

How relationship affects the well-being among college students?

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College: A Transformative Period



- **Academic pressure**
- **Peer relationship**
- **New responsibilities**
- **Preparation of job & Career**
- **Around 60% with mental health issues during 20–21 school year (Abrams, 2022)**

Relationship: An Important Mediator

- **Social support helps lower the stress**
- **Families & Friends positively impacts academic success**
- **Increased life satisfaction**
- **Prevention**
- **Quality is the key**

(Kuczynski et al., 2020)





Loneliness: one of the culprits

- **Lowered academic motivation**
- **Compromised sleep quality**
- **Emotional regulation**
- **Quality of Life**

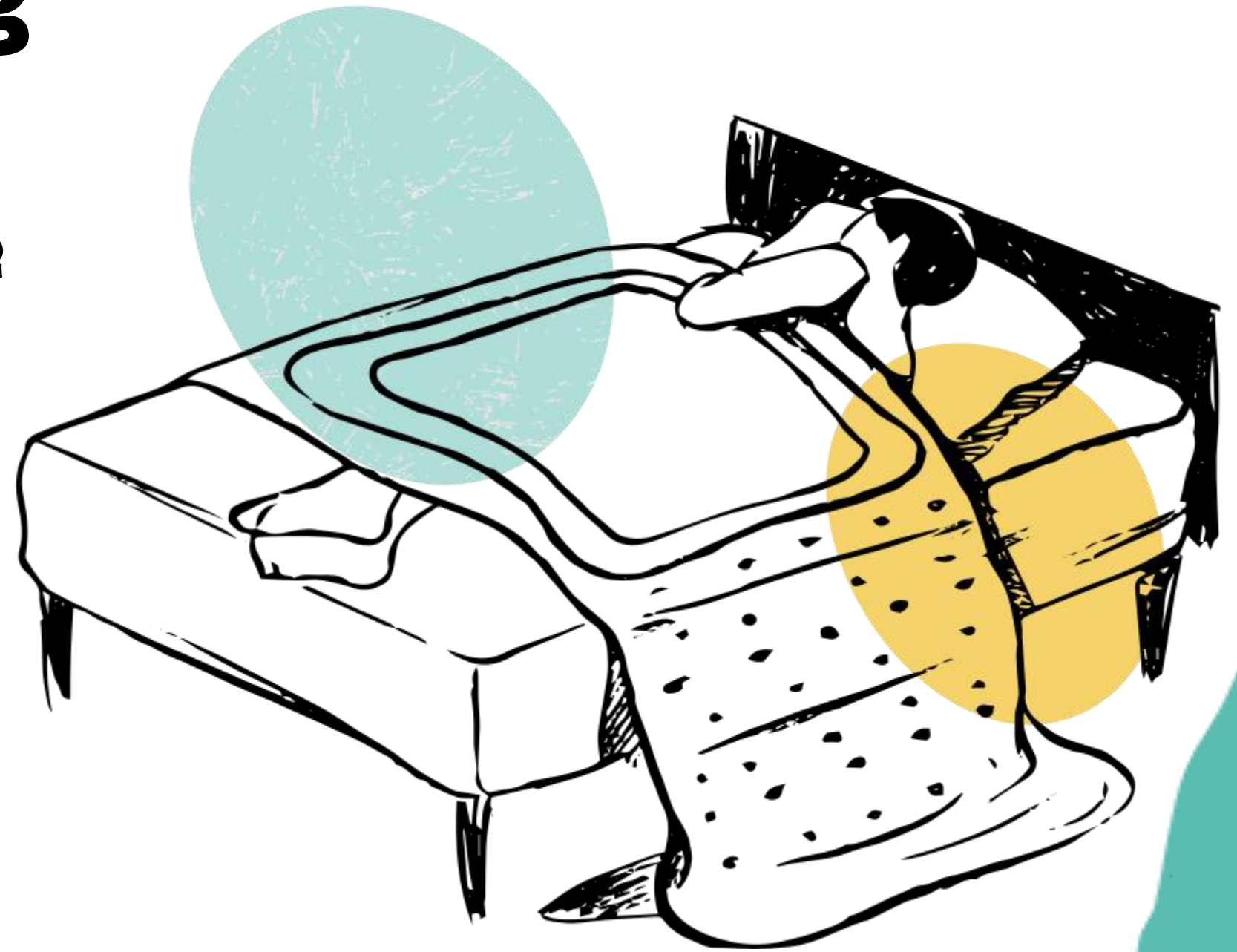
Factors influencing relationships & well-being

Negative ones:

- **Excessive cellphone/digital device use**
- **Substance use/abuse**
- **Physical inactivity**
- **Financial stress (Zeng et al., 2023)**

Positive ones

- **Physical exercise**
- **Regular socializing**
- **Emotional Intelligence (Kuczynski et al., 2020)**



Coping Strategies



- **Peer Support**
 - **Campus Program**
 - **Social Engagement**
 - **Meditation & Physical exercise**
 - **Regular medical check-ups**
- (Freire et al., 2020)**

Thank you!

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