

Managing College Stress: Time Management, Stress & Life Satisfaction

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HYPOTHESES

Time management is one of the most highly effective ways to manage college stress and improve life satisfaction.



RESULTS

Time management is one of the most highly effective ways to manage college stress and improve life satisfaction.

❖ Stress x Time Management = $r(41) = -.212$, $p = .184$

❖ Life Satisfaction x Time Management = $r(39) = .376$, $p = .018$



PARTICIPANTS

- ❖ 48 Students
- ❖ 33 Women/15 Men
- ❖ Average Age = 25.6
- ❖ Race
 - ❖ African American (N = 43, 87.8%),
 - ❖ White, (N = 1, 2.1%)
 - ❖ Latino (N = 2, 4.1%)
 - ❖ Asian (N = 1, 2.1%)



MEASURES

- ❖ Stress (10 questions ranging from never to very often)
- ❖ Stress Management (8 questions ranging from not at all to very often)
- ❖ Time Management (4 questions ranging from never to always)
- ❖ Life Satisfaction (3 questions on a likert 1-7 scale ranging from strongly disagree to strongly agree)

DISCUSSION

The results of this study suggest the following:

- ❖ Stress and time management are unrelated.
- ❖ Life satisfaction and time management have a significant correlation, the better your time management, the more improved your life satisfaction is.

