The Rise of Anxiety Among the College Age Population

Kaleigh Landberg
Dominican University of California

Survey: Let us know how this paper benefits you.

Recommended Citation
https://scholar.dominican.edu/ug-student-posters/38

This Presentation is brought to you for free and open access by the Student Scholarship at Dominican Scholar. It has been accepted for inclusion in Student Research Posters by an authorized administrator of Dominican Scholar. For more information, please contact michael.pujals@dominican.edu.
Introduction

Research has shown that anxiety is a common mental health issue among college students. One study found that 36% of college students have had anxiety in the past year (American College Health Association, 2012). Anxiety can manifest in various ways, such as feeling nervous or anxious, having worrying thoughts, and feeling overwhelmed. It can negatively impact a person’s daily life and academic performance. Understanding the factors that contribute to anxiety and developing effective coping strategies are crucial for college students.

Methods

Participants

In this cross-sectional study, we surveyed 164 college students from Dominican University of California to assess their anxiety levels. The sample included both male and female students from various academic years.

Measure

We used the Behavioral Risk Factor Surveillance System (BRFSS) survey to collect data on anxiety levels. This survey is conducted annually by the Centers for Disease Control and Prevention (CDC) and provides valuable information on health-related behaviors and outcomes.

Statistical Analysis

We used descriptive statistics and chi-squared tests to analyze the data. We also conducted a logistic regression analysis to identify factors that may contribute to anxiety.

Results

The results showed that almost half of the participants (46%) reported feeling nervous or anxious, 61% reported worrying thoughts, and 49% reported feeling overwhelmed. These findings are consistent with previous studies indicating high levels of anxiety among college students.

Discussion

Our findings suggest a need for more effective coping strategies and intervention programs to help students manage their anxiety. College campuses could consider offering stress management workshops, counseling services, and mental health awareness campaigns.

Acknowledgements

We would like to thank Lawrence Yu and Margaret DeMayo for their support in conducting this study.

References


Individualized yoga for reducing depression and anxiety, and improving well-being: A randomized controlled trial. Depression And Anxiety, 33(9), 679-688.

http://dx.doi.org/10.1002/da.22499