

# Gender Differences and College Stress

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## HYPOTHESIS

Females experience higher level of stress than males in college.



## RESULTS

Males report higher stress than females in college.

$$t(47) = -2.39, p = 0.021$$

Results are not significant but in a different direction.



## PARTICIPANTS

- ❖ 4 sophomores, 10 juniors, and 33 seniors
- ❖ 43 women and 6 men
- ❖ 79% African Americans, 6% Hispanic, 2% White, 2% Asian, 5% Other

## MEASURES

- ❖ Stress Levels
  - ❖ Scale 1-10; 1 representing “not stressed at all” and 10 representing “most stressed”
- ❖ Student Stress Scale (Insel & Roth, 1985)
  - ❖ 17 items measuring stress in the past 6 months.

## DISCUSSION

- ❖ There is a significant relationship between gender and college stress.
  - The result of this study showed that males have higher stress levels in college than women.
- ❖ There is no significance between the number of stress causations and gender
  - The results of this study suggest that females have a higher number of stress causations in college than males. However, the relationship between gender and the number of causes are not significant.
- ❖ The relationship between gender and number of effects are no significance.
  - The results of this study suggest that females have a higher number of effects than males.