

The Impact of Exercise Type on Stress Management Among College Students

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HYPOTHESES

- ❖ My study explores the relationship between the type of exercise individuals engage in and its effectiveness in managing stress. The goal is to decide whether different forms of exercise—such as strength training, cardio, yoga, or sport-specific training—have varying impacts on stress levels. Participants are surveyed or seen to assess their preferred exercise type and self-reported stress management ability.



PARTICIPANTS

- ❖ 78 Students
- ❖ 59 Women / 15 Men
- ❖ Average Age = 71
- ❖ Race
 - ❖ African American (N = 66, 84.6%),
 - ❖ White, (N = 1),
 - ❖ Latino (N = 2),
 - ❖ Asian (N = 3),



MEASURES

- ❖ 11 team sport,
- ❖ 32 exercise at home
- ❖ Positive Stress Management (M = 12.50)



RESULTS

- ❖ The number sentence I am using is $F(1,63) = 7.014$, $P = 0.10$. The results were significant; my hypothesis is that people who played a team sport has better positive stress management than people who do at home exercises.



DISCUSSION

The results of this study suggest the following:

- ❖ My hypothesis is that people who played a team sport has better positive stress management than people who do at home exercises.
- ❖ ANOVA results suggest 13.49 was the highest for people who played a team sported while people who do more at home exercises have a low score of 11.60.
- ❖ My hypothesis was supported, people who do more team sport exercises hav a better positive stress management then people who are more comfortable than people that do at home exercise.

