

Comprehending College Stress & Using Efficient Stress Reduction Techniques

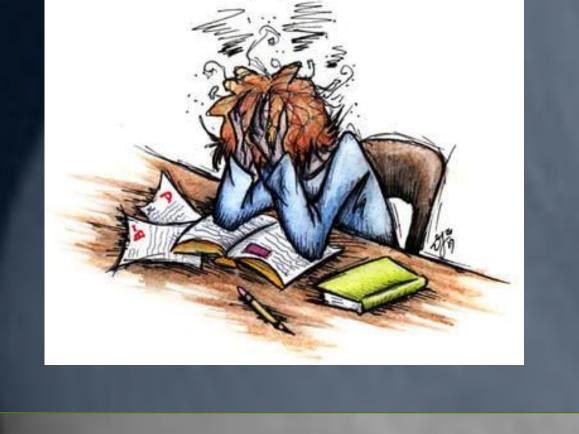


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HYPOTHESES

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.



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)
- \Leftrightarrow Stress scale (min:24 max:43 avg:32.99) α =.844
- \Leftrightarrow Negative stress (min:3 max:11 avg:6.22%) α =.523

RESULTS

- 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.



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.

