

Stress in College: Academic vs. Social Stressors

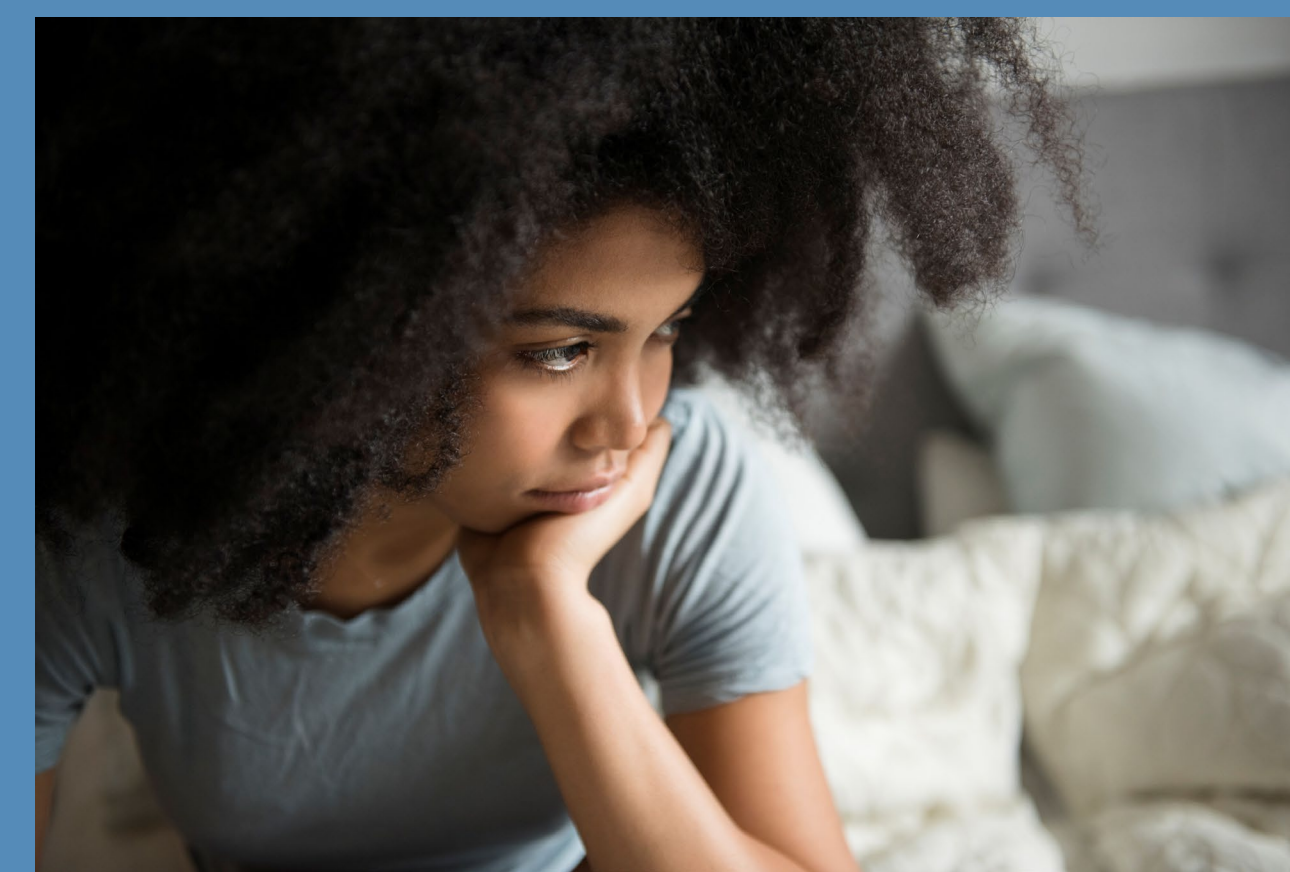
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HYPOTHESES

1. Academic stress will have a stronger correlation with perceived stress than social stress.
2. Female students will report higher perceived stress than male students.



RESULTS

1. Academic stress will have a stronger correlation with perceived stress than social stress.
 - A. Bivariate results: $r(67) = 0.361, p = 0.003$ (significant)
2. Female students will report higher perceived stress than male students.
 - A. Average stress level is 32.99 (SD = 3.98) which is moderate.
 - B. Average female student stress level is 32.09 (SD = 3.98) which is moderate.
 - C. Average male student stress level is 32.85 (SD = 4.14) which is moderate.
 - D. T-test results: $t(68) = 0.894, p = 0.374$ (not significant)

Participants & Measures

• N = 78 students

• 81.4% Female (n = 59), 18.6% Male (n = 15)

• Average Age: 25 years

• Measures:

- Perceived Stress Scale (PSS-10)

- Academic & Social Stress items (5-point scale)

DISCUSSION

• Academic stress was more strongly correlated with perceived stress.

• No significant gender differences found.

• Findings align with existing research.

• Implications: Universities should prioritize academic stress support.