

STRESS AMONG COLLEGE STUDENTS: FINANCES VS NEGATIVE COPING

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TO-DO:

INSTRUCT A STUDY AMONGST 49 PARTICIPANTS.

AGE RANGE: 20-66

SEX: FEMALE (33); MALE (15)

docs.google.com/document/d/1a8znw8hg8XTGgwAEZ-1aEKZ3Bid_L3Ur478YafsSnFY/edit?tab=t.0

Stress Among College Students: Finances vs Negative Coping

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Measures

Total stress: (Range: 9-29; M=19.78, SD=4.03)
Negative Coping: 3.00 (SD = 2.565)

Finances

- 34.7% "Everything needed and some extras"
- 34.7% "Just enough"
- 24.5% "Not enough"
- 4.1% "Everything needed and all extras"

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Hypothesis

What are you studying?

Today 11:59 PM

Financial stress mediates the relationship between employment and overall life satisfaction among college students.

Students who experience higher levels of stress are more likely to engage in negative coping behaviors than students with lower stress levels.

Message

Results

Relationship between financial stress and students' overall life satisfaction

- skewness of .100 and kurtosis of -.049
- not significant

Relationship between stress and negative coping strategies used among college students

- $r(43) = .502, p < .001$
- positive relationship

Discussion

There is no significant relationship between stress and finances, however, there is a positive relationship between stress and negative coping strategies.