

## Well-Being and Academic Experiences: Preliminary Findings from the Study “Me and the University”

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### Abstract

The topic of university students' well-being is of particular interest in educational, psychological, and medical research. Despite the growing attention to this issue, educational research still has much to contribute to the conceptualization of educational well-being. This paper presents the results of a pilot study aimed at assessing educational well-being among university students through the administration of the questionnaire "Me and the University" to a sample of 279 students from various Italian universities. The instrument explores five dimensions related to educational well-being (Consideration, Environment, Sense of Protection, Professors, Teaching), four related to general and evaluation-related anxiety, and two connected to socialization.

Initially, differences in scale means were analysed using ANOVA in relation to background variables: those linked to the university experience (type of degree program, disciplinary area, status as a non-resident student, etc.) and socio-demographic characteristics (gender, income, migratory background, etc.).

The results show higher levels of general and evaluation-related anxiety among female students, along with a lower perceived sense of protection. A similar profile is observed among students with a migratory background, who also report a stronger sense of inadequacy. Students with lower perceived income report reduced perceptions of protection, cohesion, and the quality of socialization. Students enrolled in single-cycle master's degree programs exhibit a greater sense of inadequacy and more negative evaluations of teaching, professors, and consideration. Regarding disciplinary area, students in the medical field appear to be particularly disadvantaged. The data provide insights for targeted interventions and contribute to the further development of the construct of educational well-being.

**Keywords:** test anxiety; educational research; higher education; socialization; university students