



For Immediate Release

May 27, 2014

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National Gallup-Purdue Index Reveals Improved Well-Being Among U.S. College Graduates Who Joined Fraternities and Sororities

Inaugural study finds that life in college matters for life after college; particularly for sorority and fraternity members

INDIANAPOLIS – When it comes to being engaged at work and experiencing high well-being after graduation, a new Gallup-Purdue University Index study of U.S. college graduates found that graduates who were members of fraternities or sororities are more likely to be thriving in all five elements of well-being during their post-graduate years than those graduates who did not join a fraternity or sorority.

The [inaugural Gallup-Purdue Index](#) is a joint-research effort with Purdue University and Lumina Foundation to study the relationship between the college experience and college graduates' lives. The Gallup-Purdue Index is a comprehensive, nationally representative study of U.S. college graduates with Internet access. Gallup conducted the Web study Feb. 4 through March 7, 2014, with nearly 30,000 U.S. adults who had completed at least a bachelor's degree.

The study revealed that respondents identifying themselves as members of fraternities and sororities – 16 percent of respondents indicated that they were a member of a national fraternity or sorority while attending college – scored better in overall well-being, workplace engagement, emotional support from their college, experiential learning experience as a student, and alumni attachment.

The National Panhellenic Conference (NPC), one of the largest advocacy organizations for women and the sorority experience, and the North-American Interfraternity Conference, which represents more than 70 international men's fraternities, strive to help campuses provide supportive social learning environments for current members and potential new members.

"This ground-breaking study confirms what we've long known and understood about the benefits of fraternity membership," said Peter Smithhisler, president and CEO of NIC. "While most of the attention paid to fraternities is focused on the collegiate experience – as it should be – the value of membership continues to develop and be revealed throughout the post-graduate experience as well. Fraternity men consistently credit their support and success in life in large part to the lessons learned and personal bonds developed during their collegiate fraternity involvement."

"For generations, our message has always been that sorority membership enhances the college experience and also provides lifelong support networks for members," said Jean Mrasek, chairman of NPC. "The results of this index survey are indeed powerful in that they validate what we advocate on a regular basis and what we know to be true – that sororities contribute to the overall well-being of women."

This study seeks to understand the experiences, and characteristics of students that have great jobs and great lives, however causal relationships cannot be inferred from this analysis. Study results do identify differences in the wellbeing and engagement of fraternity and sorority members, but further research may consider a longitudinal study to identify change in overall wellbeing and engagement due to membership in a fraternity or sorority among other extracurricular activities.

Methodology

Results for the Gallup-Purdue Index are based on Web surveys conducted Feb. 4-March 7, 2014, with a random sample of 29,560 respondents with a bachelor's degree or higher, aged 18 and older, with Internet access, living in all 50 U.S. states and the District of Columbia, and 5,137 fraternity and sorority members.

The Gallup-Purdue Index sample was compiled from two sources; the Gallup Panel and the Gallup Daily Tracking survey.

The Gallup Panel is a proprietary, probability-based longitudinal panel of U.S. adults that are selected using random-digit-dial (RDD) and address-based sampling methods. The Gallup Panel is not an opt-in panel. The Gallup Panel includes 60,000 individuals, Panel members can be surveyed by phone, mail, or Web. Gallup Panel members with a college degree, with access to the Internet were invited to take the Gallup-Purdue Index survey online.

The Gallup Daily tracking survey sample includes national adults with a minimum quota of 50 percent cellphone respondents and 50 percent landline respondents, with additional minimum quotas by time zone within region. Landline and cellular telephone numbers are selected using RDD methods. Landline respondents are chosen at random within each household on the basis of which member had the most recent birthday. Gallup Daily tracking respondents with a college degree, who agreed to future contact, were invited to take the Gallup-Purdue Index survey online.

Gallup-Purdue Index interviews are conducted via the Web, in English only. Samples are weighted to correct for unequal selection probability and nonresponse. The data are weighted to match national demographics of gender, age, race, Hispanic ethnicity, education, and region. Demographic weighting targets are based on the most recent Current Population Survey figures for the aged 18 and older U.S. bachelor's degree or higher population.

All reported margins of sampling error include the computed design effects for weighting.

For results based on the total sample of fraternity and sorority members, the margin of sampling error is ± 2.0 percentage points at the 95 percent confidence level.

For results based on employee engagement of fraternity and sorority members, the margin of sampling error is ± 2.7 percentage points at the 95 percent confidence level.

In addition to sampling error, question wording and practical difficulties in conducting surveys can introduce error or bias into the findings of public opinion polls.

For complete index results, visit <http://products.gallup.com/168857/gallup-purdue-index-inaugural-national-report.aspx>.

About the National Panhellenic Conference (NPC)

National Panhellenic Conference (NPC), one of the largest organizations advocating for women, is the umbrella group for 26 national and international sororities. NPC sororities are located on more than 665 campuses with 325,772 undergraduate members in 3,127 chapters. Alumnae are represented in 3,883 associations throughout the world. For more information, including a complete list of NPC sororities, visit <http://www.npcwomen.org> or find NPC on [Twitter](#) and [Facebook](#).

About the North-American Interfraternity Conference (NIC)

Founded in 1909, the North-American Interfraternity Conference is the trade association representing 74 International and National Men's Fraternities. The NIC serves to advocate the needs of its member fraternities through enrichment of the fraternity experience; advancement and growth of the fraternity community; and enhancement of the educational mission of the host institutions. The NIC is also committed to enhancing the benefits of fraternity membership through its relationship with [Interfraternity Councils](#). Today, the NIC has 74 member organizations with approximately 5,500 chapters located on 800+ campuses in the United States and Canada with approximately 350,000 undergraduate members. The NIC is led by a [Board of Directors](#) comprised of nine volunteers from member fraternities. The headquarters and [professional staff](#) are located in Indianapolis, Indiana. You can connect with the NIC on [Twitter](#) and [Facebook](#).

About Gallup

Gallup has studied human nature and behavior for more than 75 years. Gallup's reputation for delivering relevant, timely, and visionary research on what people around the world think and feel is the cornerstone of the organization. Gallup employs many of the world's leading scientists in management, economics, psychology, and sociology, and our consultants assist leaders in identifying and monitoring behavioral economic indicators worldwide. Gallup consultants help organizations boost organic growth by increasing customer engagement and maximizing employee productivity through measurement tools, coursework, and strategic advisory services. Gallup's 2,000 professionals deliver services at client organizations, through the Web, at Gallup University's campuses, and in more than 40 offices around the world.

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