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# Non-binary students – studying under psychological and financial stress

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## State of Research



Up to 2% trans people in the total population.

(Blackless et al., 2000; Flores et al., 2016; GIRES, 2011; Spizzirri et al., 2021)

Differences in educational performance, socio-economic situation, position in the labor market, and health status

(Bockting et al., 2013, Grant et al., 2011; Harrison et al., 2012; Nowakowski et al., 2016)

### Literature:

- Discrimination at school, university and work (Bradley, 2020; de Vries et al., 2020; Jones, 2016; Stern, 2019)
- Mental stress (Herman, Brown & Haas, 2019; Zeeman & Aranda, 2020)
- Financial difficulties (FRA, 2020)

### Hypotheses:

- These trends also apply to higher education
- Worse evaluation of the study situation

# Non-binary Options in EUROSTUDENT VII

## 6.2. What is your #sex?

*Single choice.*

- Female (→ please go to question 6.4)
- Male (→ please go to question 6.4)
- [if existing as official category in #country] #Other (→ please go to question 6.4)*
- [Optional] #I prefer not to assign myself into the above-mentioned categories (→ please go to question 6.3)*

Source: EUROSTUDENT VII: Instruction on Data Processing (IHS & DZHW 2019).

## Gender Distribution

What is your #sex?	Austria	Croatia	Finland	Ireland	Lithuania	Luxem- bourg	Nether- lands	Slovenia	Total	Total in %
Female	22 155	1 045	3 716	10 333	1 887	389	8 286	1 209	49 020	53%
Male	18 615	771	3 188	9 354	1 447	321	7 832	879	42 407	46%
Other	86	0	30	0	0	0	0	0	116	0.1%
I prefer not to assign myself	1 080	24	73	213	22	9	157	24	1 602	1.7%
<b>Total</b>	41 936	1 840	7 007	19 900	3 356	719	16 275	2 112	93 145	100%

Source: Weighted data, EUROSTUDENT VII Micro Data, Cuppen et al., 2023.

### Problems:

1. In most countries, a “Other” category was not surveyed
2. The category “I prefer not to assign myself” is a *Black Box*
3. No reference statistic available

## Methods

**Cases analysed:** “Other” & “I prefer not to assign myself”  
= non-binary students, but separated

**Countries analysed:** AT, FI, IR, NL, remaining countries (HR, LT, LUX, SI)

- **Cross-tabulations:**  
Explorative, bivariate analyses with consideration of 95% confidence intervals (no overlap with women and men) in country comparison
- **Logistic regression:**  
Gender as one of several predictors for the discovered trends

## Characteristics of Non-binary Students ...

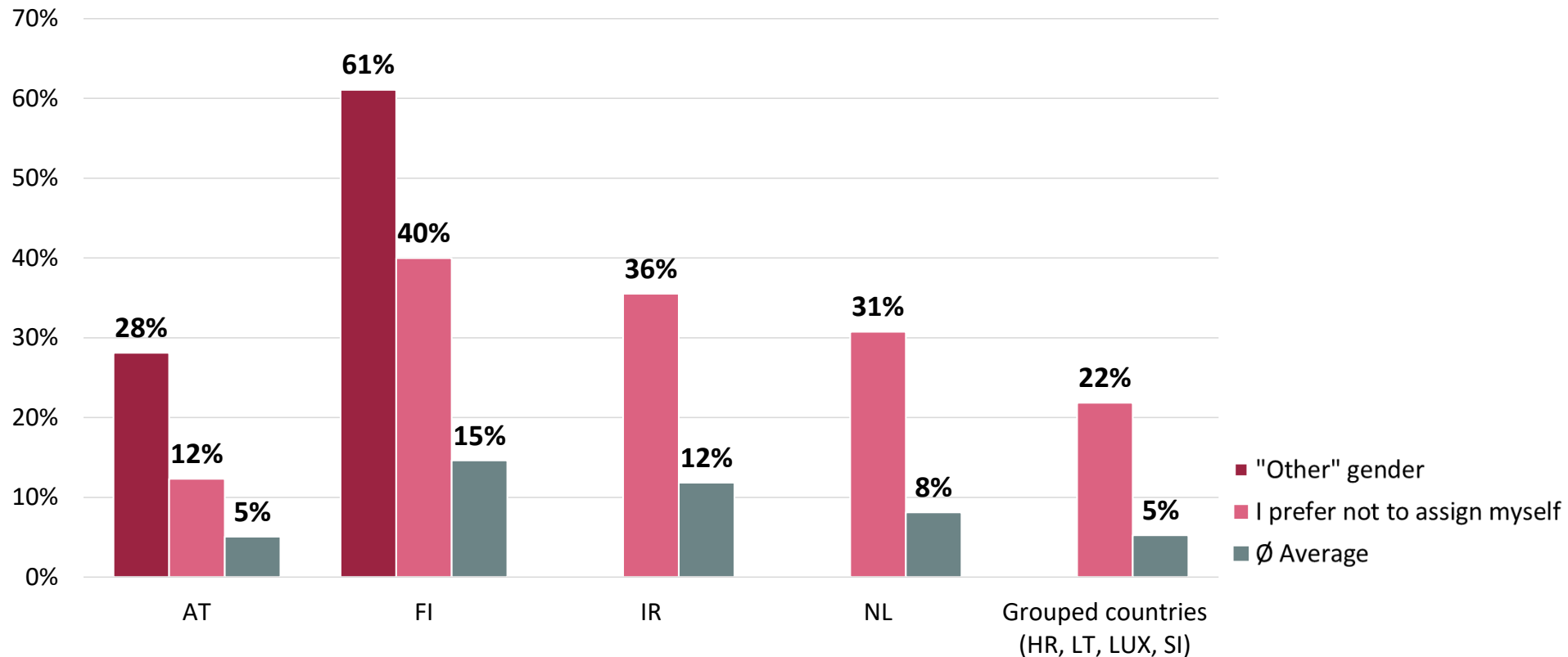
... significant more international students (in 3 countries)

... more ISCED field of study “Arts and Humanities”

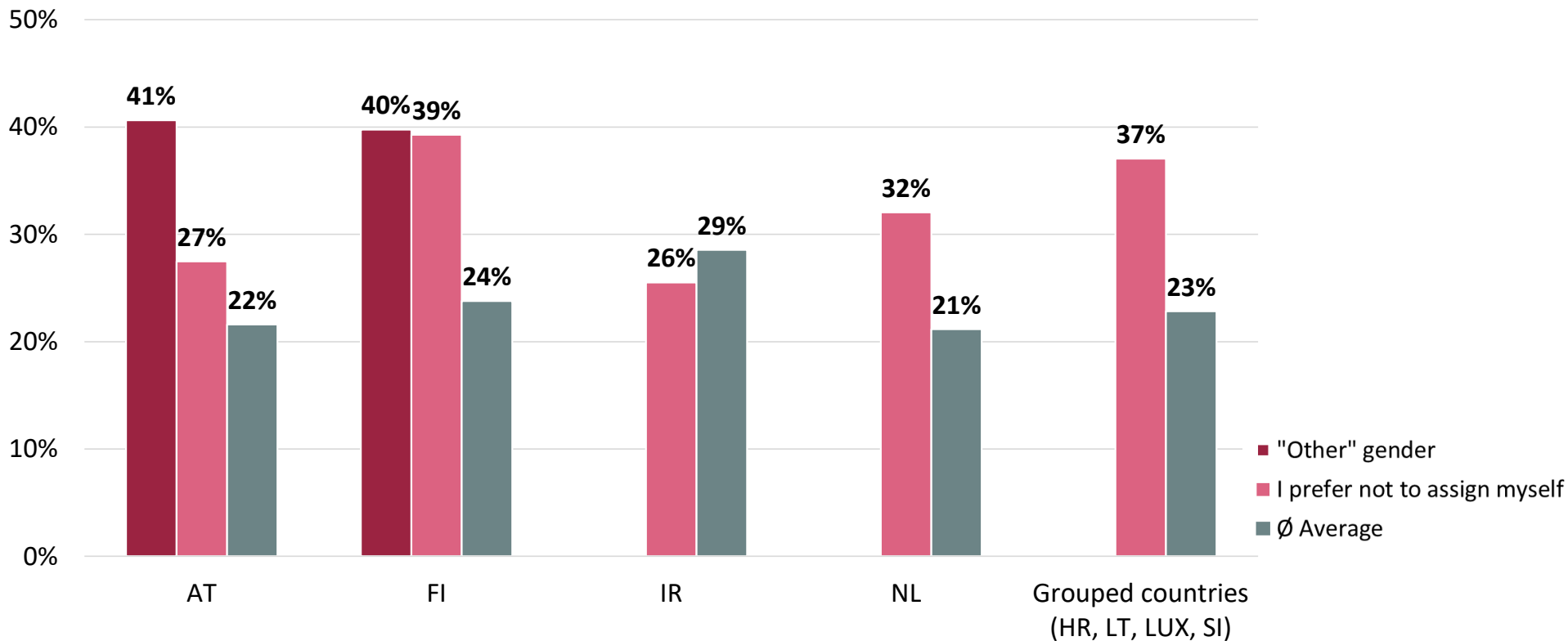
Applies for non-binary students in both categories

- “Other”: AT (28% vs.  $\emptyset$ 12%) and FI (40% vs.  $\emptyset$ 11%)
- “I prefer not to assign myself”: significant in all analysed countries

# Mental Health Problem



# Financial Difficulties

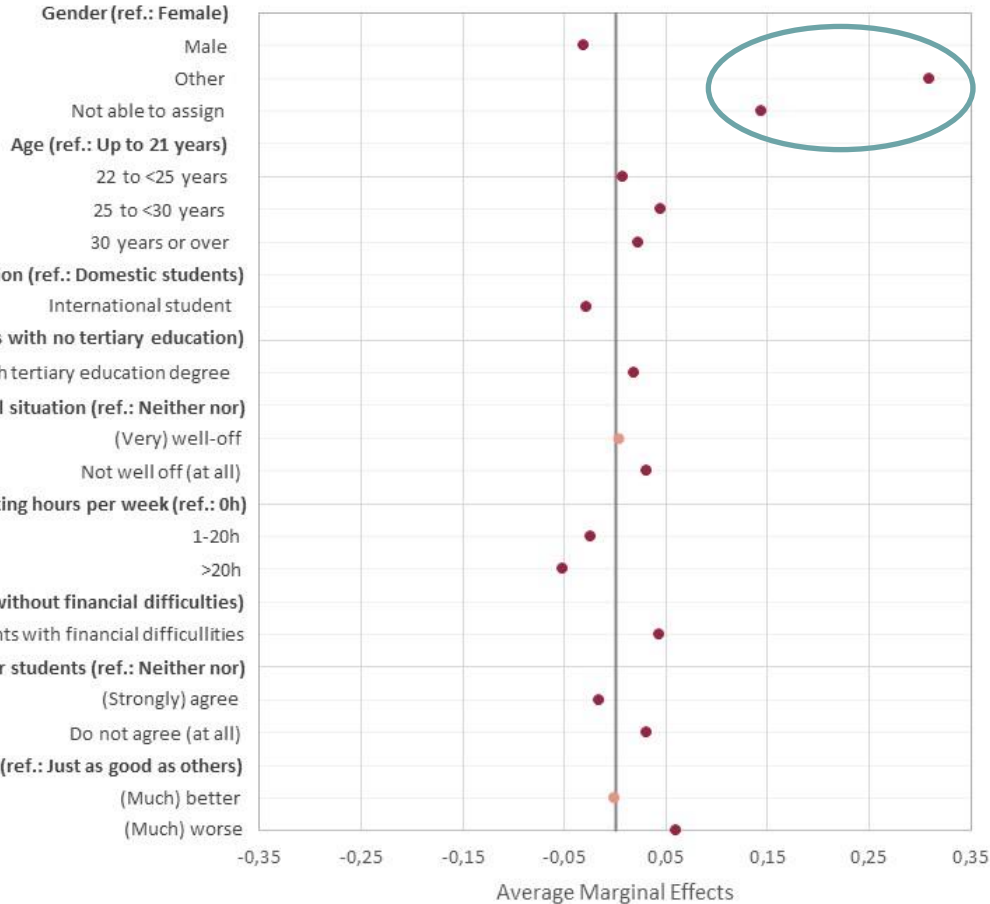




## Study Situation

- ... less often get along well with their **teachers**
- ... less **contact** to their fellow **students**
- ... less often would recommend their own study programme
- ... rate their own **study performance** as good as that of their fellow students

**!! More likely to consider dropping out of their study**



## Logistic Regression

**Dependent variable  
= mental health problem**

● = significant  
● = not sign.

# Logistic Regressions

1. Mental health problem
  - Non-binary gender = positive and significant effect
2. Financial difficulties
  - Non-binary gender = positive but *no* significant effect
3. Dropping out intention
  - Non-binary gender = positive but *no* significant effect

# Higher Education Policy

*Principles and Guidelines to Strengthen the Social Dimension of Higher Education*

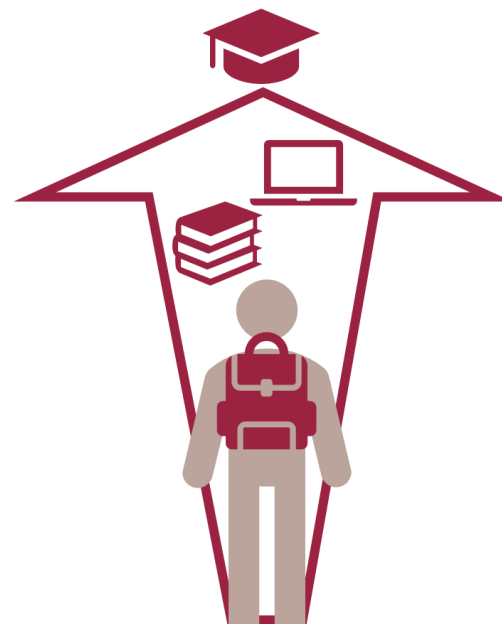
(Advisory Group 1 on Social Dimension, 2020)

for the European Higher Education Area (EHEA)

Visibility

Recognition

Awareness



## Learnings on the Measurement of Gender

1. Registered gender vs. gender lived in everyday life
2. Response categories should be distinctive, inclusive and not too complex
3. Comparison between survey data and registered data



# Example Measuring Gender

## With which gender are you officially registered at the university?

Categories as provided in the Austrian regulation "Universitäts- und Hochschulstatistik- und Bildungsdokumentationsverordnung - UHSBV"

- Female
- Male
- Diverse
- Open
- Inter
- At the university "No Entry (K - Kein Eintrag)"

## Does the registered gender match the gender to which you assign yourself?

- Yes
- No

## Which gender do you assign yourself to?

1. Categories officially registered

2. Quick Yes/No question

3. Open field found to be less discriminating, complex and contributes to knowledge gain

(GenIUSS Group, 2014; National Academies of Science, Engineering, and Medicine, 2022)



# Thank you for your attention!

If you have any questions or ideas for research collaborations,  
please contact [dau@ihs.ac.at](mailto:dau@ihs.ac.at) .

And what are your experiences with surveying  
non-binary genders?

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