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Stress Levels in Students with Greater Number of Activities: a Correlational Study

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Stress Levels in Students with a Greater Number of Activities: A Correlational Study

Julia Sinople, Department of Psychology, Providence College

Introduction

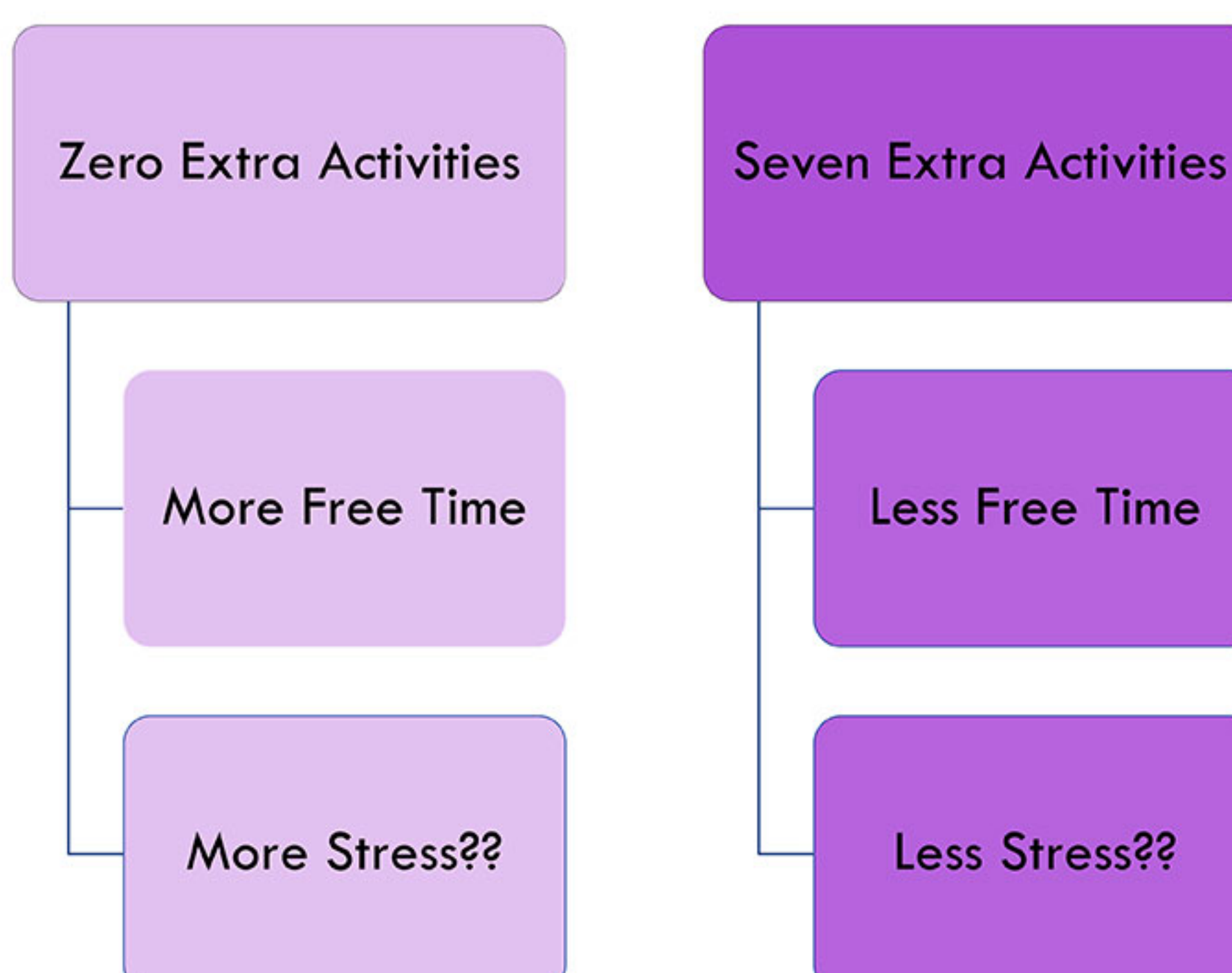
Have you ever thought that more extracurricular activities decreases stress? This study was conducted in order to examine significant stress levels in a specific population and also examine if there is a significant correlation between stress levels in and the number of activities done in the same population.

Materials and methods

Data collection: Questionnaire

Participants: 20 psychology majors (3 male, 17 female) ranging from 19 to 21 years old.

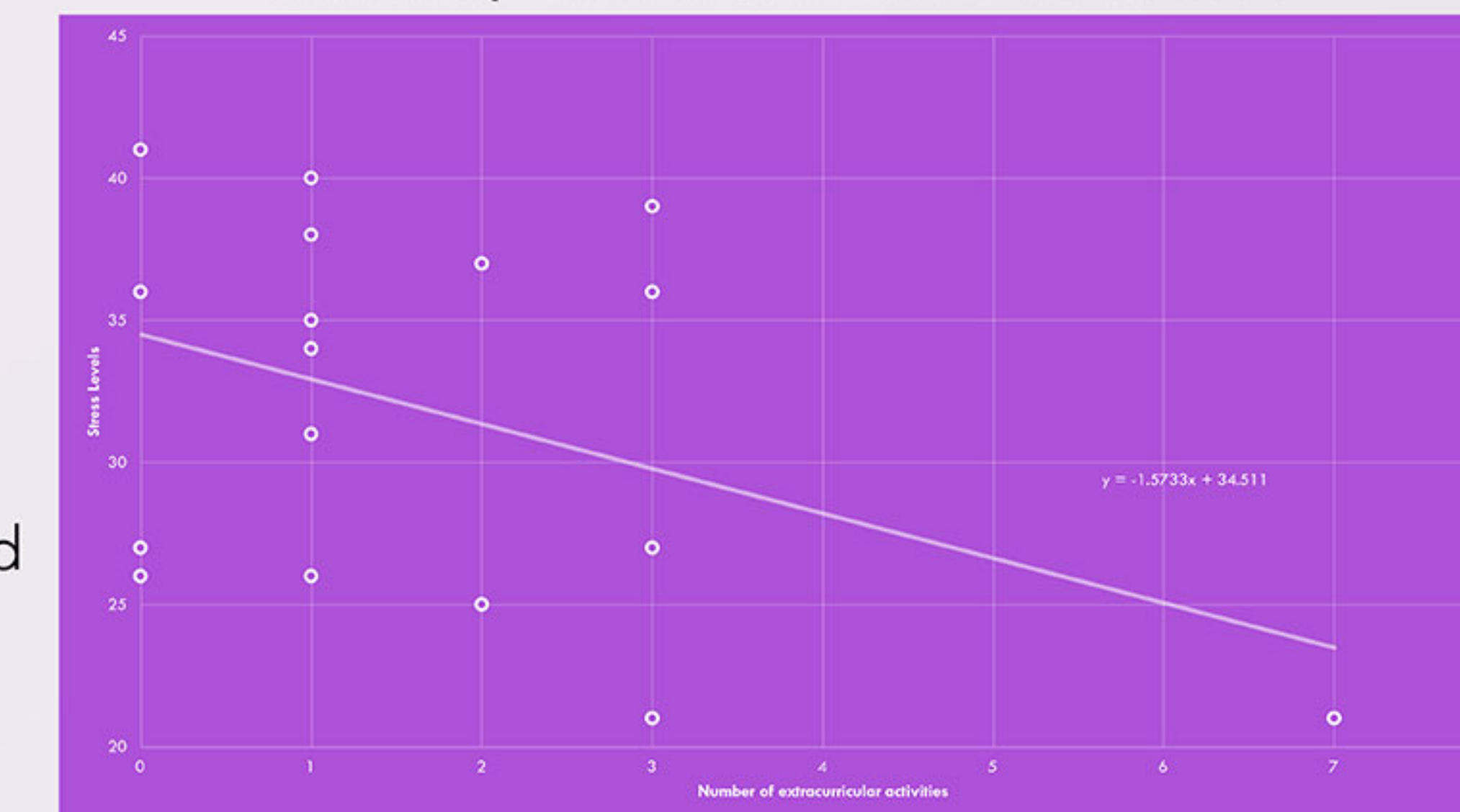
Approach: this study examined overall stress levels in the population and the correlation between stress levels and number of extra activities done outside of the classroom.



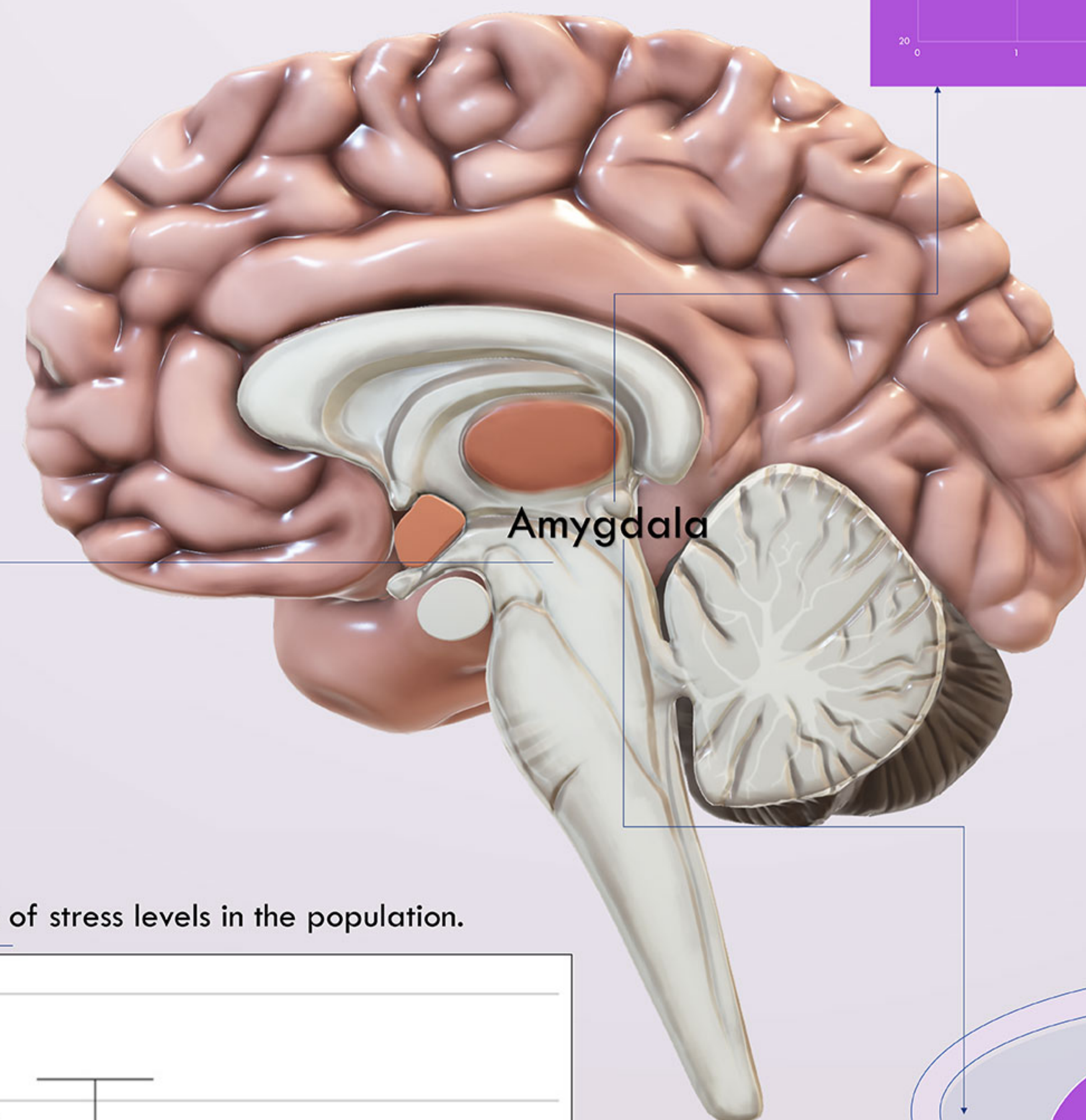
Major Findings:

1. In this sample, males engaged in more activities
2. There is a negative correlation between stress levels and activities
3. Overall correlation proven insignificant therefore inconclusive
4. This population is significantly different from most and least stressed

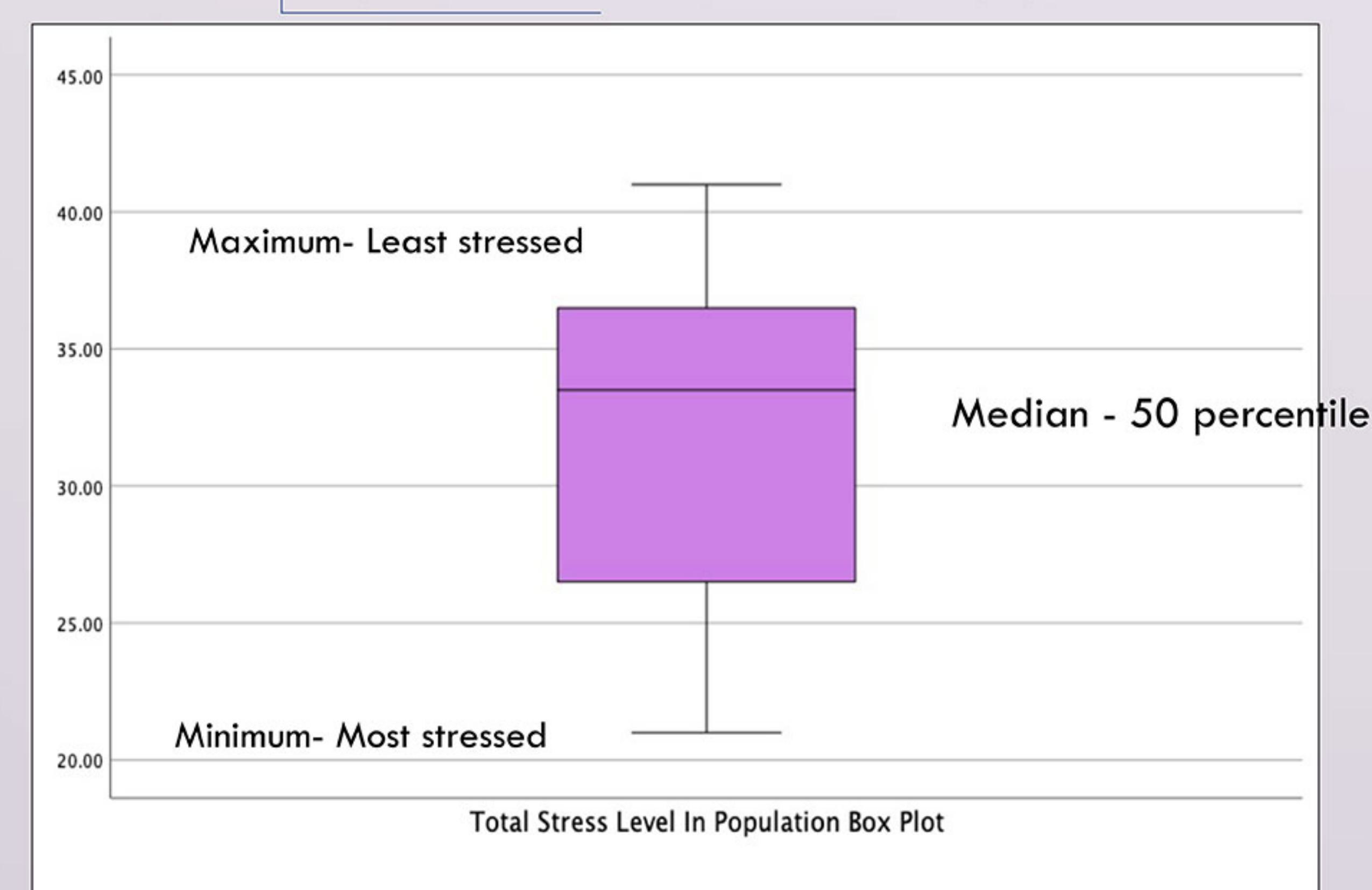
Relationship Between Stress Levels and Activities



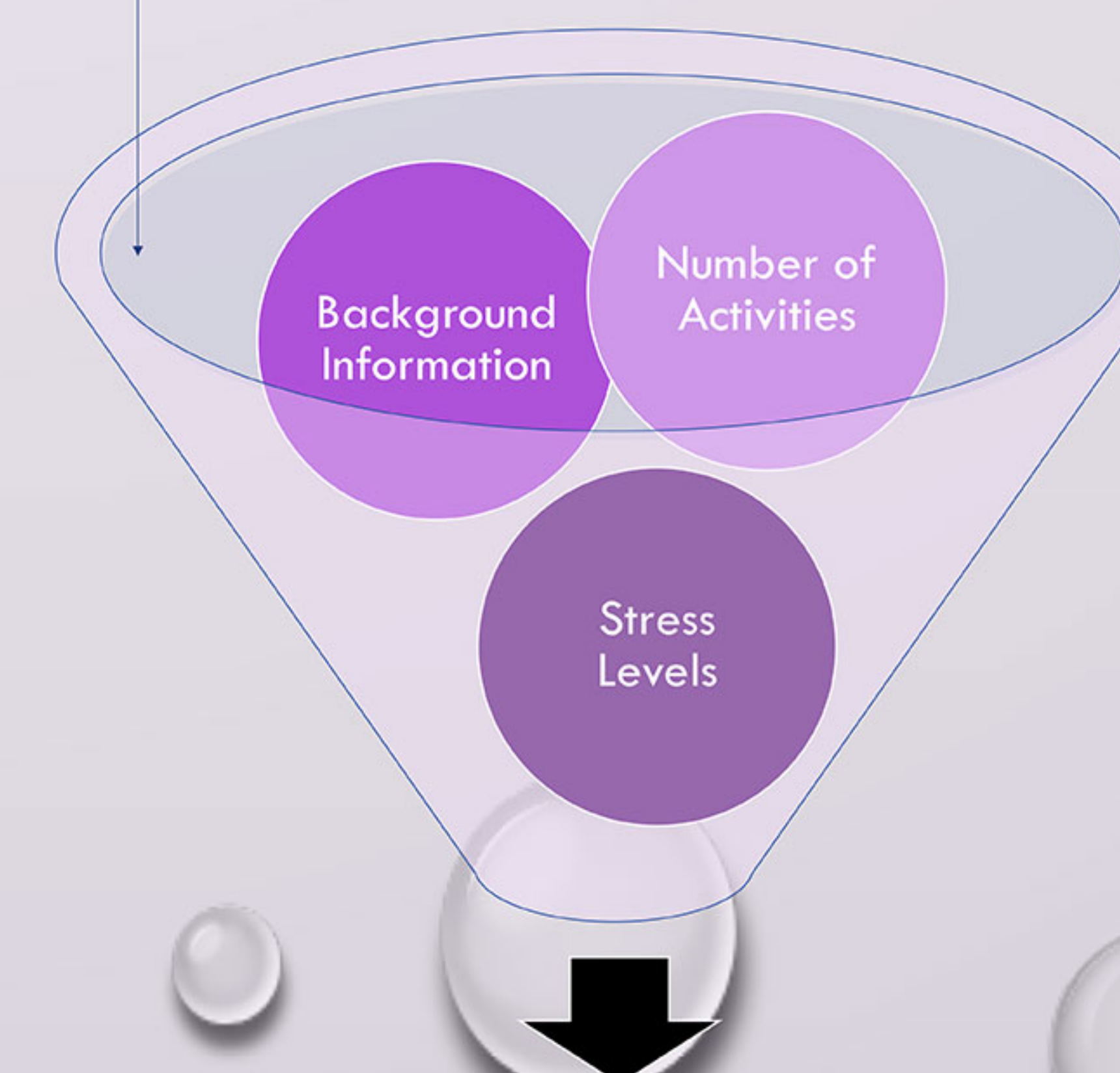
This linear regression shows a negative insignificant correlation between the grit variable (X axis) and the sense of purpose variable (Y axis).
NOTE: There is an obvious outlier which could distort the overall findings.



Representation of stress levels in the population.



When computation of all variables were complete a negative correlation was the result.



**Negative not significant
Correlation**

Conclusions

These findings have obvious application for future studies. These findings were proven not significant because the results were obtained with a small and less diverse sample group. However, the data suggests that students in this population have less stress with more activity! Overall, this population can be considered significantly in the middle of the highest and lowest stress levels.



Acknowledgments

I like to thank Dr. Morris for being the greatest RDSA professor a student could have. I also thank Providence College for supplying the software in order to obtain this data.

Further information

Please contact me with any other questions that you might have.



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