

Weight Gain and Stress in College

Jada Thomas

Department of Behavioral Sciences & Human Services, Bowie State University

HYPOTHESES

- ✓ College students who are stressed are more likely to gain weight
- ✓ College students who gain weight in college are less satisfied with themselves



RESULTS

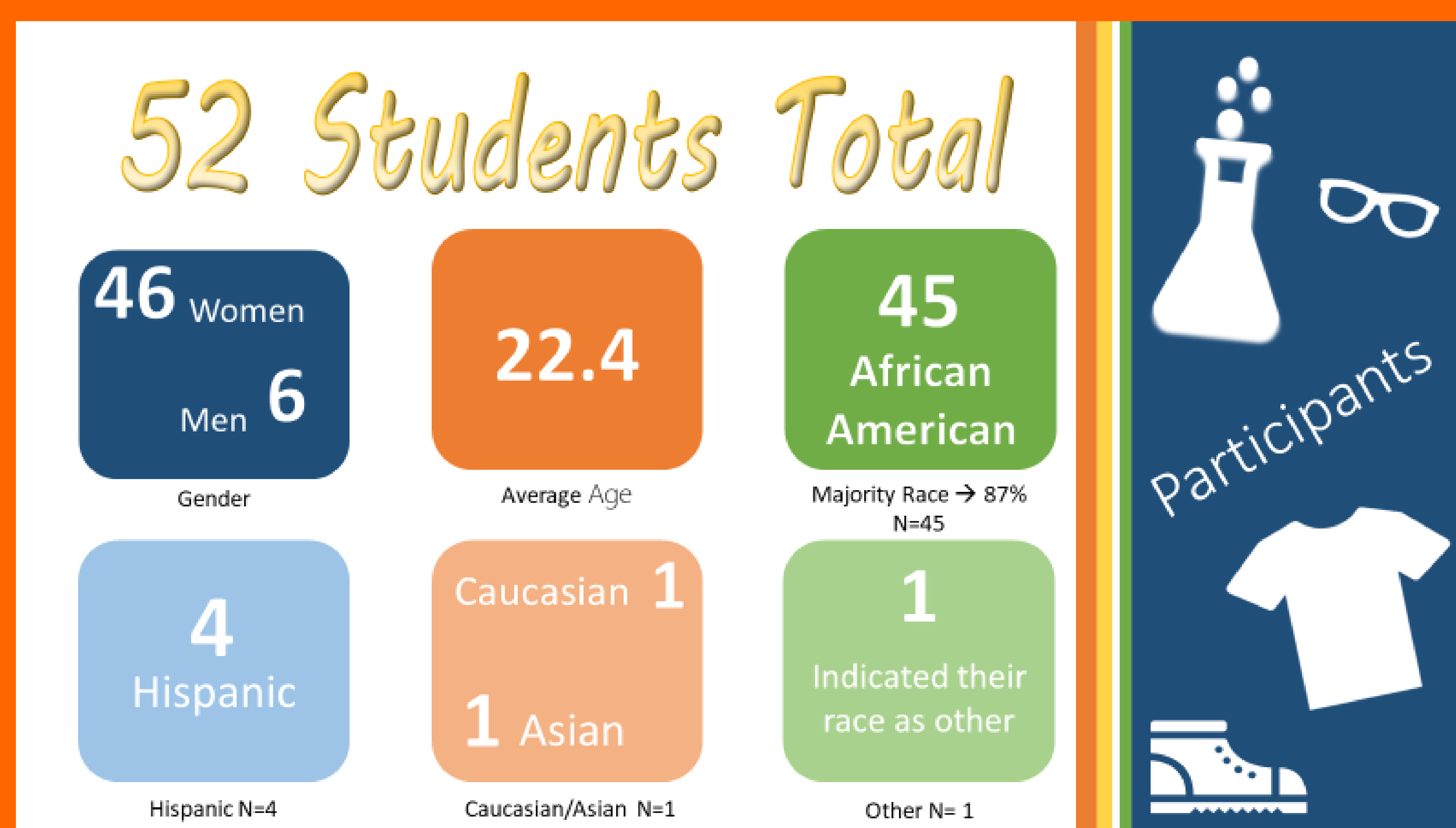
College students with high stress levels in college gain more weight.

[F (4,47) = 3.86, p=.009]

Significant differences between those two were much smaller than they were in their freshman year (M=25) than those who were much larger (M=14.67). Those who were much larger than freshman year had less stress.



PARTICIPANTS



MEASURES

- ✓ Perceived Stress Scale (Cohen, 1994)
 - ✓ 10-items
 - ✓ 4-point Likert scale
 - ✓ Higher scores mean greater perceived stress.
- ✓ Weight Change
 - ✓ In comparison to freshman year how is your weight (the same, smaller, much smaller, larger, much larger)
- ✓ Body Image
 - ✓ Are you more or less satisfied with your weight than freshman year or just as satisfied with your weight in freshman year? (more, less, the same)

College students who gain weight are less satisfied with themselves.

r (50) = -0.49, p = .000

The results suggest that the relationship between weight change and weight satisfaction is a significantly negative correlation, Therefore, our hypothesis was supported.

DISCUSSION

- ❖ Students who gained weight since freshman year had less stress.
- ❖ Stress and weight gain are associated but in a different manner.
- ❖ Students who gained weight since freshman year were less satisfied than those who did not gain weight.
- ❖ Weight gain is associated with less body satisfaction.