Do Williams Students Love Themselves?

By: Lizzie Letsou
Background Info
Personal Motivations
Existing Literature
"Well-Being in Adult Life"

Fig. 1. Core dimensions of well-being and their theoretical origins.

Ryff, 1995
Other Frameworks

Self-Esteem And Social Class
Demo and Ritch, 1983

Self-Esteem And Academics
Arshad, Zaidi, and Mahmood, 2015
DEFINITIONS
Methods
# Data Collection Methods

<table>
<thead>
<tr>
<th>Method</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Interviews</strong></td>
<td>4 participants (1 male, 3 female)</td>
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<tr>
<td><strong>Focus Groups</strong></td>
<td>4 participants (2 male, 2 female)</td>
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<tr>
<td><strong>Survey</strong></td>
<td>82 respondents (Mostly female)</td>
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Demographics

53.7% Female
46.3% Male / non-binary

Roughly 2 out of every 3 respondents were white.
Findings
“I love myself”
Barriers

Academics
Needing to be challenged

Practicality
Food, geography

Illness
COVID-19 pandemic
## Love And Struggle

### Correlations

<table>
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<th>Love</th>
<th>Difficult</th>
<th>Resilience</th>
<th>Standards</th>
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<td>.148</td>
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<tr>
<td></td>
<td>Sig. (2-tailed)</td>
<td>.194</td>
<td>.705</td>
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<td>81</td>
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Practicality
92% were dissatisfied with Williams Dining Hall Food

40% were dissatisfied with Their Current Living Situation
“Williams Helps Me Stay Healthy”
ILLNESS
Have You Gotten Severely Ill This Semester?
How Has COVID Changed Us?

“Self-care is a symptom of self-love.”

“I care less about fitness.”

“I’m lazier.”

“Take time off if you’re sick.”

“Literally healthy.”

“I became completely sober.”

“Mental health affects physical health.”

“Crossed out.”
“I tried to use the time at home to be constantly exercising, because I felt like I had to come out of quarantine “improved.” I had essentially developed an eating disorder.”

-Survey Respondent
85% said you cannot be healthy without loving yourself.
Conclusion
Solutions?

- Food
- Health Services
- IWS
