



Comprehending College Stress & Using Efficient Stress Reduction Techniques

Ilaibi Davies

Department of Behavioral Sciences & Human Services, Bowie State University



HYPOTHESES

1. My hypothesis explores the relationship between total stress and negative stress management using a bivariate correlation. People who have higher stress levels are more likely to engage in negative stress management.



RESULTS

1. Higher Stress Levels and Negative Stress Management
❖ $r = .305, p < .001$; Positive significant correlation
2. Students who have higher stress levels are more likely to engage in negative stress management. Bivariate correlation analysis suggests a significant positive correlation between stress and negative stress management.
3. My hypothesis was correct.



PARTICIPANTS

- ❖ 78 Students
- ❖ 59 Women/15 Men
- ❖ Average Age = 22
- ❖ Race
 - ❖ African American (N 66, 84.6%),
 - ❖ White, (N= 1),
 - ❖ Latino (N =2),
 - ❖ Multiracial / Biracial (N =3),
 - ❖ Native American, (N = 3) and
 - ❖ Six participants did not indicate their race.



MEASURES

- ❖ Age (min: 18 max: 52 avg:22)
- ❖ Stress scale (min:24 max:43 avg:32.99) $\alpha = .844$
- ❖ Negative stress (min:3 max:11 avg:6.22%) $\alpha = .523$

DISCUSSION

The results of this study suggest the following:

- ❖ Students who have higher stress levels are more likely to engage in negative stress management.
- ❖ College stress is a significant positive factor in negative stress management.

