

eurostudent.eu
★★★★★★

Students' wellbeing, discrimination, digitalisation and effects of the pandemic.

Insights based on Estonian data from the new EUROSTUDENT8 modules

Sandra Haugas and Elisabeth Kendrali
Think Tank Praxis



Funded with the support of all participating countries. Co-funded by the Erasmus+ programme of the European Union and the following bodies.



Co-funded by
the European Union



Federal Ministry
of Education
and Research

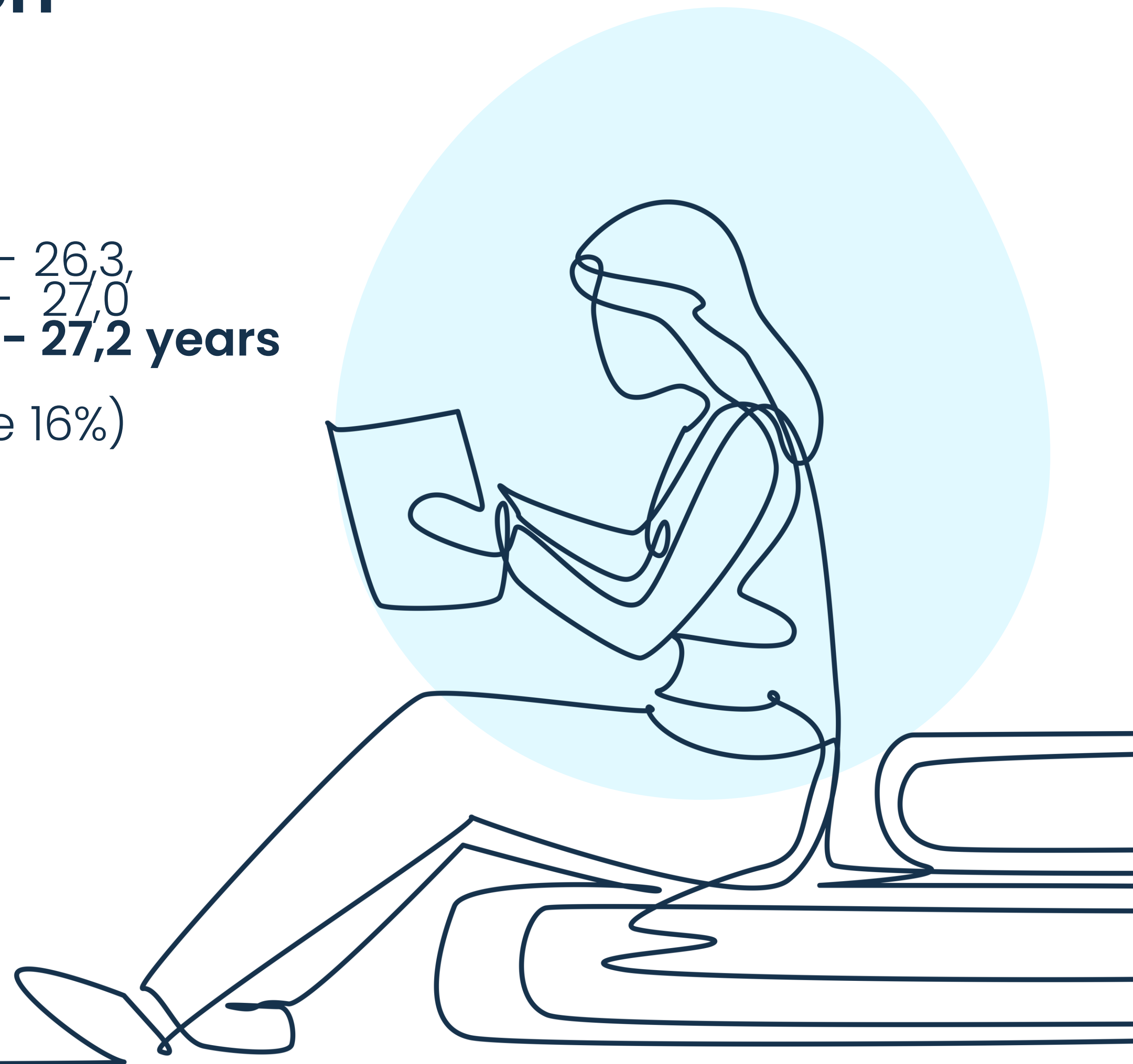


Ministry of Education, Culture and
Science

The funders are not responsible for the content.

Estonian student population

- 61% women, 39% men
- Mean age of students increasing: 2016 - 26,3,
2019 - 27,0
2022 - 27,2 years
- 29% students 30+ years old (E7 average 16%)
- Students with Russian language background underrepresented - 12%
- 70% work alongside studies
- 43% work 20+ h/week



Discrimination experiences

On average, Estonian students have felt discriminated against

- Less due to their **parents' education – 0.5%**
- More due to their **gender – 8%**
ancestry/nationality – 6%
age – 6%



Most common grounds for discrimination for different student groups

- **Women.** Discrimination based on gender (11%)
- **Men.** Discrimination based on ancestry/nationality (7%)
- **Younger students.** Discrimination based on ancestry/nationality (12% up to 19-y.o)
- **Older students.** Discrimination based on age (7% over 30-y.o)
- **Russian language background.** Discrimination based on ancestry/nationality (25%)
- **Students with impairments** experience discrimination on all grounds more often than students without impairments:
 - gender – 17% (5% students w/o impairments)
 - ancestry/nationality – 8% (5% students w/o impairments)
 - age – 12% (4% students w/o impairments)
 - mental health – 12% (1% students w/o impairments)

A line drawing of a paper airplane flying towards the right, with a small cloud trailing behind it. The background features a light blue abstract shape on the left and a dark blue wavy shape at the bottom.

Estonian students' mental health

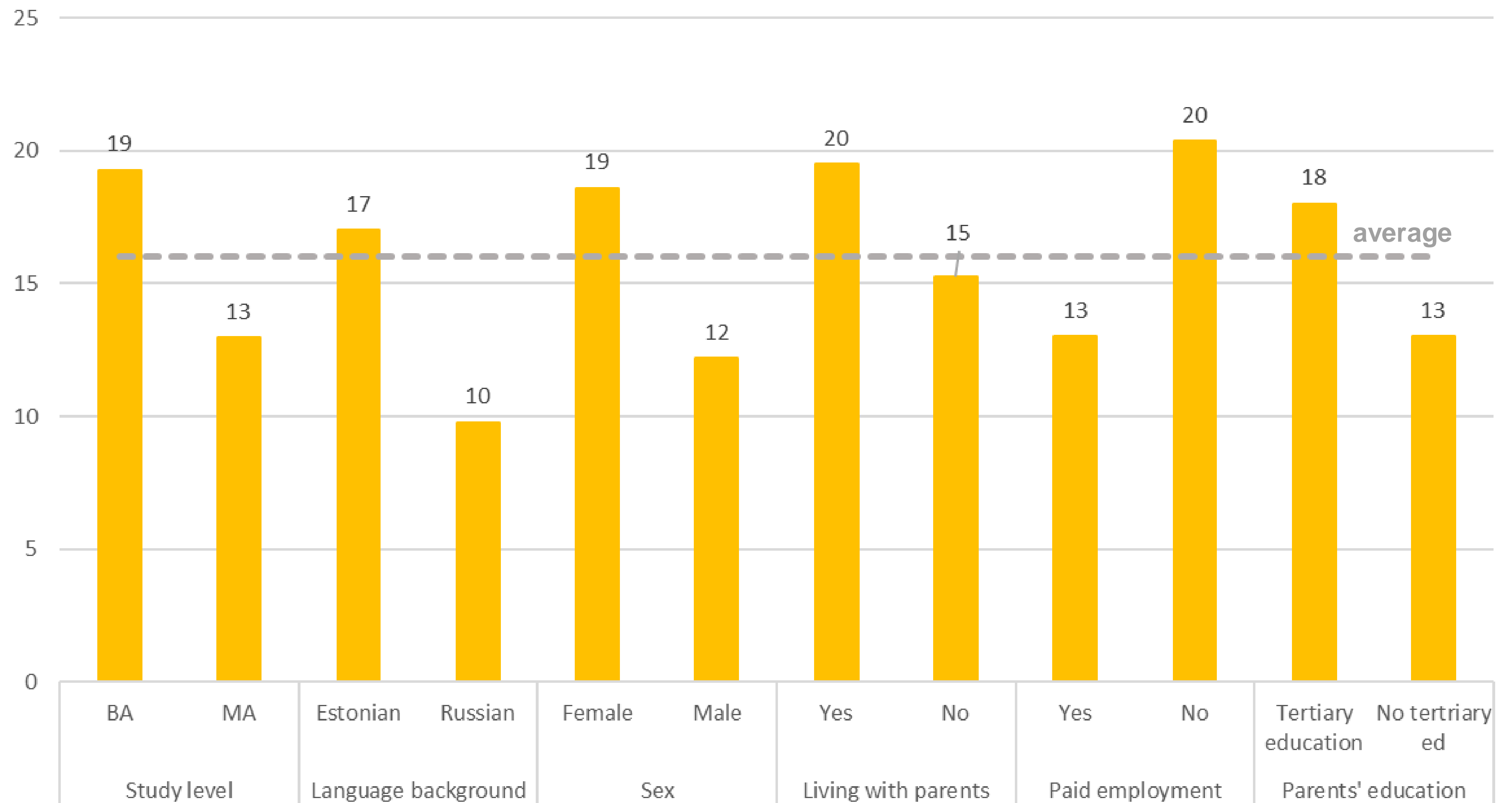
Multifold increase in the share of students reporting mental health issues: 3% in 2016

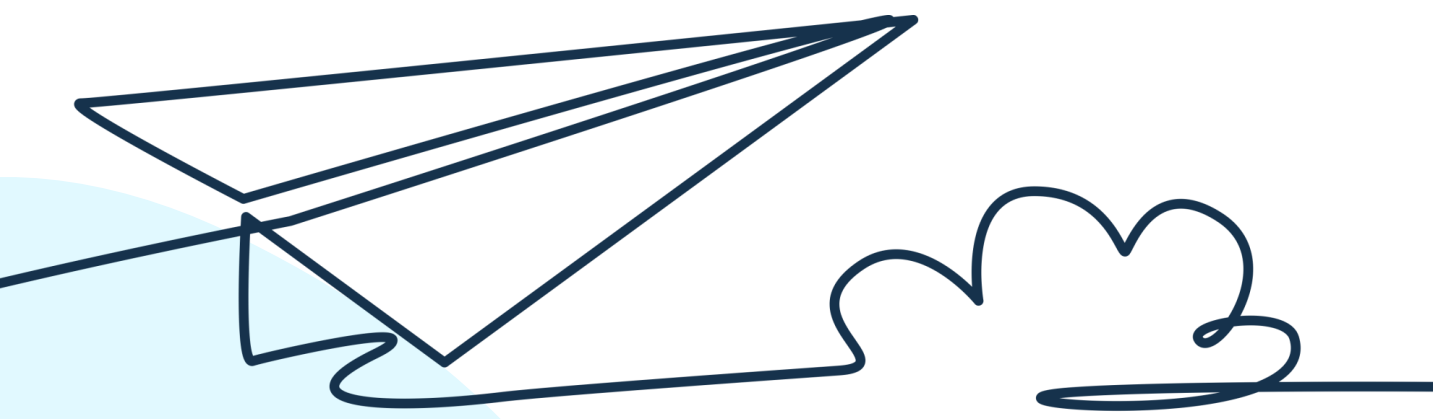
9% in 2019

16% in 2022 → 86% limited in their studies

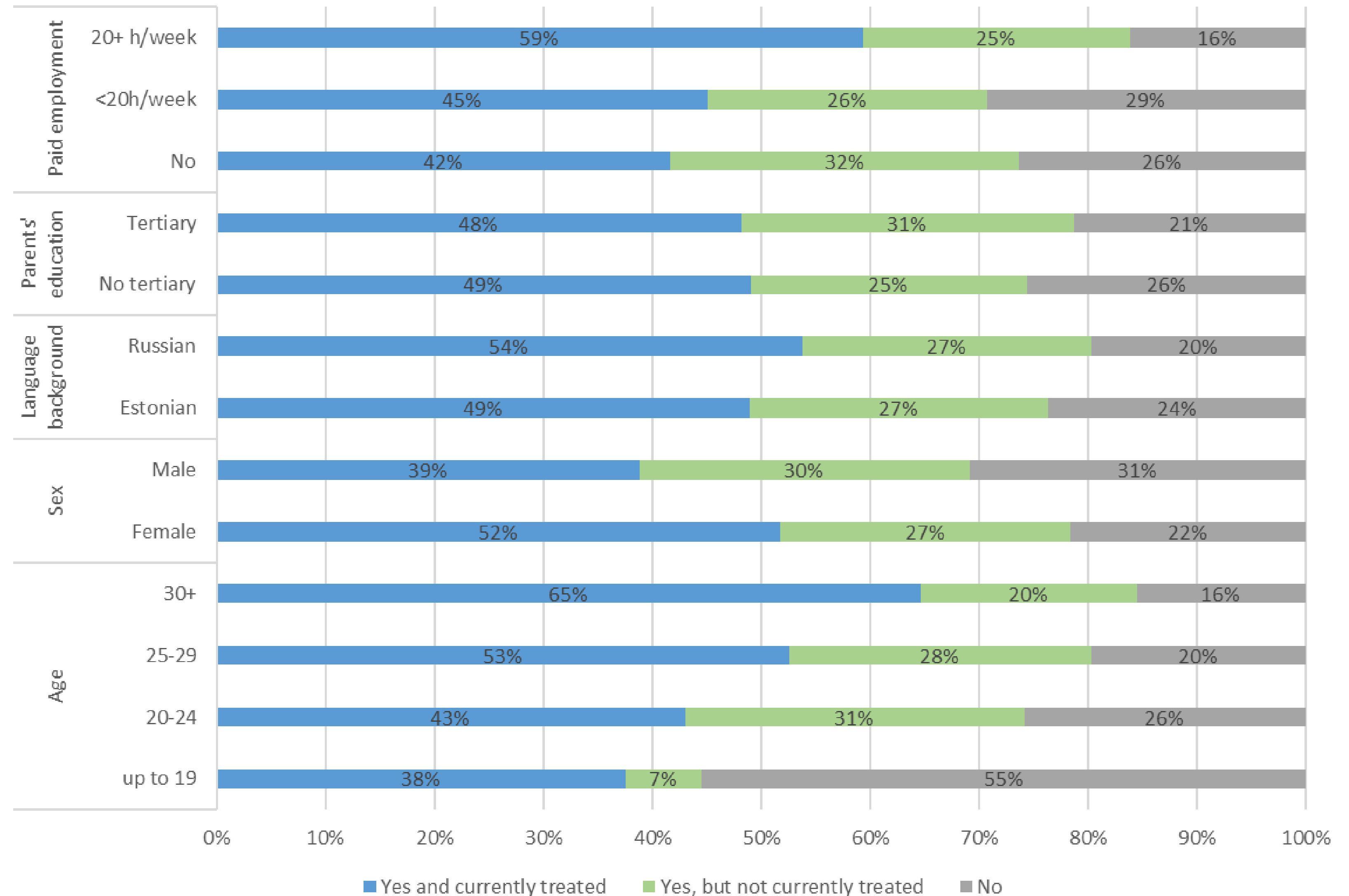


Share of students reporting mental health issues (%)



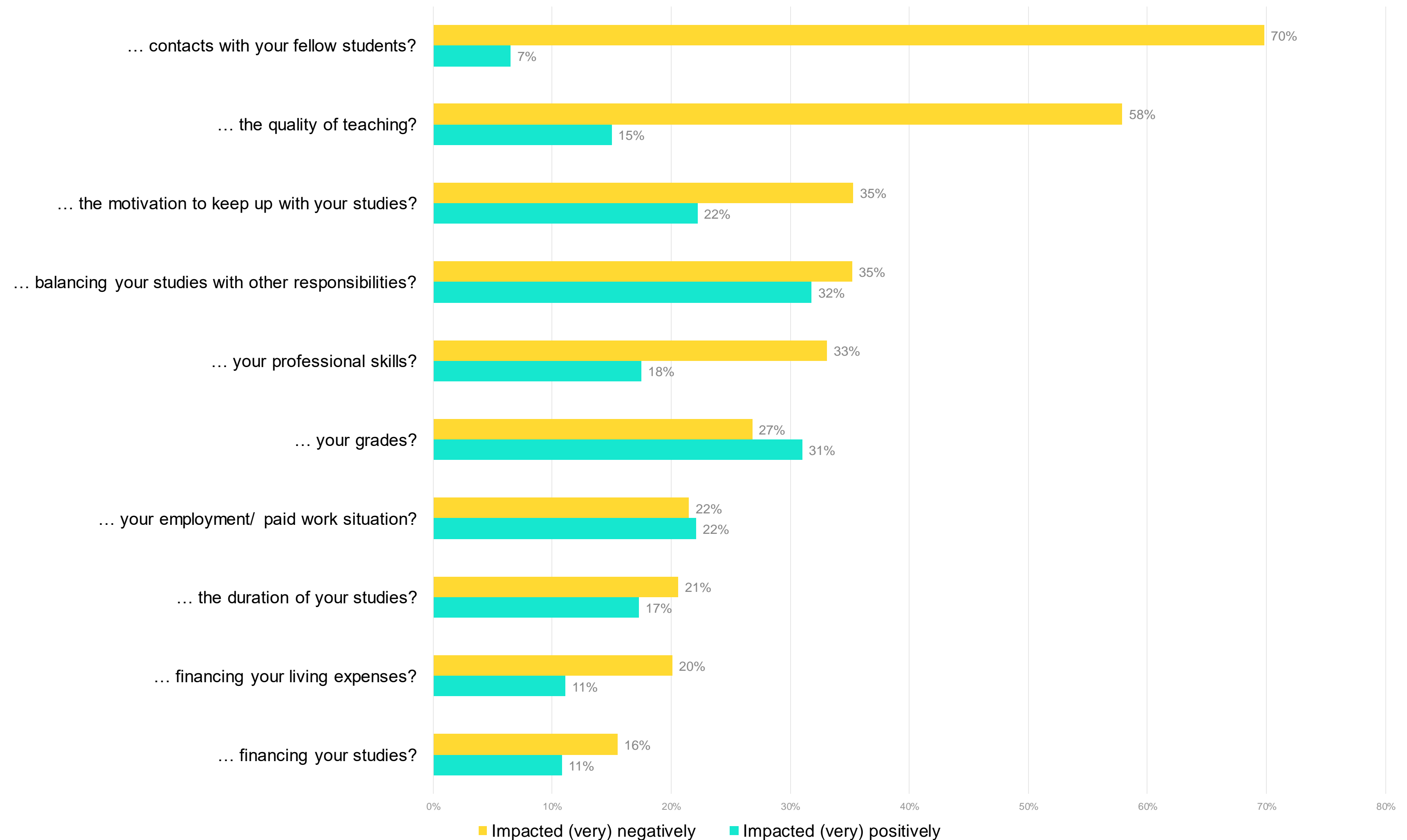


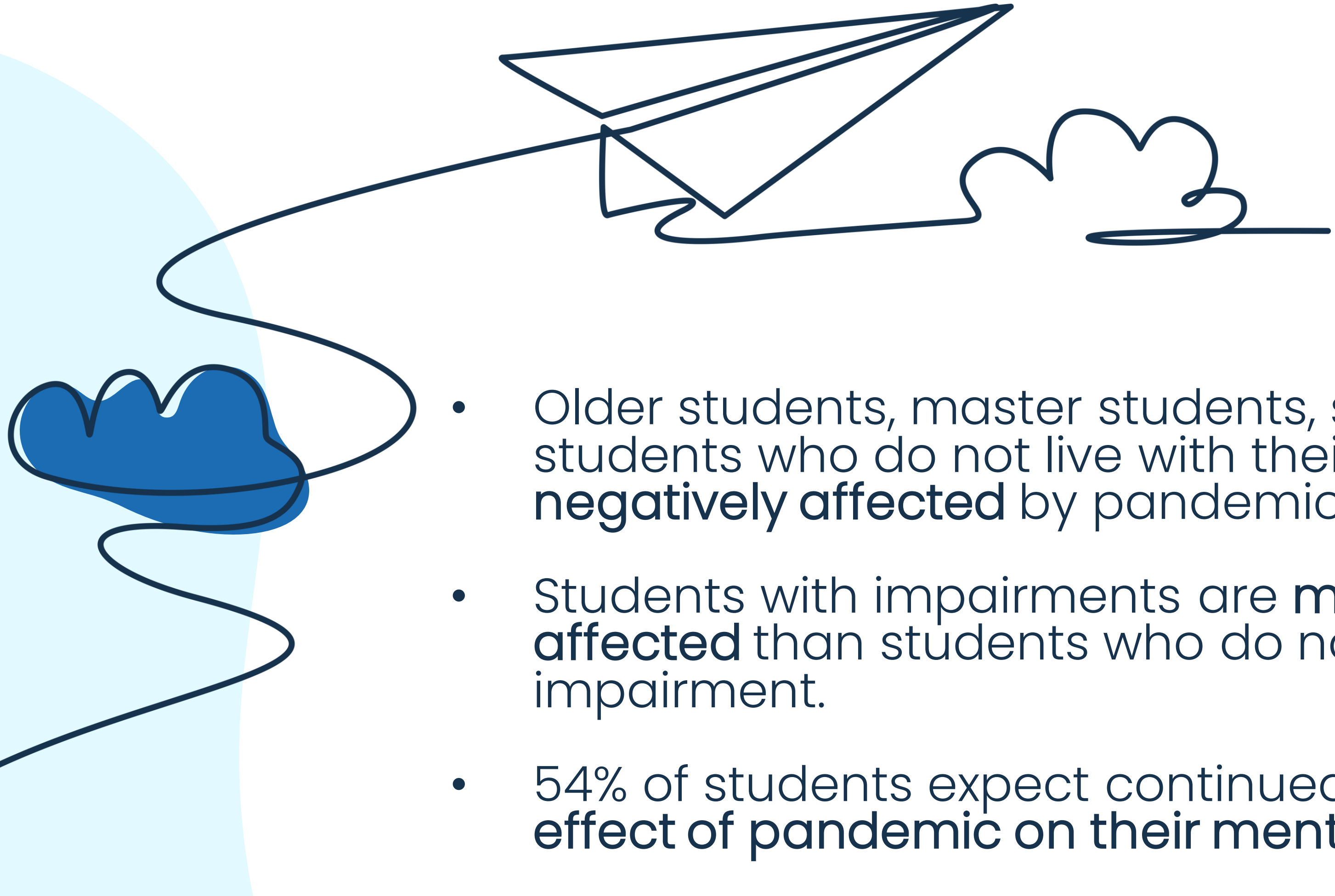
Has your mental health problem been diagnosed by a medical professional?



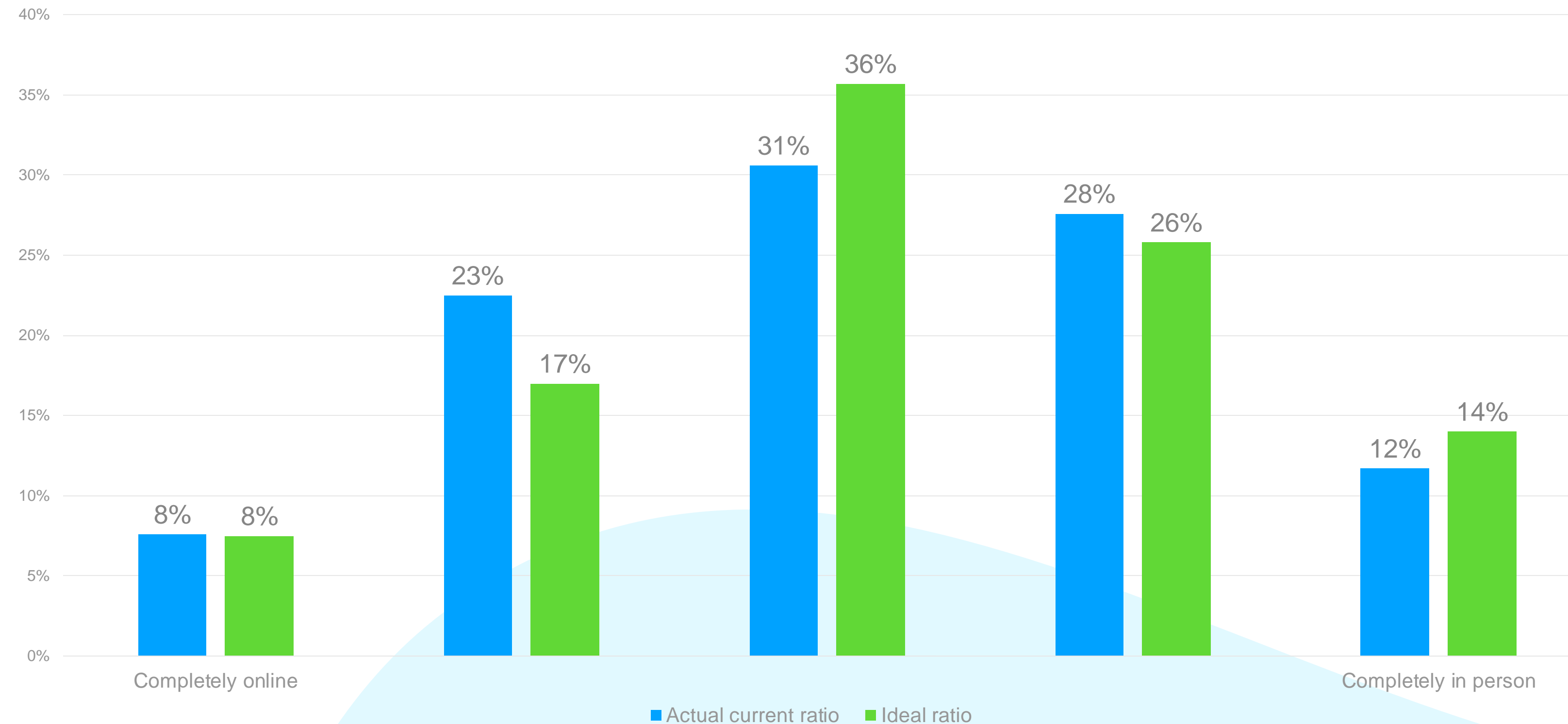
Effects of the COVID-19 pandemic

To what degree are you currently experiencing a positive or negative impact of the COVID-19 pandemic on ...



- 
- Older students, master students, student-parents and students who do not live with their parents are **least negatively affected** by pandemic.
 - Students with impairments are **more negatively affected** than students who do not report an impairment.
 - 54% of students expect continued **(very) negative effect of pandemic on their mental health situation.**

Actual current and what students consider the ideal ratio between online and in-person teaching and learning in their studies



Funded with the support of all participating countries. Co-funded by the Erasmus+ programme of the European Union and the following bodies.



Co-funded by
the European Union



Federal Ministry
of Education
and Research



Ministry of Education, Culture and
Science

eurostudent.eu
★★★★★★★★

The funders are not responsible for the content.

Policy recommendations

- Examine students' constraints regarding using mental health services provided by HEIs.
- Create clear systems in HEIs for students to be able to report about discrimination cases.
- Develop the skill to take care of mental health among students and lecturers.
- Continue carrying out studies in a way that combines online and face-to-face studies.

Funded with the support of all participating countries. Co-funded by the Erasmus+ programme of the European Union and the following bodies.



Co-funded by
the European Union



Federal Ministry
of Education
and Research



Ministry of Education, Culture and
Science

eurostudent.eu
★★★★★★★★

The funders are not responsible for the content.

Thank you!

Sandra Haugas, sandra@praxis.ee
Elisabeth Kendrali, elisabeth@praxis.ee

Funded with the support of all participating countries. Co-funded by the Erasmus+ programme of the European Union and the following bodies.



Co-funded by
the European Union



Federal Ministry
of Education
and Research



Ministry of Education, Culture and
Science

eurostudent.eu
★★★★★★★★

The funders are not responsible for the content.