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College Student Stress

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The purpose of this study was to clarify college student stress levels and understand possible correlations to their environments. Is there a difference in student stress levels based on their ages or genders? Is there a difference in student stress levels based on their perception of high stress? The participants of this research consisted of (N=99) undergraduate college students. A modified stress scale, College Student Stress, was administered to measure the students various stressors and a t-test was used to evaluate the significant differences between variables. The results of this study showed that there were significant differences between the variables; traditional and nontraditional students, genders, and perceived stress levels.

Background
Research addressing student stressors is particularly important considering several potential stressors are rising among college students (Hurst, Baranik, & Daniel, 2012). In a study of undergraduate students there appears to be minimal significant gender differences in stress levels among college students (Feldt & Updegraff, 2013). Results of a study conducted on traditional and nontraditional student showed that nontraditional students were more learning-goal oriented and less performance-goal oriented than traditional students, had higher GPAs., and significant relationships to stress were found, among other variables (Bennett, Evans, & Riedle, 2013). It is a common assumption that the impact of a stressful event is, to some degree, determined by ones perception to their own stressfulness (Cohen, Kamack, & Mermelstein, 1983).

Methods
The purpose of this quantitative comparative analysis study was to determine stressors that influence stress levels in college students. This study was a quasi-experimental design. An IRB was sent to Montana Tech and the University of Montana Institutional Review Board and was approved for this study. Using a sample of convenience, (N=99), traditional and nontraditional, male and female undergraduate college students were given a survey to fill out that pertained to their current stressors to determine stress levels. There were (n=73) traditional, (n=26) nontraditional, (n=45) females and (n=54) males. A modified version of the ASU wellness test was used. Paired samples t-tests were used to evaluate the data.

Conclusion
Stress in college students is a common occurrence, the variance of stressors in an individual’s life are based on their personal environments and influences. According to the results of this research, there appears to be significant differences in all three of the variables listed. When looking at traditional and nontraditional students, an example of a significant difference is in the consumption of large quantities of alcohol. Traditional students seem to consume more than those students who are of nontraditional age. In the data based on the differences in genders, an example of significant difference is in current employment. The data appears to show that females surveyed were currently employed more often than the males. When comparing the data based on students perceived levels of stress, an example of significant difference appears within the category of feeling overwhelmed in classes. Those who indicated that they had a