

The environmental quality of life of university students in New Zealand

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The wellbeing and quality of life of university students has been receiving increased attention in recent academic research. Most of this work has focused on the physical, psychological, and social aspects of quality of life, as well as the types of psychological resources used by students to cope with the effects of stress. Here we present data from a series of studies that have explored the quality of life of university students in New Zealand. This research used the World Health Organization Quality of Life instruments, which define quality of life in terms of a wide range of diverse facets, ranging from physical, psychological, social, to environmental quality of life. Assessing environmental quality of life, which includes aspects such as opportunities for leisure, safety, and transport, helps understand the challenges that both domestic as well as international students face when engaging in tertiary studies, and thus how the spaces and locations of study contribute to the quality of life of students.