

Hug Finder

Why college students need a support mechanism

1. **Prevalence of Depression:** Approximately 30% of college students report experiencing significant levels of depression. This highlights the urgent need for supportive measures to help them cope.
2. **Stress Levels:** College can be incredibly stressful, with about 40% of students stating that their stress levels are overwhelming. Hugs can provide comfort and help reduce stress, making them a simple yet effective coping mechanism.
3. **Social Isolation:** Nearly 60% of college students feel lonely at times, which can exacerbate feelings of depression. A hug can foster a sense of connection and remind students that they are not alone.
4. **Emotional Regulation:** Research indicates that physical touch can help regulate emotions. For students dealing with depression, a hug can provide immediate emotional relief and improve mood.
5. **Support Systems:** Many students lack strong support networks. Studies show that perceived social support is crucial for mental health. A hug can symbolize that support, promoting feelings of safety and belonging.
6. **Oxytocin and Cortisol:** Hugs can increase oxytocin (the “love hormone”) and decrease cortisol (the stress hormone). This biochemical response can help counteract some symptoms of depression, providing a brief moment of relief and comfort.

Why a hug would benefit a college student

1. **Oxytocin Release:** Hugs can trigger the release of oxytocin, a hormone that promotes bonding and reduces stress, which can help alleviate feelings of anxiety and depression.
2. **Reduction in Cortisol:** Physical affection has been shown to lower cortisol levels, the hormone associated with stress, which can be particularly beneficial for students facing academic pressures.
3. **Emotional Support:** Hugs often represent emotional support. Studies indicate that perceived social support is linked to lower levels of depression and anxiety.
4. **Psychological Well-Being:** Research suggests that positive physical interactions can enhance mood and overall psychological well-being, which can be crucial for college students dealing with depression.
5. **Studies on Touch:** Some studies show that even brief physical touch, like a hug, can improve mood and reduce feelings of loneliness.

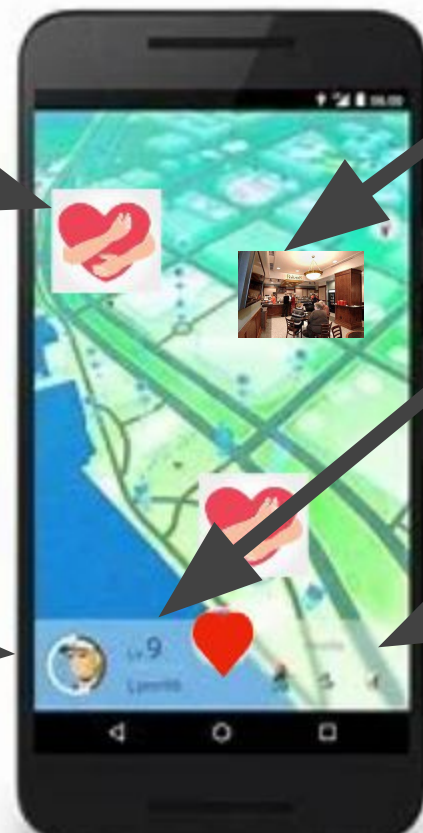
Hug Meets(someone
looking for a hug)

Group Hug Meetup
(premium required)

Hug rating

Hug Moves(The
moves you can do)

Profile Picture



Click to add title

The more hug moves you get +5 SocialHugCredit

The more hugs you get/receive +1 SocialHugCredit

Your Hug level multiplied by 10 for SocialHugCredit



Legal Stuff

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