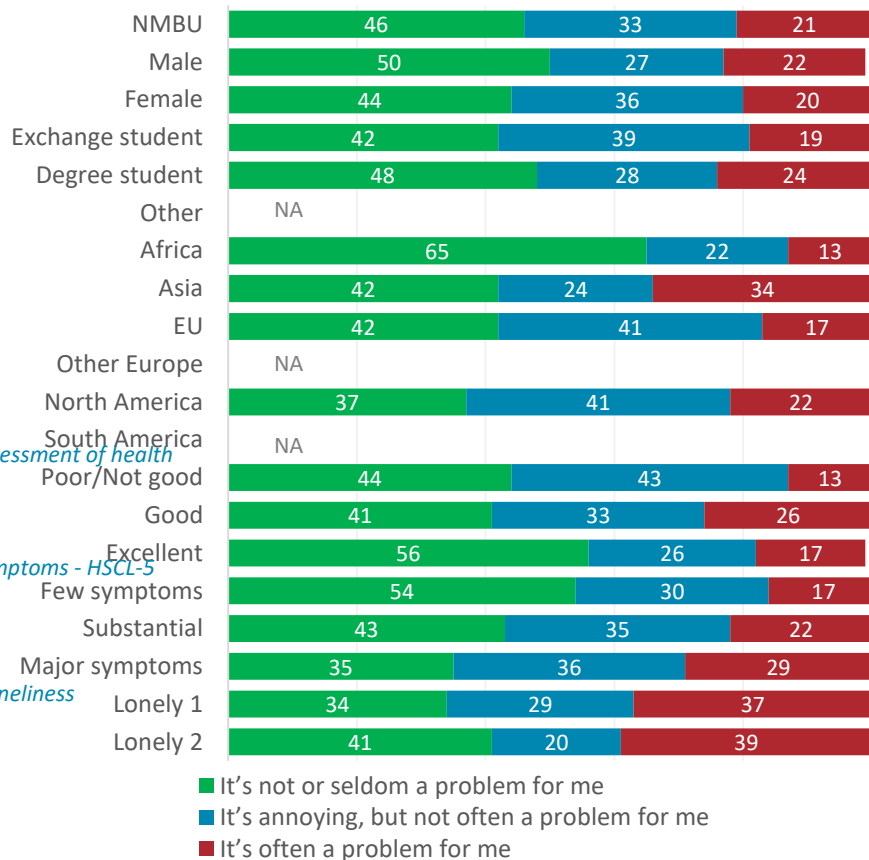
NMBU



- It's not or seldom a problem for me
- It's annoying, but not often a problem for me
- It's often a problem for me

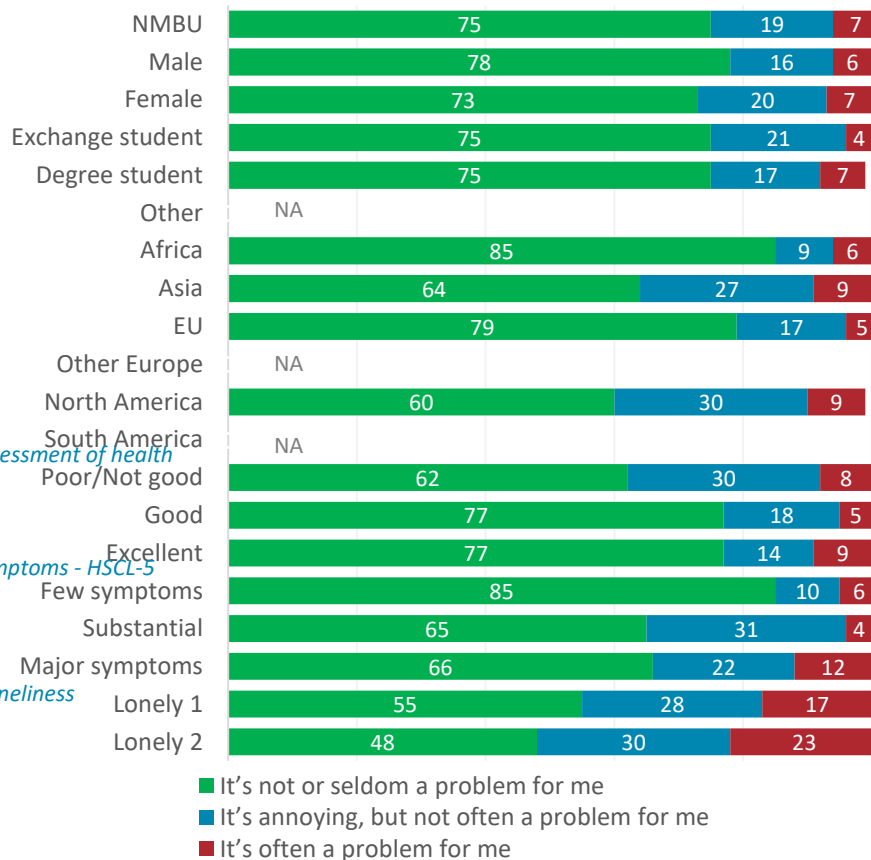
That you don't have the money to attend parties you wish to attend (%)

NMBU



That you are not invited to attend parties you wish to attend (%)

NMBU



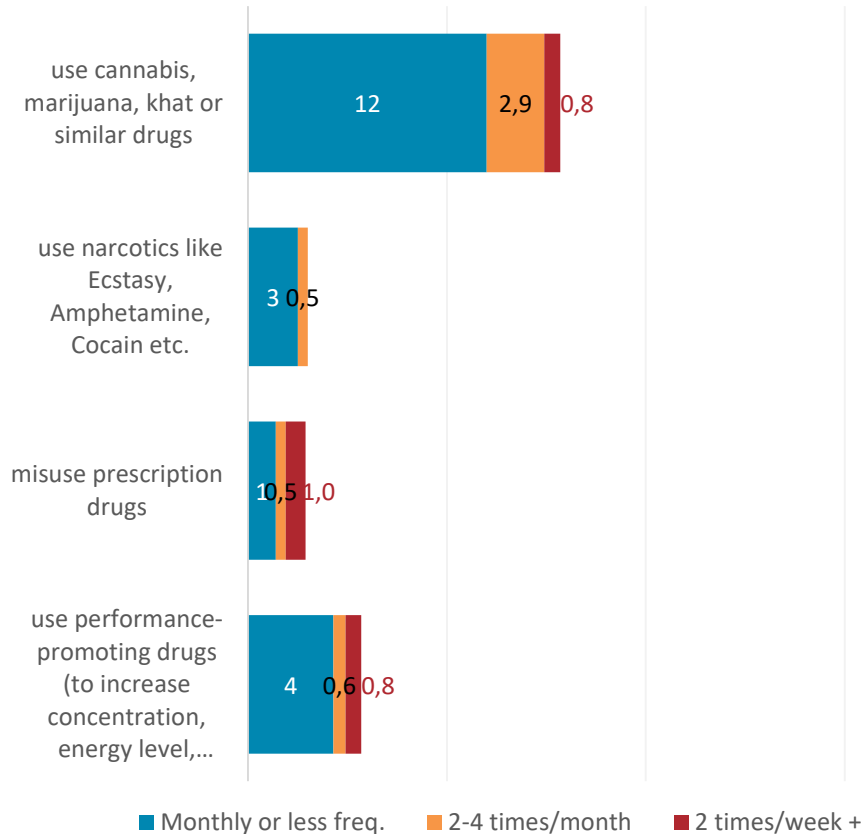
Health and wellbeing among international students 2018

Drugs

Use of drugs (%)

How often do you ...

NMBU



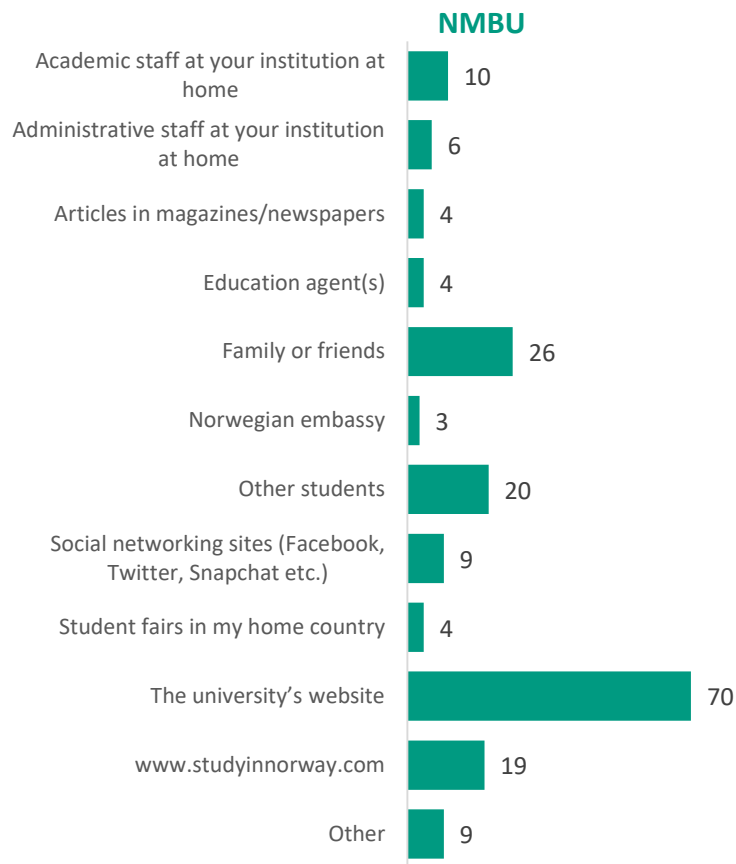
Health and wellbeing among international students 2018

Information sources

Most important information sources (%)

What were the most important sources of information when you were considering studying at (NMBU/NTNU)? Multiple answers allowed

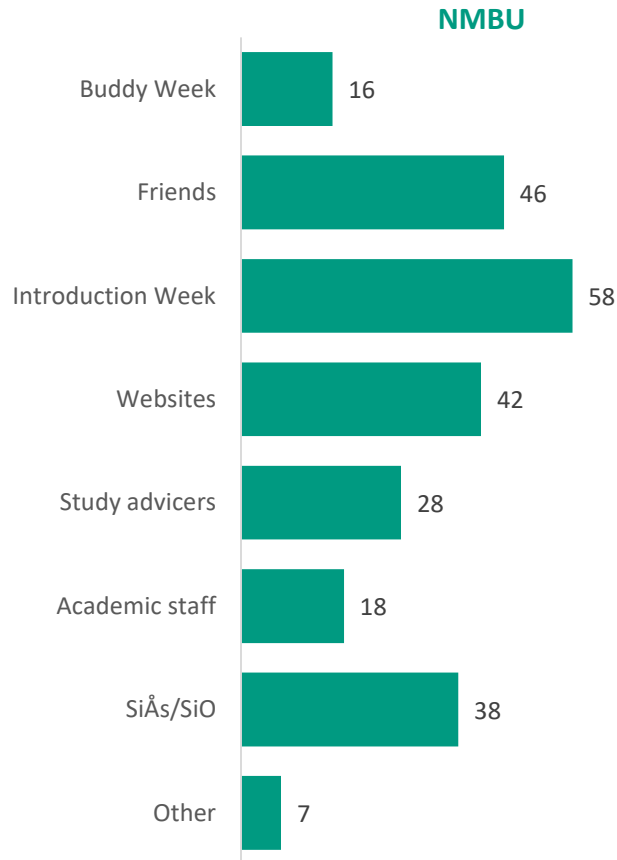
Base: exclusive those who have lived most of their lives in Norway



Most important source of information when they came to Norway (%)

Which sources of information were the most important for you when you came to Norway? Multiple answers allowed

Base: exclusive those who have lived most of their lives in Norway



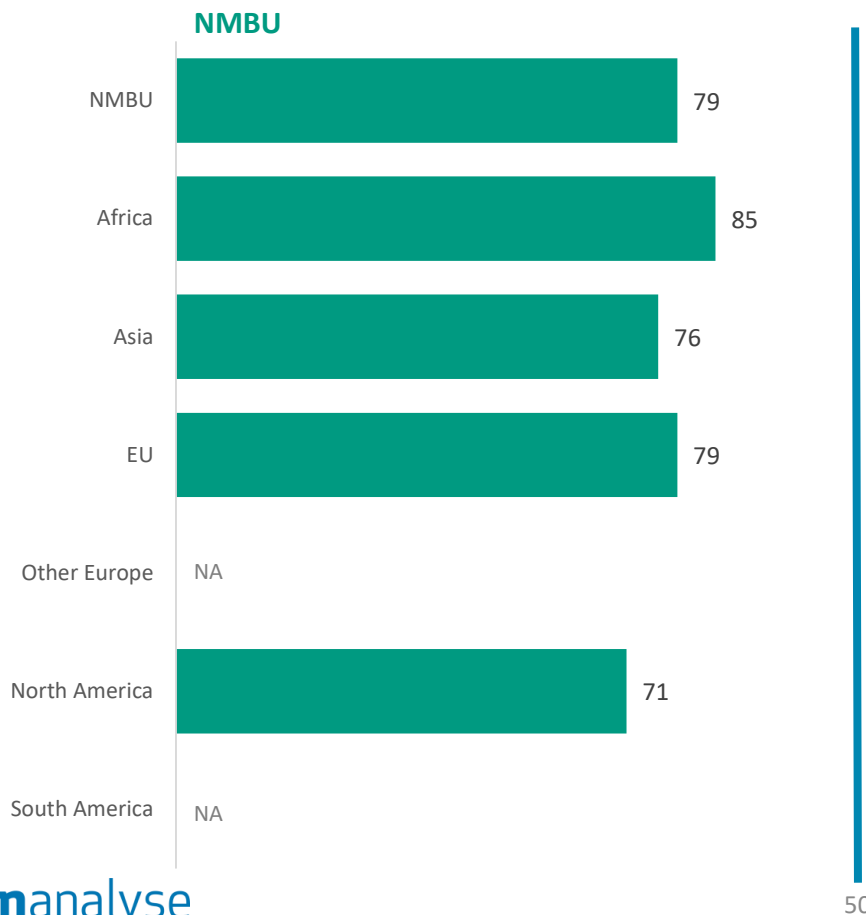
Health and wellbeing among international students 2018

Assessment of the way they were received/welcome

Satisfaction with the welcome (mean 0 - 100)

Very negative=0, 2=20, 3=40, 4=60, 5=80, Very positive=100

How did you experience the way you were welcomed at (NMBU/NTNU)?



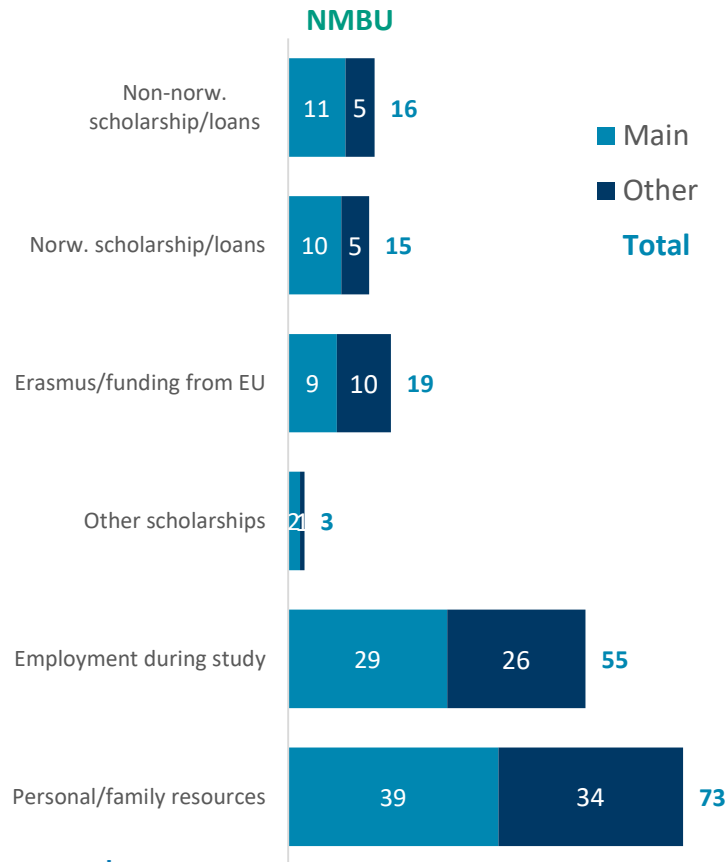
Health and wellbeing among international students 2018

Funding

Funding (%)

What is your main source of funding in Norway?

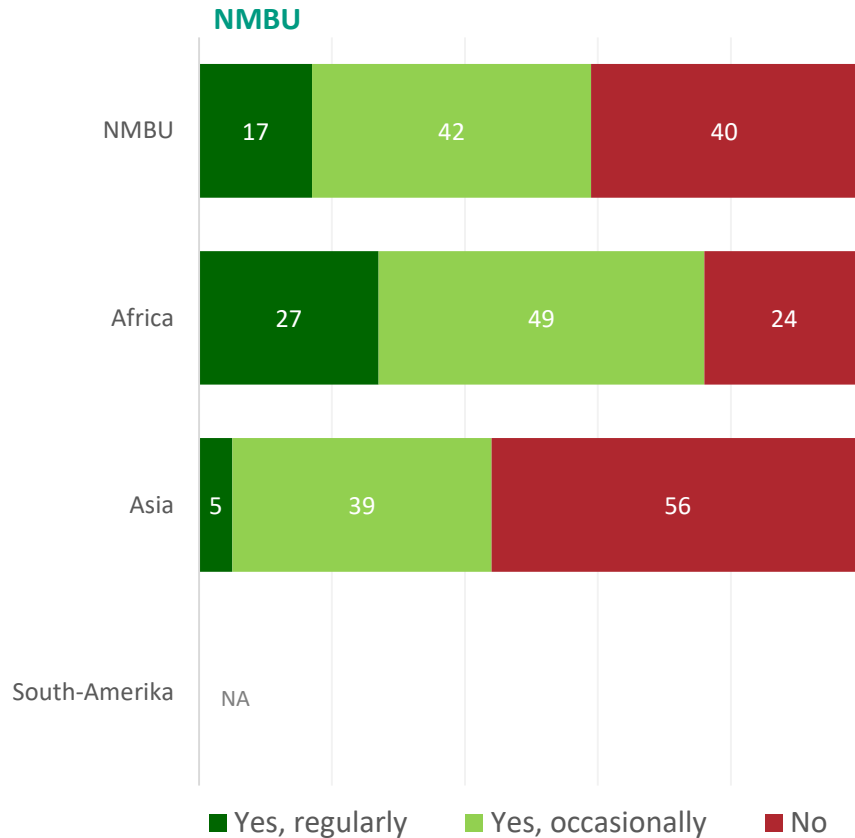
What other sources of funding do you have in Norway?



Sending money home (%)

Do you send money to family in your home country while in Norway?

Base: students with employment during study, with citizenship from Africa, Asia or South-America



Health and wellbeing among international students 2018

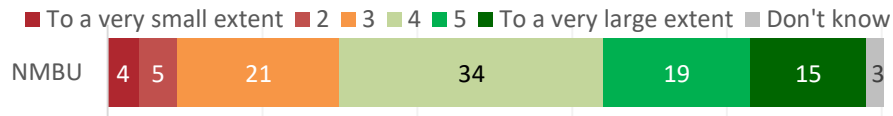
Have expectations concerning student life in Norway been met?

Have expectations concerning student life in Norway been met? (%)

Have your expectations concerning student life in Norway been met so far?

Base: exclusive those who have lived most of their lives in Norway

NMBU

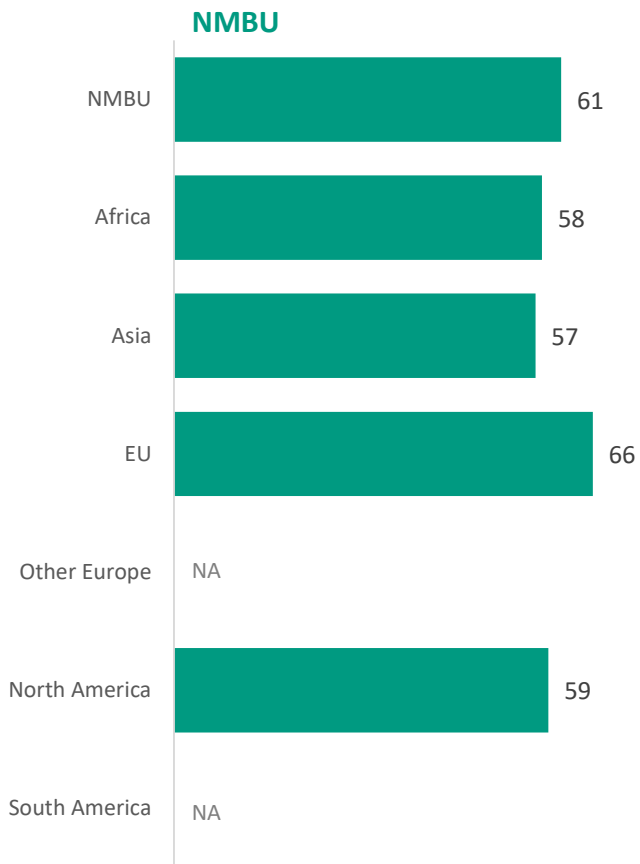


Have expectations concerning student life in Norway been met? (%)

Have your expectations concerning student life in Norway been met so far?

To a very small extent=0, 2=20, 3=40, 4=60, 5=80, To a very large extent=100

Base: exclusive those who have lived most of their lives in Norway



Health and wellbeing among international students 2018

Satisfaction with conditions in the study situation

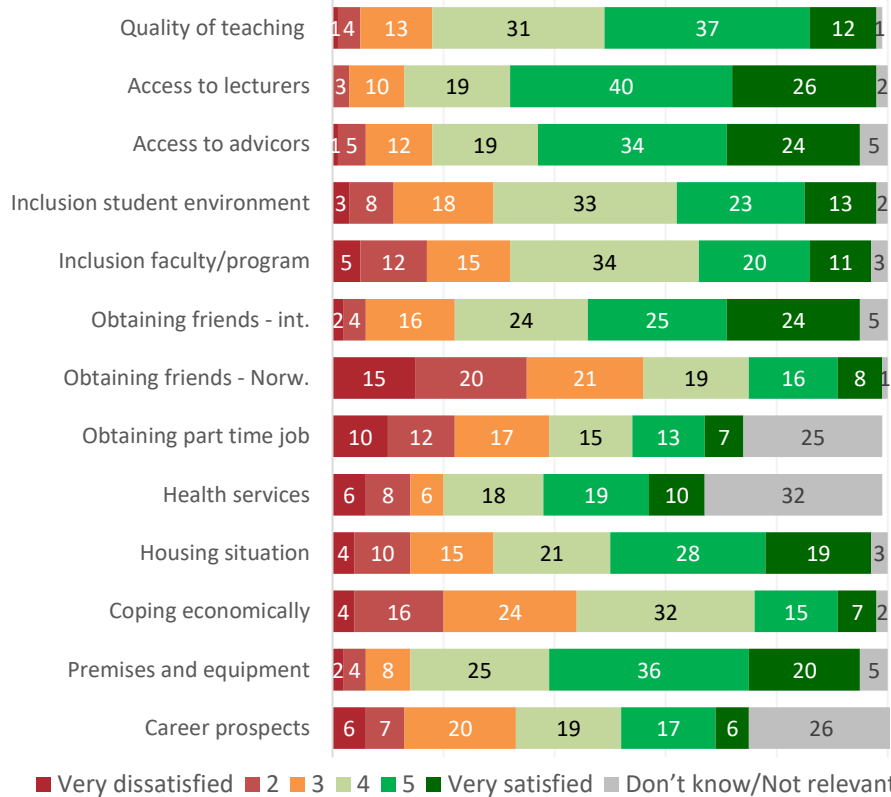
Abbreviations

Original formulation	Abbreviation
quality of teaching and lectures at the university	Quality of teaching
access to lecturers/academic staff	Access to lecturers
access to study advisors	Access to advisors
your inclusion in the student environment	Inclusion student environment
sense of belonging and inclusion at the faculty/program	Inclusion faculty/program
obtaining friends among other international students	Obtaining friends - int.
obtaining Norwegian friends	Obtaining friends - Norw.
obtaining a part-time job if desired	Obtaining part time job
health services if you have needed them	Health services
your housing situation	Housing situation
the ability to cope economically	Coping economically
the premises and equipment (such as online resources, ICT services, library services) for teaching and other study work	Premises and equipment
career prospects after graduation	Career prospects

As a student in Norway, how satisfied are you with ...?

As a student in Norway, how satisfied are you with ...? (%)

NMBU



Health and wellbeing among international students 2018

Recreational activities

Abbreviations

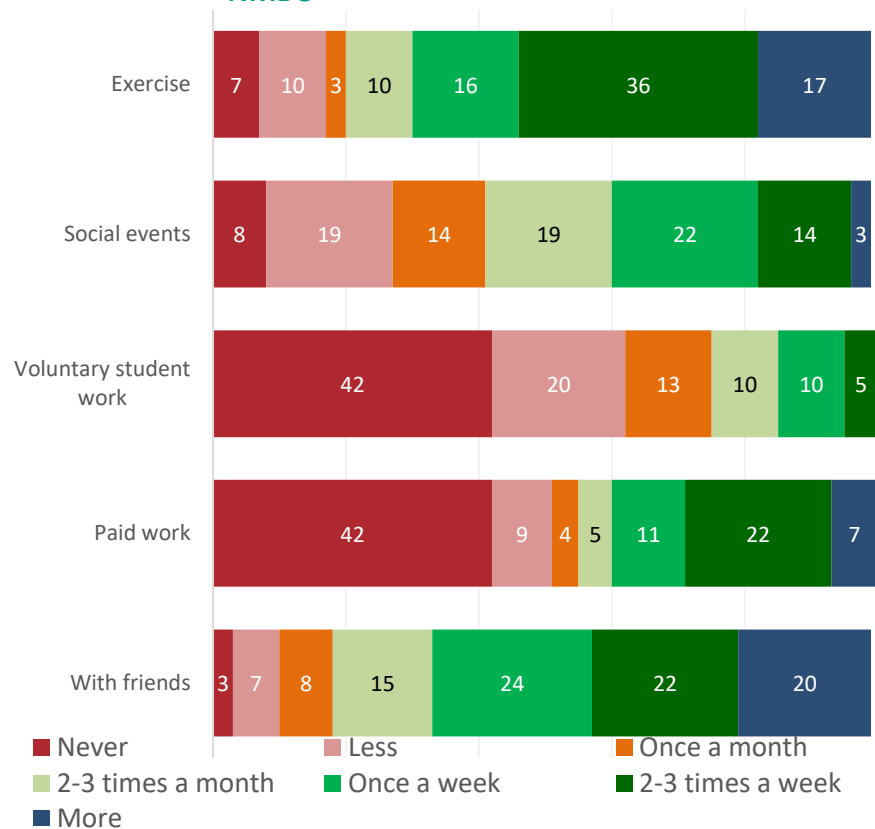
Original formulation	Abbreviation
exercise (e.g. training by skiing, walking, biking, swimming, sports, fitness center)	Exercise
attend social events together with other students or friends	Social events
participate in voluntary student work	Voluntary student work
have paid work in addition to studies	Paid work
spend time with friends	With friends

In your spare time in Norway, how often do you ...?

Activities (%)

In your spare time in Norway, how often do you ...?

NMBU



Redefining the scope

- In the following we have presented the results for the scope of leisure activities in the form of an estimate of the number of days per week they perform the activity.
- The table shows how this is defined.
- The average of this is called "Days per week".

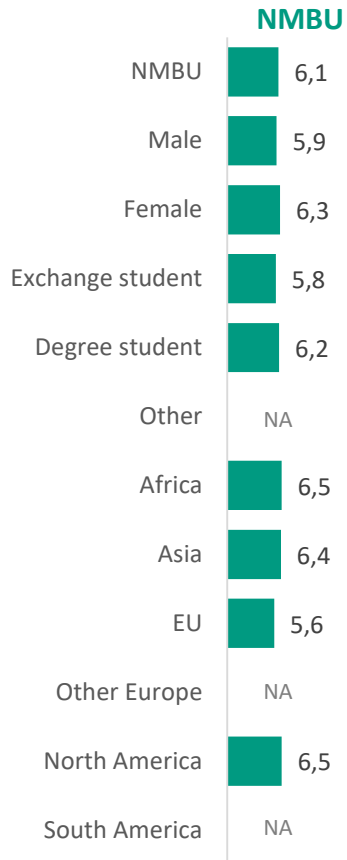
Alternative	Redefining in days per week
Never	0,00
Less than once a month	0,10
Once a month	0,25
2-3 times a month	0,50
Once a week	1,00
2-3 times a week	2,50
More	5,00

Health and wellbeing among international students 2018

Time used on «screens»

Hours spent on screens (mean)

How many hours of screen usage (TV, PC / Mac, tablet, mobile, game console) do you have in total during a regular day?

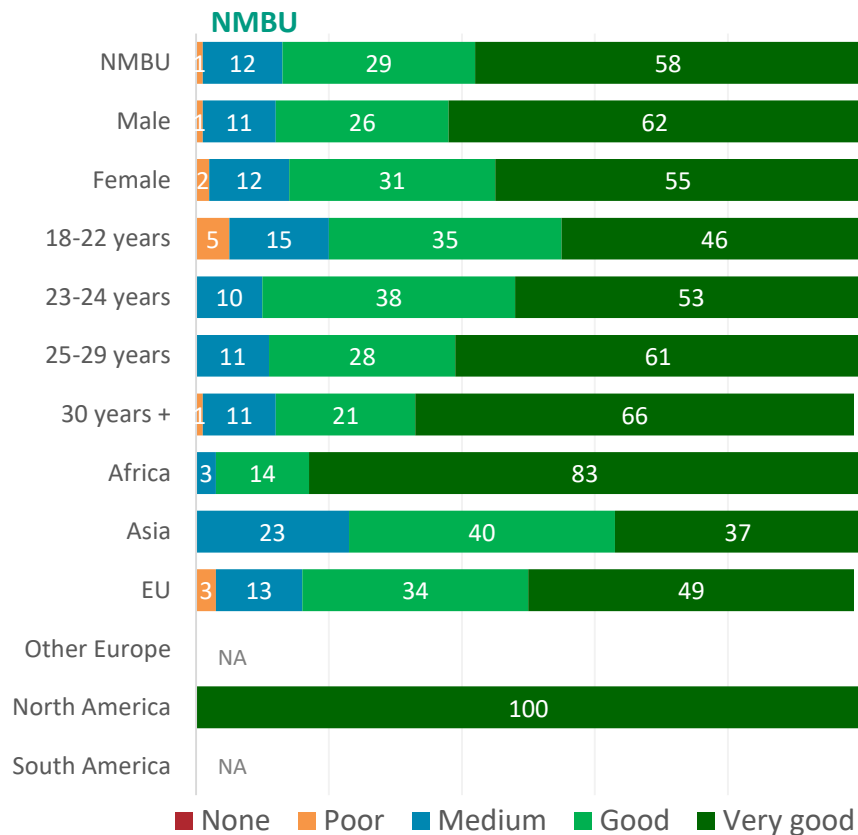


Language and digital skills

Language skills (%)

How do you assess your skills when it comes to language skills in English ?

Base: exclusive those who have lived most of their lives in Norway

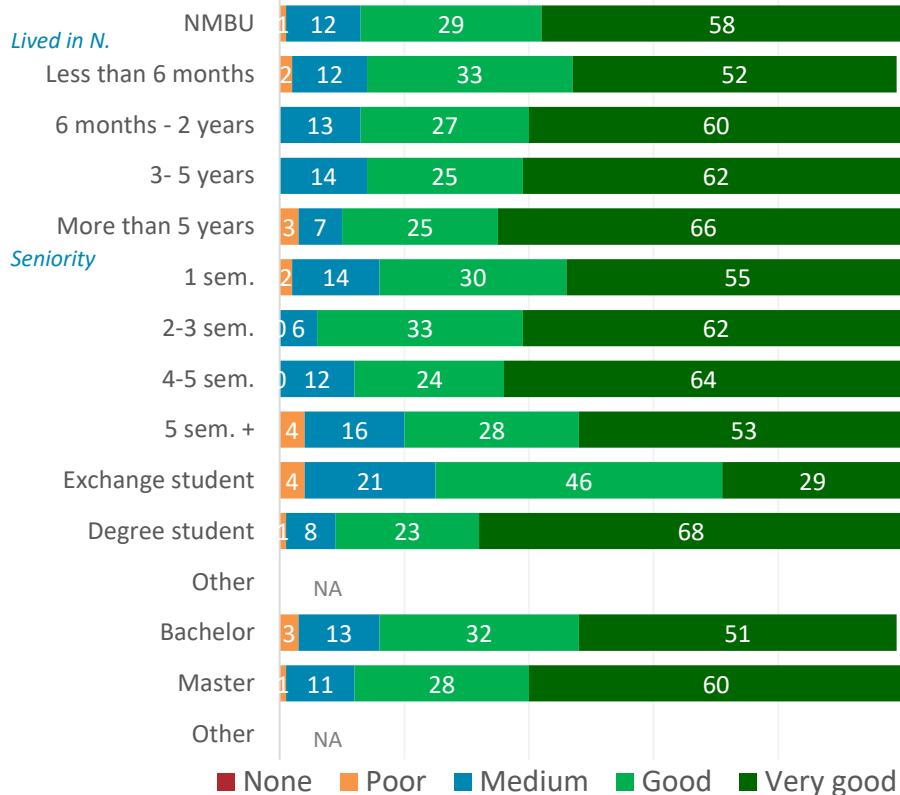


Language skills (%)

How do you assess your skills when it comes to language skills in English ?

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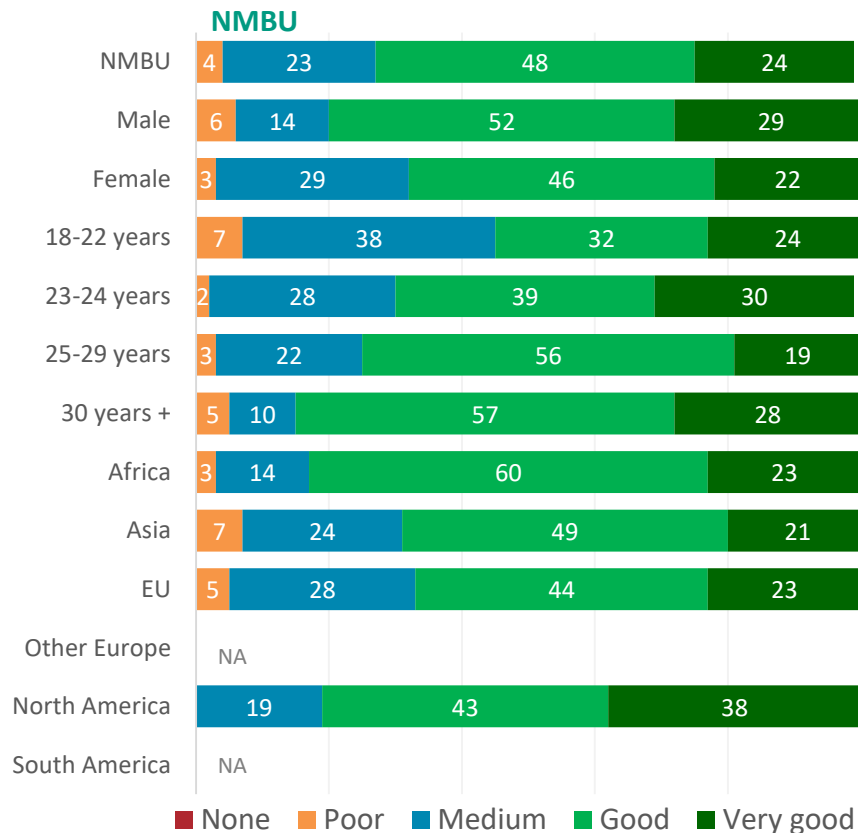
NMBU



Digital skills (%)

How do you assess your skills when it comes to digital skills, i.e. the ability to use software and apps to solve relevant tasks?

Base: exclusive those who have lived most of their lives in Norway



Digital skills (%)

How do you assess your skills when it comes to digital skills, i.e. the ability to use software and apps to solve relevant tasks?

Base: exclusive those who have lived most of their lives in Norway

NMBU

