

College Student Stress and Gender

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Hypothesis

This study will look at the differences between male and female college students and how they experience and cope with stress. When experiencing stress, women will be more likely to seek emotional support to cope with stress than men.



Participants

- 34 College Students
- 24 Females/ 10 Males
- Data was collected from male and female participants studying Criminal Justice, Sociology, Education, and Child Adolescent Studies.



Measures

- Five questions were drawn from the Perceived Stress Scale and added to our survey.
- The survey will ask a variety of demographic questions including gender, age, race, class year, major, and GPA. The students will be asked to answer questions about how they have managed their stress.



Results

- The average stress scores reported by female college students was 4.67 and the average stress scores reported by male college students was 5.30.
- Chi square results indicate no significant difference in the way college men and women cope with stress, $\chi^2 = 7.233$, $p = .300$. Thus, the hypothesis was not supported.
- According to the t-test, equal variances were assumed, $t(32) = -.830$, $p = .413$, there was no significant difference in the way men and women cope with stress. Therefore, the hypothesis was not supported.



Discussion

The results of the study suggest the following:

- There was no significant difference in the way college men and women cope with stress
- Based on the difference between the average stress scores reported, female students are slightly more effective when dealing with stress. However, the t-test showed no significant results.

