

NPC Sorority Belonging, Diversity, Wellbeing, & Joining Survey

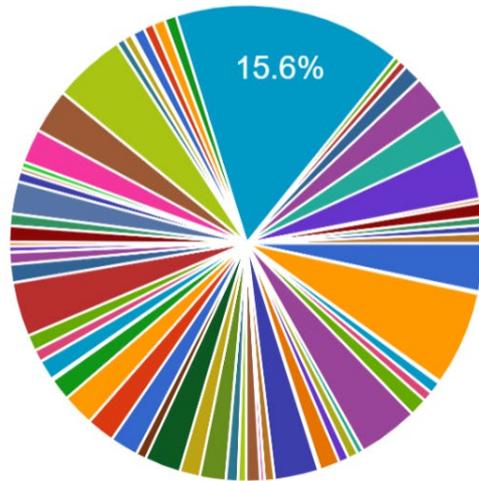
Fall 2022

Dr. J. Patrick Biddix

About the Sample

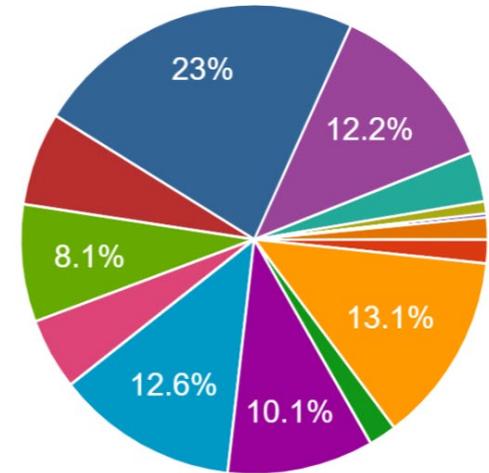
Please select your school.

731 responses



Please select your sorority.

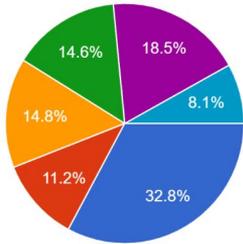
731 responses



About the Sample

How long have you been a member of your sorority?

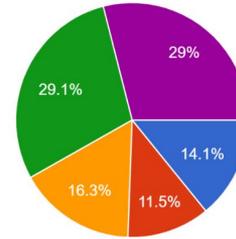
731 responses



- I joined this term
- Less than one year
- One year
- Two years
- Three years
- More than three years

What is the size of your sorority chapter?

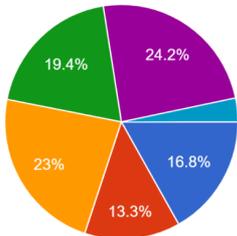
731 responses



- 0-60
- 61-90
- 91-120
- 121-160
- 161 or more

Which best describes where you are living now while attending college?

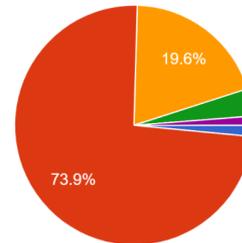
731 responses



- Sorority house
- Campus residence hall with sorority members
- Campus residence hall without sorority members
- Off-campus house or apartment with sorority members
- Off-campus house or apartment without sorority members
- Other

How many hours per week do you spend on activities for your sorority?

729 responses

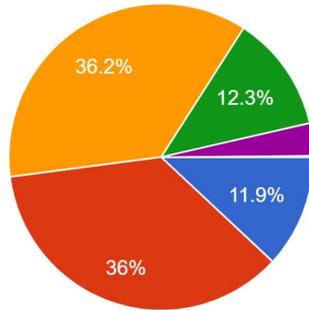


- 0 hours per week
- 1 - 5 hours per week
- 6 - 10 hours per week
- 11 - 20 hours per week
- Over 20 hours per week

General Health & Stress

How would you describe your general health?

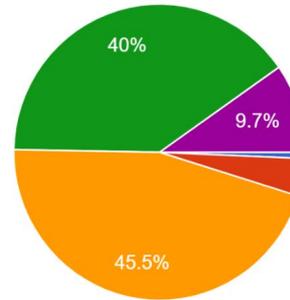
730 responses



- Excellent
- Very good
- Good
- Fair
- Poor
- Don't know

Please rate your overall stress level since the start of this term?

730 responses

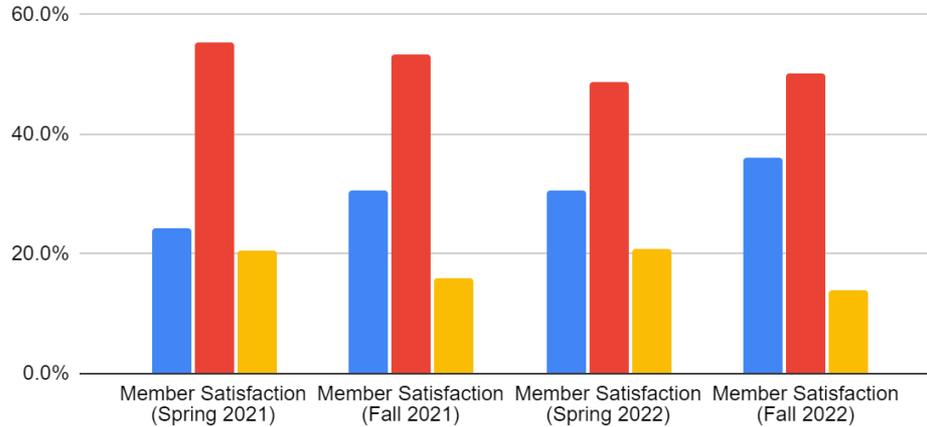


- No stress
- Less than average stress
- Average stress
- More than average stress
- Tremendous stress

Sorority & School Satisfaction Trends

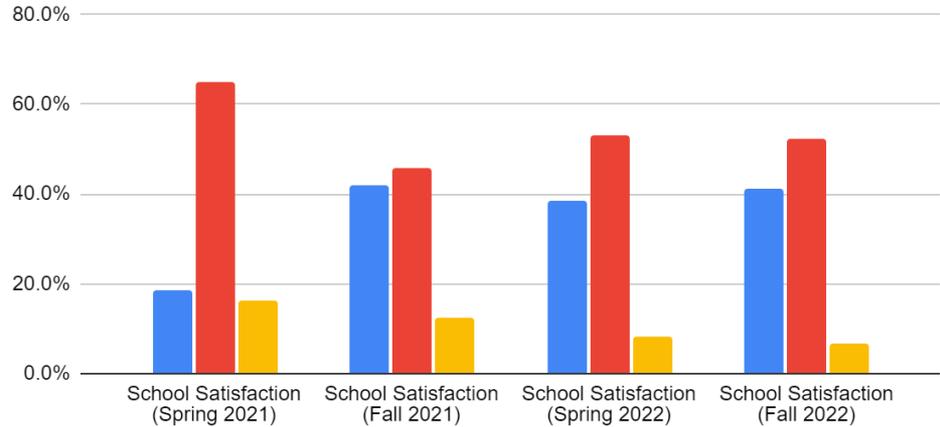
Member Satisfaction Comparison

Strongly agree Agree Disagree (all)



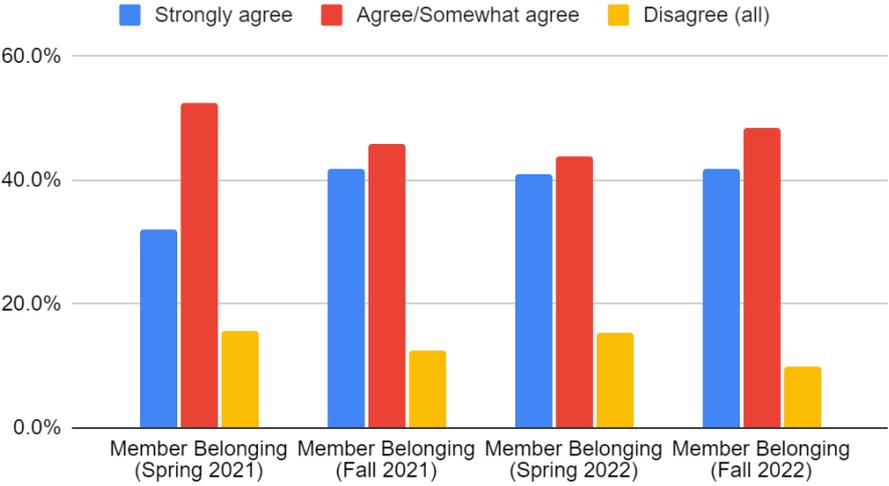
School Satisfaction Comparison

Strongly agree Agree Disagree (all)

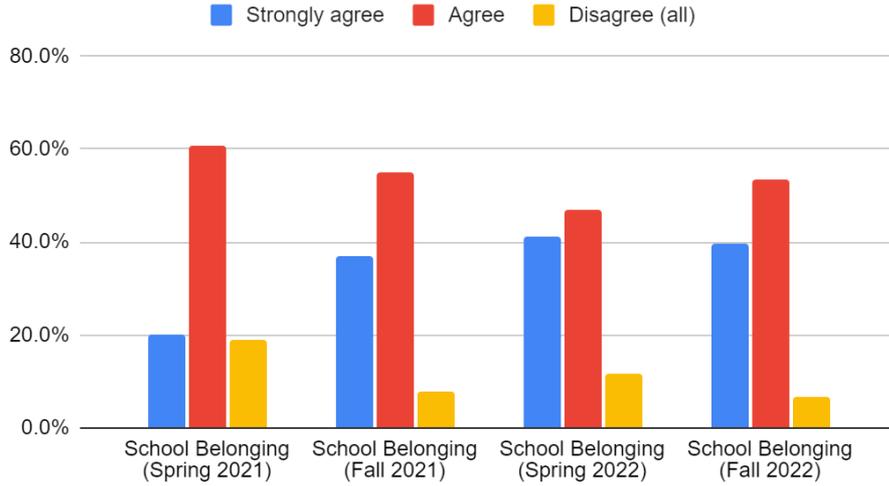


Sorority & School Belonging Trends

Member Belonging Comparison

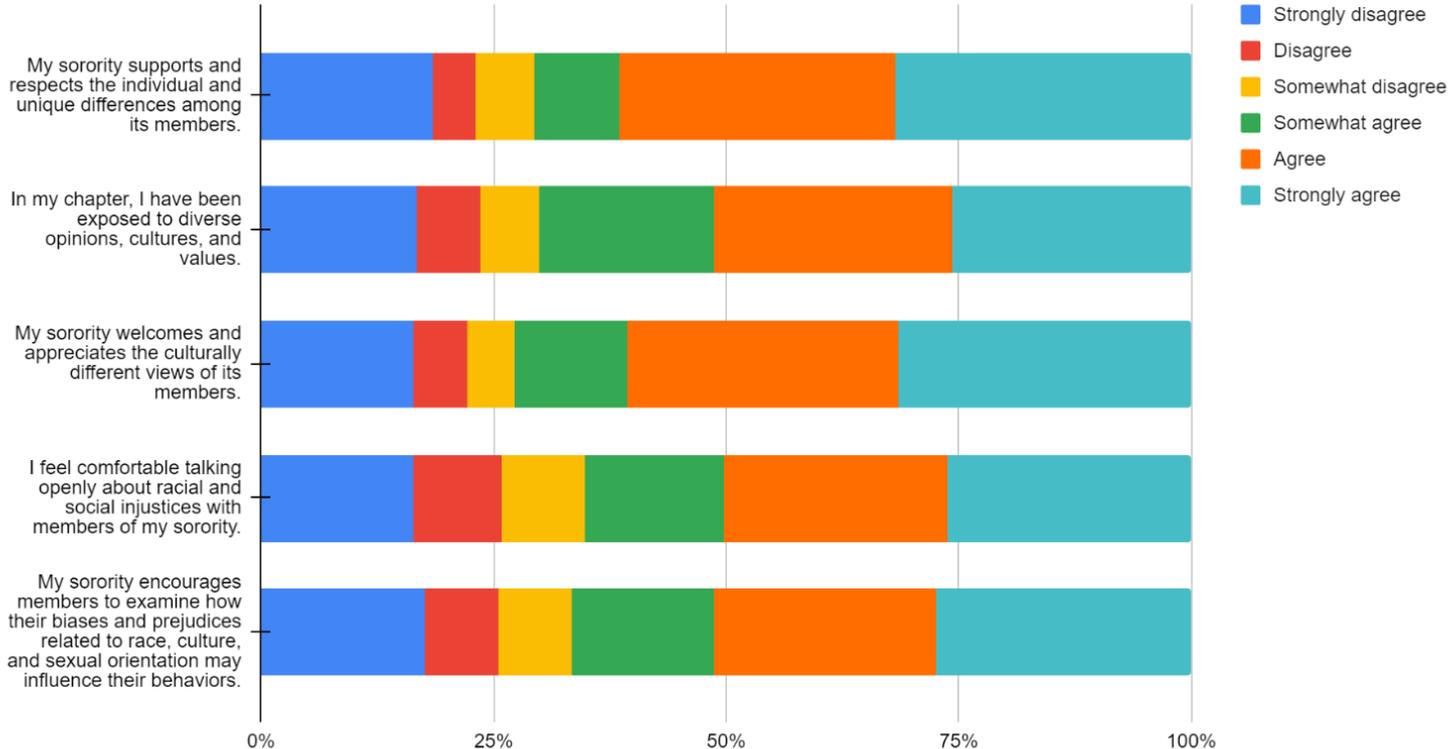


School Belonging Comparison

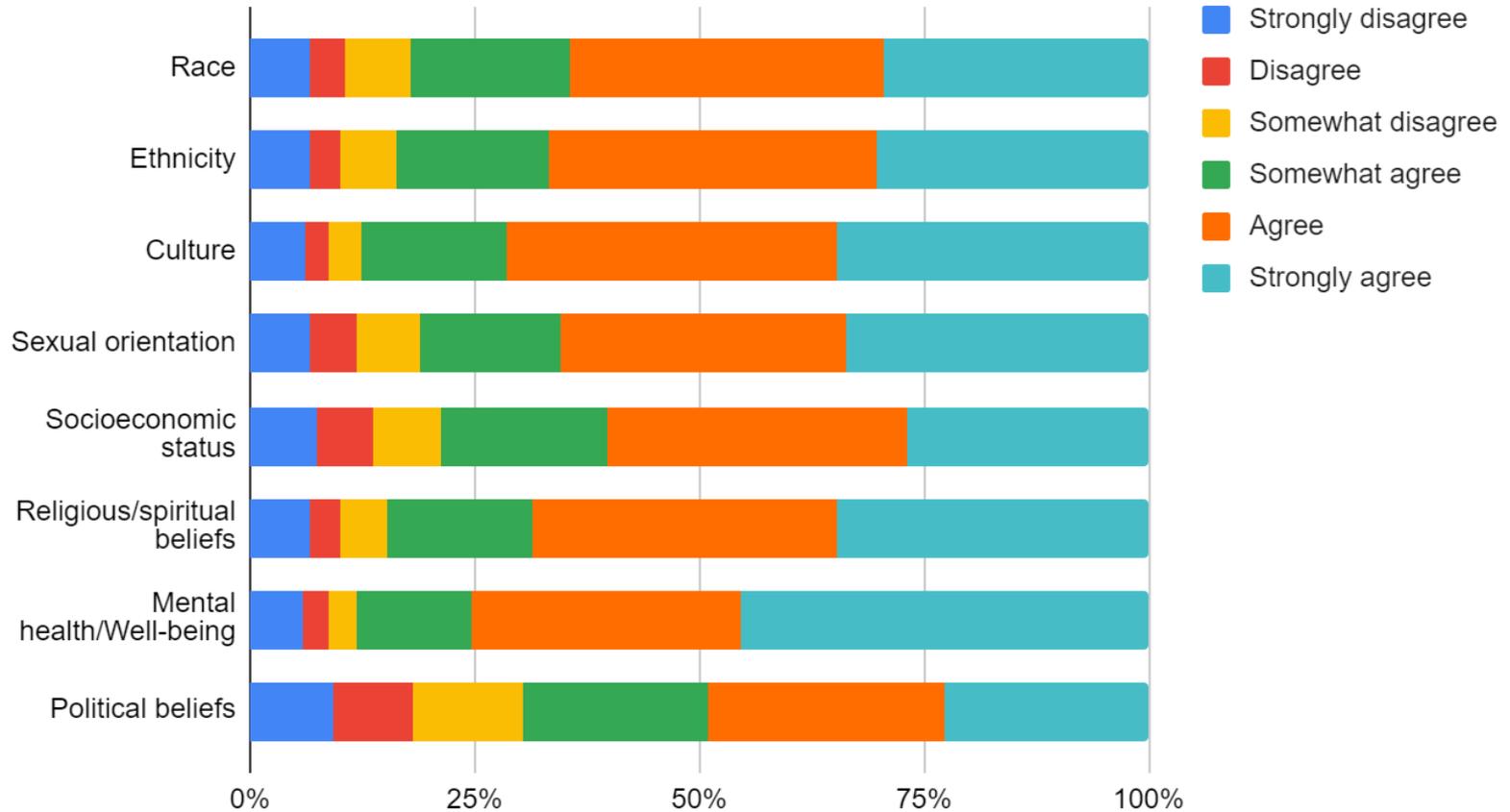


Diversity Engagement

Please indicate your level of agreement with the following statements:



I am comfortable having open discussions in my sorority about...



Wellbeing

PERMA (Seligman, 2012)



- Wellbeing
 - Positive emotions and moods
 - Satisfaction with life
 - Fulfillment and positive functioning.
- Examples
 - You like what you do every day
 - You have meaningful relationships
 - You have the energy to get things done
 - You feel accomplished and have purpose.
- Outcomes
 - Increased Retention and Student Success
 - Enhanced Self Awareness and Career Development
 - Meaningful Interactions with Peers, Staff, and Faculty
 - Pell, Students of Color, and International Student Gains

Positive Emotion

PERMA

General tendencies toward feeling contentment and joy.

FL2022 = 7.39
SP2022 = 6.85
FL2021 = 7.10

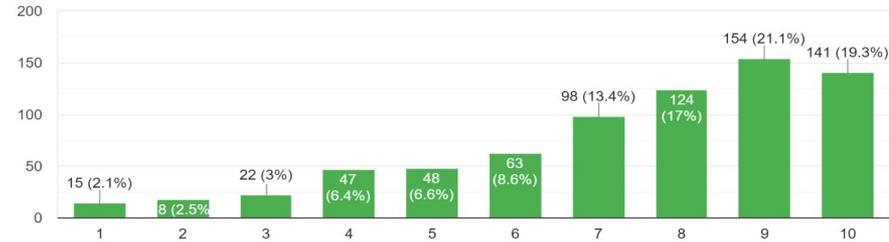
FL2022 = 7.46
SP2022 = 6.94
FL2021 = 7.25

FL2022 = 7.63
SP2022 = 7.05
FL2021 = 7.33

9-10 Very high
7-8 High
6 Slightly above average
5 Average
4 Slightly below average
2-3 Low
0-1 Very low

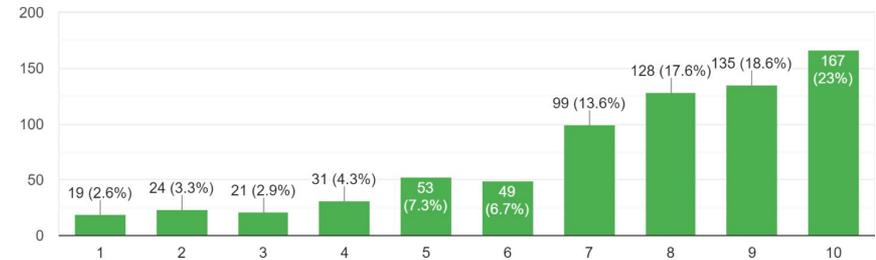
In general, how often do you feel joyful in your sorority?

730 responses



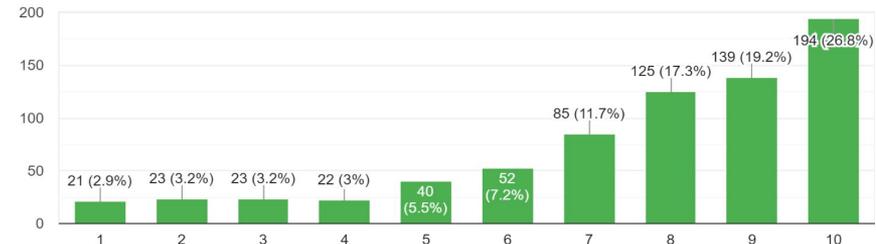
In general, how often do you feel positive about your sorority experience?

726 responses



In general, to what extent do you feel satisfied with your sorority experience?

724 responses



Engagement

FL2022 = 6.47
 SP2022 = 6.67
 FL2021 = 6.53

PERMA

Being absorbed, interested, and involved in an activity or the world itself.

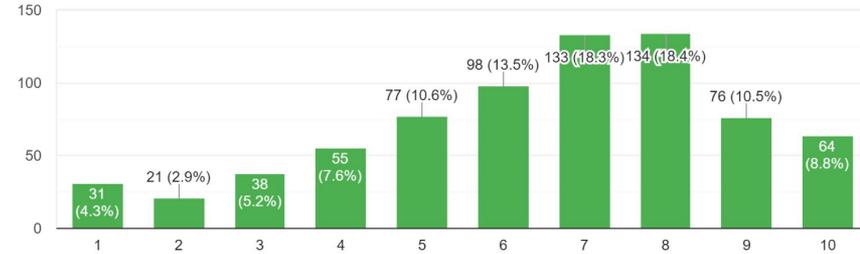
FL2022 = 7.64
 SP2022 = 7.18
 FL2021 = 7.41

- 9-10 Very high
- 7-8 High
- 6 Slightly above average
- 5 Average
- 4 Slightly below average
- 2-3 Low
- 0-1 Very low

FL2022 = 6.15
 SP2022 = 6.09
 FL2021 = 6.11

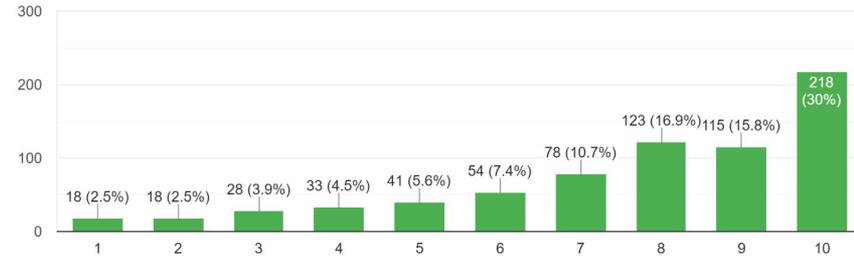
How often do you become absorbed in what you are doing in your sorority?

727 responses



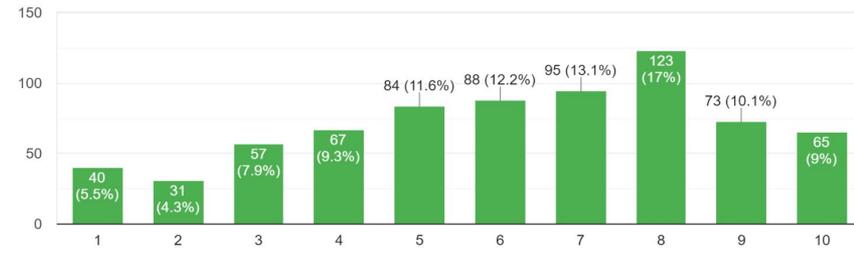
In general, to what extent do you feel excited and interested in your sorority?

726 responses



How often do you lose track of time while doing something with your sorority?

723 responses



Relationships

FL2022 = 7.54
 SP2022 = 7.07
 FL2021 = 7.42

PERMA

Feeling loved, supported, and valued by others.

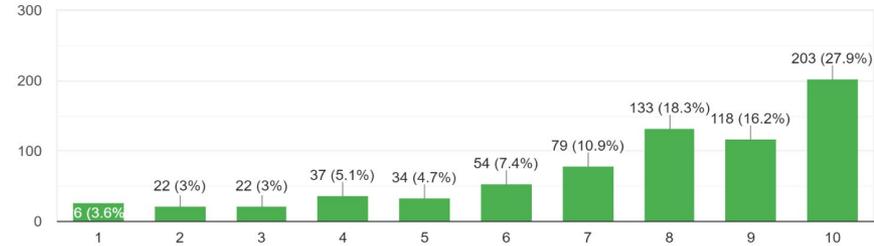
FL2022 = 7.43
 SP2022 = 6.90
 FL2021 = 7.17

FL2022 = 7.42
 SP2022 = 6.99
 FL2021 = 7.27

- 9-10 Very high
- 7-8 High
- 6 Slightly above average
- 5 Average
- 4 Slightly below average
- 2-3 Low
- 0-1 Very low

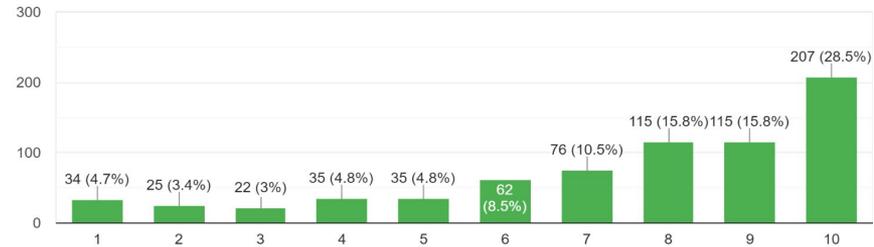
To what extent do you receive help and support from others when you need it in your sorority?

728 responses



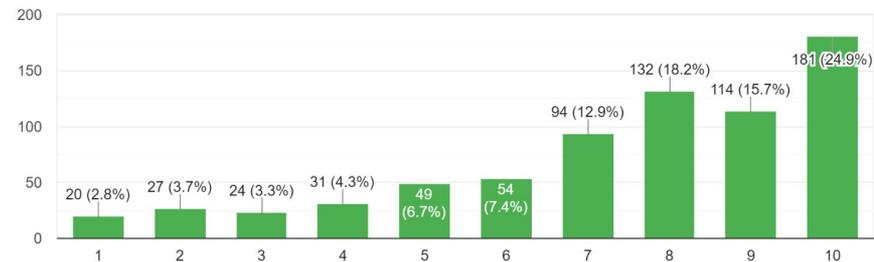
To what extent do you feel cared about in your sorority?

726 responses



How satisfied are you with your relationships in your sorority?

726 responses



Meaning

PERMA

Having a sense of purpose in life, a direction where life is going, or connecting to something greater than ourselves.

- 9-10 Very high
- 7-8 High
- 6 Slightly above average
- 5 Average
- 4 Slightly below average
- 2-3 Low
- 0-1 Very low

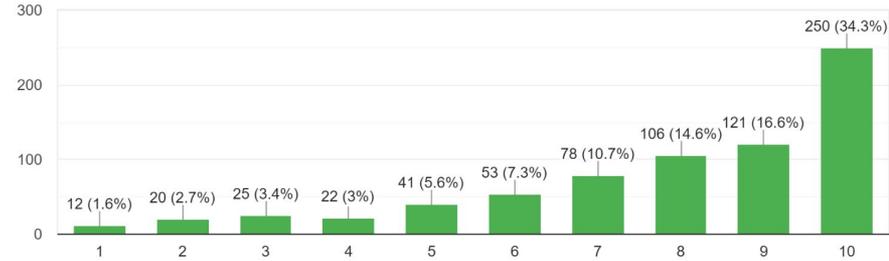
FL2022 = 6.86
SP2022 = 7.44
FL2021 = 7.58

FL2022 = 8.11
SP2022 = 8.08
FL2021 = 7.93

FL2022 = 7.21
SP2022 = 6.74
FL2021 = 6.99

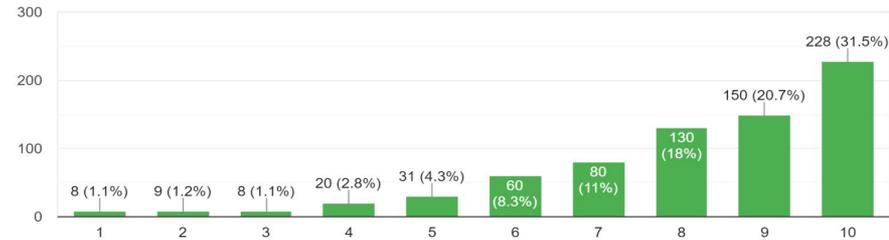
In general, to what extent do you find your sorority experience meaningful?

728 responses



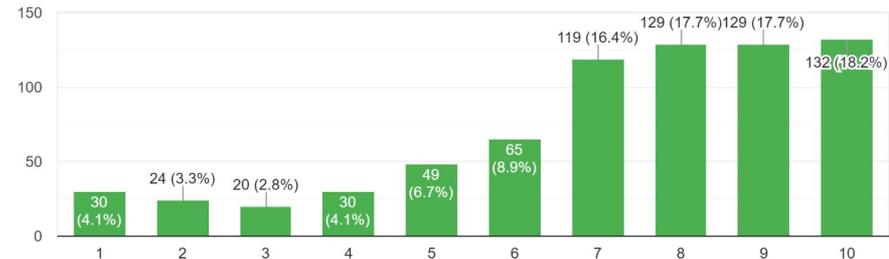
In general, to what extent do you feel that what you do in your life is valuable and worthwhile?

724 responses



To what extent do you generally feel you have a sense of direction in your sorority?

727 responses



Accomplishment

FL2022 = 6.65
SP2022 = 6.58
FL2021 = 6.55

PERMA

Working toward and reaching goals, and feeling able to complete tasks and daily responsibilities.

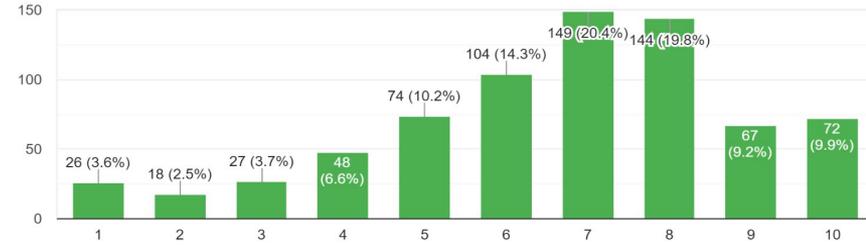
FL2022 = 6.91
SP2022 = 6.92
FL2021 = 6.90

9-10 Very high
7-8 High
6 Slightly above average
5 Average
4 Slightly below average
2-3 Low
0-1 Very low

FL2022 = 8.23
SP2022 = 8.13
FL2021 = 8.11

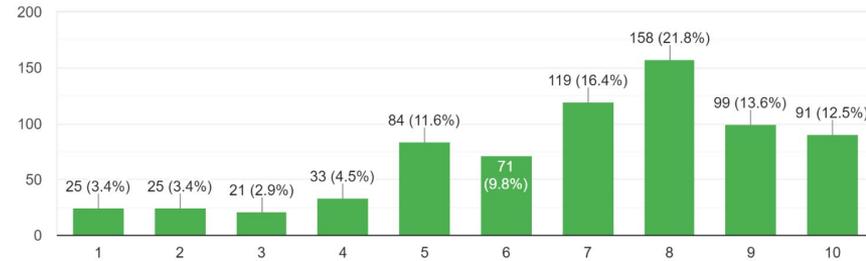
How much of the time do you feel you are making progress towards accomplishing your goals in your sorority?

729 responses



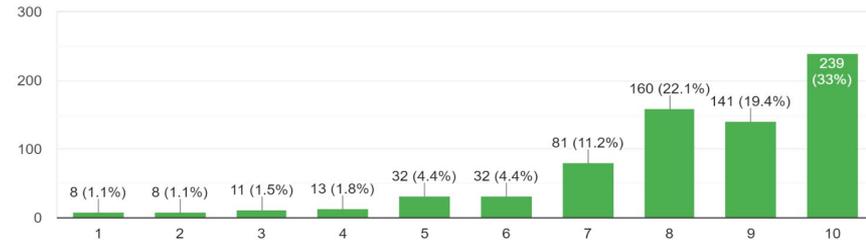
How often do you achieve the important goals you have set for yourself in your sorority?

726 responses



How often are you able to handle your responsibilities in your sorority?

725 responses



What else would you like us to know about
your sorority experience?

General Themes from 120 comments

Positive Experiences

I love [my sorority]! I have been feeling that I need to do more! So I'm running for a cabinet position! To try to put more in, so I can get more out!

I truly love my sorority and group of women I have met/will continue to meet through it. **I could not imagine my college life without [my sorority] being a part of it.** I will forever be grateful that I became a member and I know that my path with this organization will extend past my college education!

It has been the most uplifting, inspiring, and welcoming experience I've had in my schooling experience. I am so thankful to be part of such a wonderful chapter.

My sorority is my home away from home. I trust my sisters with my life.

This semester has been really hard- but it has had nothing to do with my sorority experience- it has actually sometimes been the only light for me.

Mixed, but Interesting Experiences

It's hard sometimes because I'm in the political minority, and a lot of our programming leans to one side. However, **I don't feel discriminated against**, simply that because my beliefs are in the minority they probably aren't taken into consideration as much when program planning happens.

My sorority has been a key factor in my college experience! **Of course there are ups and downs but I cannot imagine not being a part of it.**

Small school sororities need more love and hype!!

While I might not be super invested in sorority life, **I do appreciate the structure** that allows for deeper conversation about hot-button topics such as diversity, equity and inclusion.

The friendship and relationships I've formed in the sorority are forever lasting I hope, but the financial investment to continue being a sorority doesn't feel worth it. I love the girls and what we do, but being in a sorority is too expensive

Struggles with Leadership

I feel the people in charge of leadership and executive board have certain ableist views and hope that this will soon change to a more accepting and positive group of people in charge.

I only hear negative comments about [our chapter president] and people actively seek me out to complain about her. she is a big reason many of our members are unhappy and she honestly ruins the experience for many.

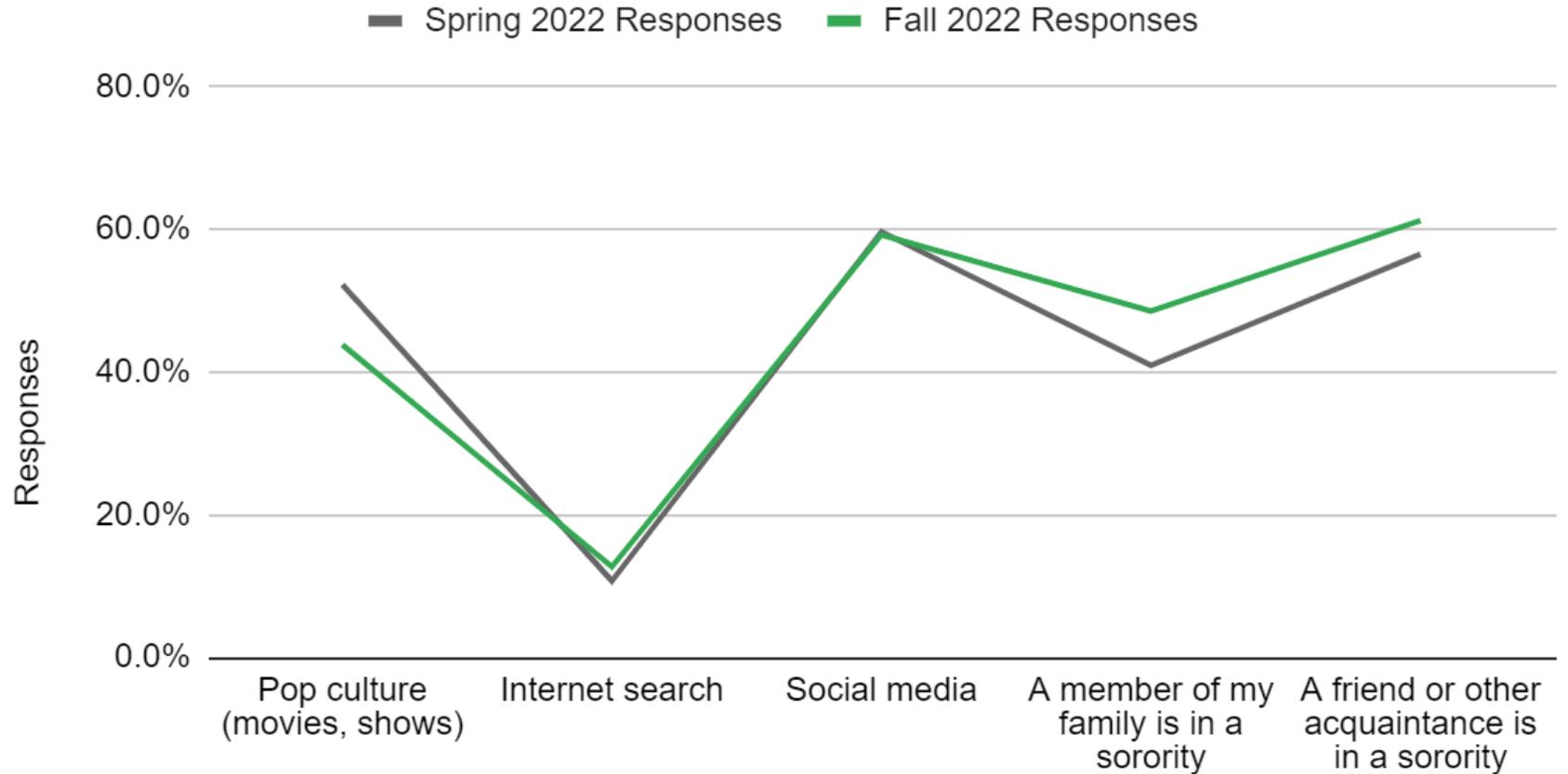
It's all political. As someone who has been involved as an officer and a regular member, a lot of members prefer to just be your friend if you're an officer...They only care about their friends they don't care to genuinely get to know every member.

I have had very disappointing experiences with my president where she disrespected me greatly and made me feel worthless as a person and sorority member.

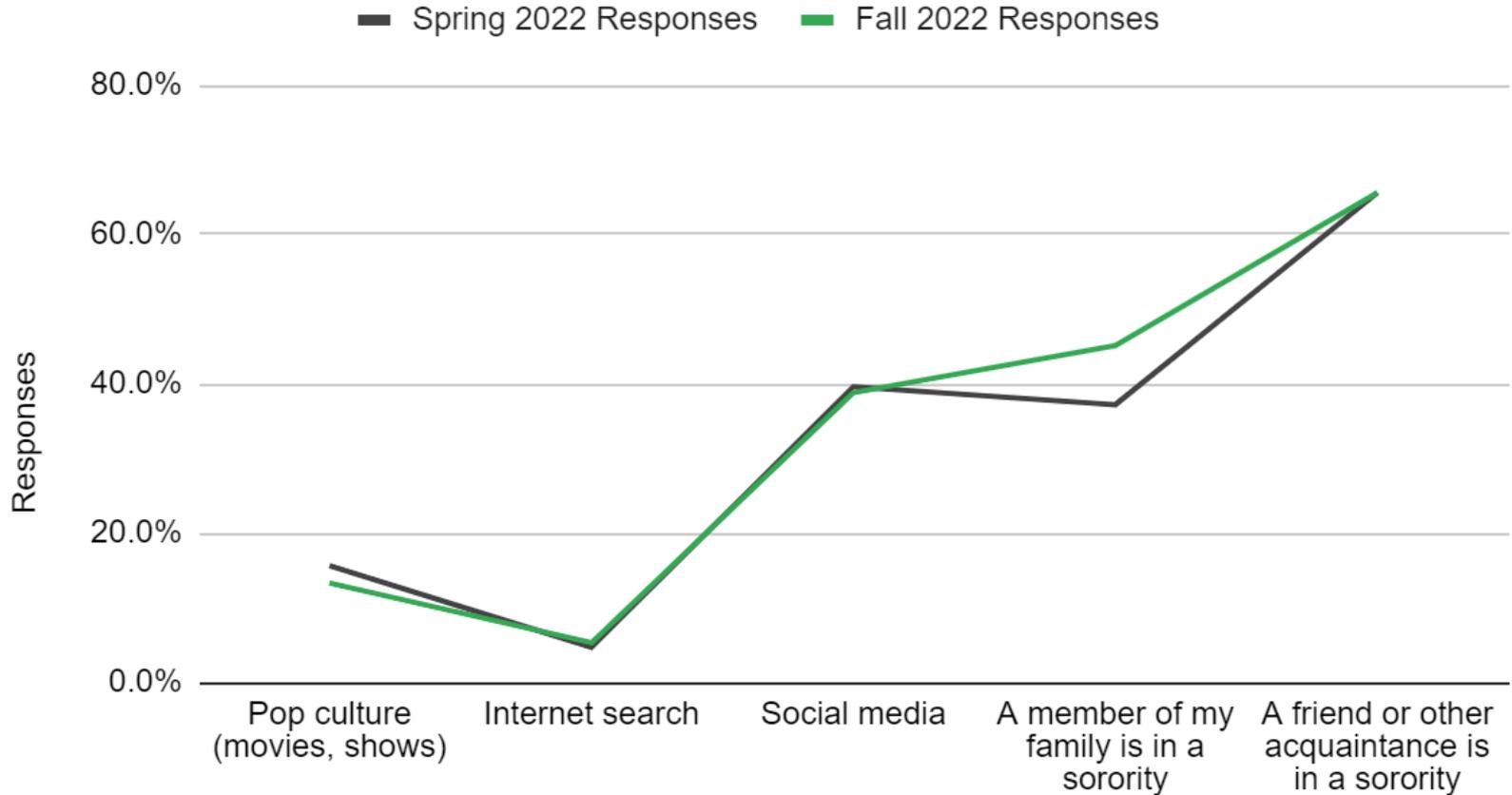
I have had a particularly rough term due to our leadership of the chapter.

Joining a Sorority

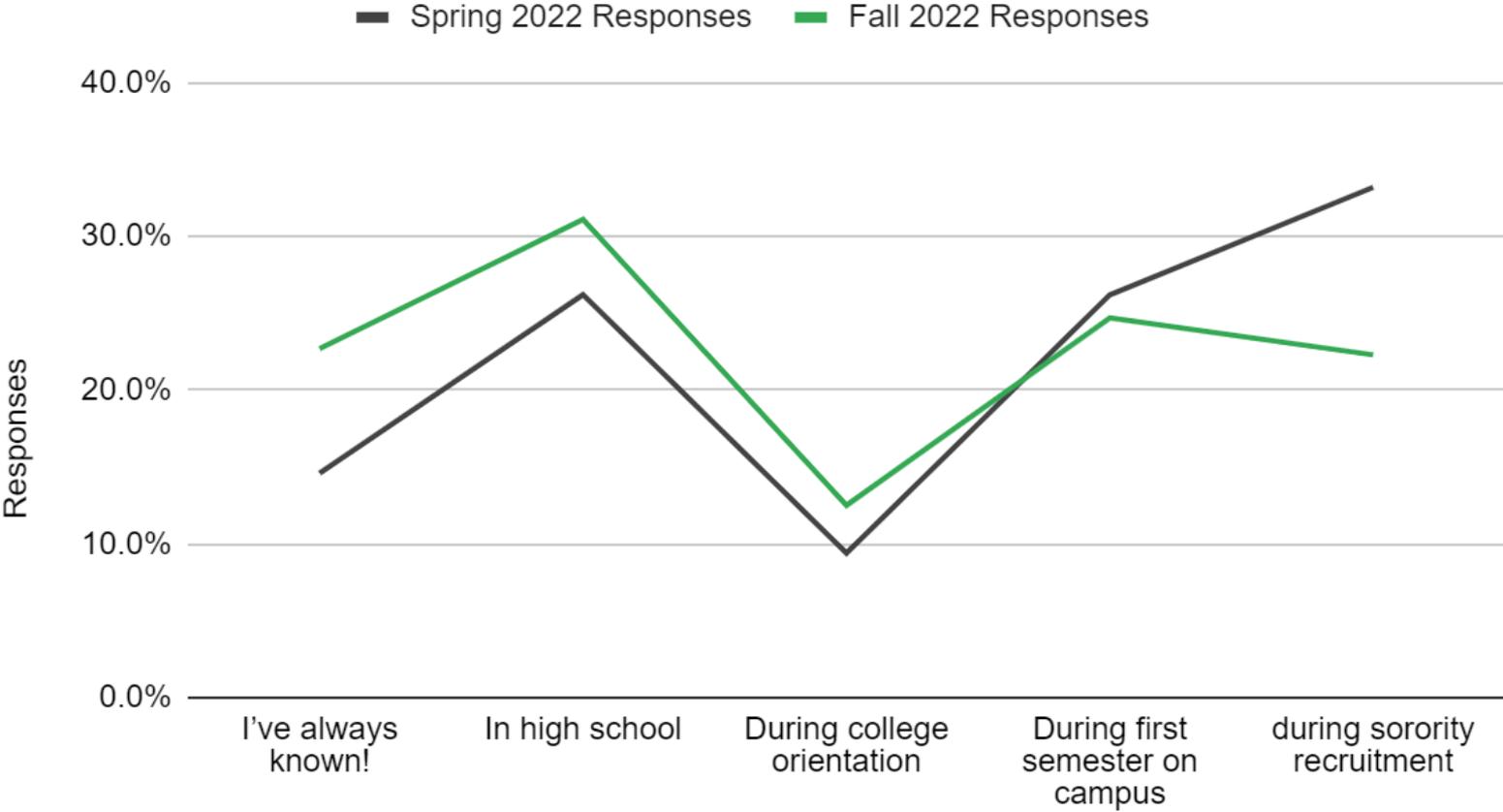
How did you learn about sororities?



What or who influenced you to join a sorority?



How early/when did you make your decision to join?



What else would you like us to know about
your decision to join a sorority?

General Themes from 187 comments

What else should we know about your decision to join?

Cultural barriers were heavily present on my decision to join a sorority. As an immigrant, my mother only knew about sororities through what pop culture and the media portrayed, and she always told me growing up I was not allowed to do this. However, after visiting the campus during Family weekend, she changed her mind and I immediately registered for COB.

I joined while being a First-Gen hispanic student without knowing much but love the community! **Reaching out to communities such as mine is something that needs to be worked on.**

I felt very seen and that I belonged and was asked to join for a reason.

I mainly wanted to join because during covid it was hard to make friends online so I wanted to find a community at my school that I could be part of.

My mom heavily influenced me. (multiple)

Summary Observations

General health is very good and stress is really low.

Belonging and Satisfaction are higher with the sorority than with their school.

DEI metrics are very high (>70%) with the exception of political conversations, social justice conversations, and bias and prejudices. Some comments about individual experiences with diversity and inclusivity.

Women are getting satisfaction and fulfillment out of their sorority experiences, scoring above average on all metrics related to well-being, especially high and gaining on positivity and relationships. Sorority experience has helped members overcome otherwise difficult college transitions and experiences.

Summary Observations

Experiences being and interacting with the chapter president specifically is problematic.

More prospective members are relying on relationships - parents and friends - when making their decision.

The majority of prospective members make the decision to join before college.

Sororities are diversifying, but chapters may still need some help and support with culturally relevant recruitment

Questions?

National Demographics Comparisons

Race/Ethnicity, Social Characteristics

	Sorority		Non- Sorority	
	N	%	N	%
African American/Black	430	5.8%	8847	13.7%
American Indian or Alaskan Native	94	1.3%	831	1.3%
Asian American/Asian	662	9.0%	9388	14.5%
Hispanic/Latin(x)	536	7.3%	6677	10.3%
Native Hawaiian or Pacific Islander	45	0.6%	338	0.5%
Middle Eastern, Arab, or Arab American	122	1.7%	1567	2.4%
White	6166	83.7%	42729	66.0%
Self-Identify	26	0.4%	746	1.2%

Gender Identity

Most sorority members (98.7%) identified as women with less than 1% identifying as men (0.2%), trans male/man (0.2%), and gender non-binary (0.9%). These percentages were comparable to non-sorority member women, with the exception of a higher percentage of gender non-binary (2.4%).

Sexual Orientation

The majority of sorority members (82.1%) identified as heterosexual, as compared to 74.8% of non-sorority women. Less than 5% of sorority members identified as lesbian (1.8%), gay (0.3%), queer (2.3%), and questioning (3.9%). Similarly, less than 5% of non-sorority members identified as lesbian (3.0%), gay (0.6%), queer (4.5%), and questioning (4.4%). Sorority members that identified as bisexual (12.1%), compared to non-sorority members (15.2%).

Religion, Activities, First Gen

	Sorority		Non- Sorority	
	N	%	N	%
Agnostic	850	11.5%	9092	14.1%
Atheist	480	6.5%	5892	9.1%
Buddhist	90	1.2%	1355	2.1%
Christian-Catholic	2281	31.0%	14515	22.4%
Christian Protestant	2133	29.0%	14447	22.3%
Hindu	84	1.1%	1194	1.8%
Jewish	472	6.4%	1673	2.6%
Muslim	67	0.9%	1698	2.6%
Church of Jesus Christ of Latter-Day Saints	23	0.3%	401	0.6%
No Preference	708	9.6%	9102	14.1%

College Activities

A majority of sorority members participated in an academic or pre-professional program (43.9%), community service organization (33.7%), religious organization (12.8%), social organization (10.4%), and/or health and wellness organization (10.1%). Less than 5 of sorority members participated in media or publications (4.9%), dance (3.4%), gender or sexuality organization (2.8%), and visual or fine arts (2.8%). Non-sorority women were much less involved in college activities. Fewer participated in academic or pre-professional (27.1%) and community service (12.3%), the highest categories of activities.

Parent Education (First Generation Status)

Approximately 20% of sorority members were first-generation students (defined as either parent holding a bachelor's degree or higher). This is compared to 35.2% non-sorority women.. Nearly half of sorority members (45.2%) have parents that have earned a graduate degree as compared to 34.3% of non-sorority women.

Neurodiversity

Registered or Disclosed Disability

The largest percentages of registered or disclosed disabilities by sorority members were attention deficit/hyperactivity disorders (4.2%) and psychological disorder/condition (4.0%). Similarly, non-sorority females reported attention deficit/hyperactivity disorders (2.5%) and psychological disorder/condition (3.0%) the most. Deaf or hard of hearing was reported the least for sorority (0.3%), non-sorority (0.2%), fraternity (0.2%), and non-fraternity members (0.2%). Mobility impairments were also reported similarly for sorority (0.4%), non-sorority (0.4%), fraternity (0.3%), and non-fraternity members (0.3%).

Clinical Diagnoses

The largest percentages of clinical diagnoses by sorority members were anxiety disorders (33.9%), which was similar to non-sorority members (30.8%). Depression rates were consistent between sorority (23.8%) and non-sorority members (24.9%). Eating disorders were reported more in sorority members (5.6%) and non-sorority members (4.7%). Trauma and stressor related disorders and obsessive-compulsive disorder were reported more in sorority/non-sorority members. Less than one percent of all respondents reported substance use disorder, psychosis, and personality disorder.

Support Comparison

Support for Distress

For resources for experiencing emotional distress, 44.3% of sorority members used a professional clinician. Sorority members also turned to their roommates more often than non-sorority members (16.8%). In contrast, higher percentages of members sought support from their friends who are not their roommates (sorority members = 55.0%, non-sorority members = 47.5%). Smaller percentages of students overall turned to a religious counselor or other religious contacts, support groups or, non-clinical sources.

Belonging and Satisfaction

Students were asked to respond to the prompt, *I see myself as part of the campus community*. Overall, sorority members (86.4% versus 60.6% non-sorority) saw themselves as part of the campus community.