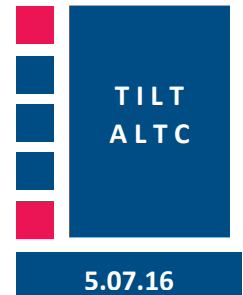


## Transforming learning through Scholarship Session Abstract



Exploring the relationship between group identification and well-being in new NTU students

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Joining university is a major transition in many people's lives, and such transitions can impact negatively on individuals' mental and physical wellbeing. Previous research has shown that belonging to a number of groups before starting university (e.g., family, friends, hobby groups, sports groups) can enhance mental health during the transition (Iyer et al., 2009). Although objective group membership has been shown to be an important positive predictor of wellbeing, increasing numbers of studies have highlighted the importance of subjective *group identification* for health (a sense of belonging with the group, coupled with a sense of commonality with the group's members; Sani et al., 2015a, 2015b). Group membership and group identification are not synonymous: one can be a member of a group with which one has very little sense of identification. With this in mind, Juliet recently conducted a survey study to explore the extent to which new Nottingham Trent University undergraduate students identified with three social groups (their family, their group of friends, and fellow Nottingham Trent University Students) during their first year of study. Investigating the relationship between participants' group identification and their mental and physical health, as well as the extent to which they feel socially isolated it was predicted that those who identify more with these social groups will experience higher levels of wellbeing and lower levels of social isolation.

This session detailed the rationale behind the study, the methods used, the main results, and key conclusions.

**Dr. Juliet Wakefield** (@drjwakefield) is a Psychology lecturer. Her research interests lie within the domain of Social Identity Theory, and concern the implications of group membership for people's everyday lives. This includes intergroup/intragroup helping and help-seeking, the impact of groups on health and wellbeing, gender identity, and national identity.