Class Year and College Stress by Najla Vaugh (Criminal Justice Major) **Bowie State University** A Comparison of Freshman and Senior College Students Stress Levels

# Class Year and College Stress

**HYPOTHESIS** There is a significant difference in stress levels between freshmen and seniors.

#### Participants & Measures

Freshmen: 34
Seniors: 30
Enrolled in a four-year college
Surveyed during Spring 2025 semester
Variable: Stress level
1-question self-report on overall stress (numerical s alidated through use in past psychological research



#### **Descriptive & Inferential Statistics**

Freshmen: M = 14.06, SD = 6.55 Seniors: M = 13.75, SD = 7.15 Both groups had wide but similar stress score ranges t(29.5) = 0.19, p = .849 No significant difference Cohen's d = 0.045 (tiny effect size) Levene's test: Equal variances assumed Distribution was roughly normal



### Key Takeaways



Both freshmen and seniors reported similar levels
levels
Stress in college seems to be universal not tied to class
year
Findings match modern research: class year doesn't
determine stress
Support systems should address all students, not just on
year

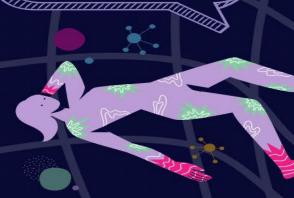


#### **Limitations & Strengths**

Limitations: Small sample size One-item scale (limited depth) dn't account for race, finances, or mental history

Strengths: Real student data Simple and effective survey design SPSS ensured reliable stats







## Implications for the Future