Many studies point to worrying results regarding young adults' health. Research shows that stress-related problems have increased amongst students. During the past few years, the mass media has discussed how today's students feel. Within the discipline of Caring Science, research on young adults and, specifically, university students and their health has been absent, thus prompting this study. The purpose of this study is to increase understanding of what university students innermost long for. The research question seeks to answer what university students is longing for in relation to their health is, as well as how care can meet this yearning.

The study's theoretical Caring Science perspective is based on Eriksson's theory of caritative care. The fundamental ontological assumption that human beings are the entity body, soul, and spirit is also part of the study. The overall view of knowledge in the study is hermeneutic. The study's target group is young adults aged 19–35 who are enrolled at university and use university healthcare services. Qualitative theme interviews of four female university students occurred and the data was analyzed using Ödman’s theory of existential hermeneutics.

The study results show that university students' longing is contradictory and both individual and universal in character. The students long to be taken seriously, to be genuinely listened to and confirmed: they also long for the carer to be able to see beyond the mere physical. By creating a sense of time, being authentically engaged, and posing the correct questions, a carer can respond to a student's innermost longing by: allowing a student to tell his/her story and meeting him/her where pain can be alleviated pain and the movement of health supported.

Due to various reasons, university students have great demands placed on them, which is manifested in the form of increased health problems. Family and friends are of great importance to health and well-being. The students desire more support from their university and increased cooperation with university healthcare services.