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Chronic Commuting & Stress among students at Dominican University of California

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Chronic Commuting & Stress

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Senior Public Health Capstone
Alister Greenfield, 2018 Dominican University



Background



Stress & Commuters

- Previous Research
 - Physical & mental manifestations of chronic stress
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The Problem



Purpose:

- Examine the relationship
 - To assess perceived stress among those that commute
 - The results could inform interventions
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Methods



Study Design

- 25 questions, cross-sectional survey
 - IRB Approved
 - Posted in Dominican Bulletin
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Results

Table 1. Demographics	
Demographics (N = 55)	
Class Status	
Freshman	3 (5.5%)
Sophomore	9 (16.4%)
Junior	10 (18.2%)
Senior	26 (47.3%)
Graduate	7 (12.7%)
Gender	
Male	15 (27.3%)
Female	40 (72.7%)
Race	
African American	2 (3.6%)
Asian	15 (27.3%)
Hispanic	17 (30.9%)
Native American	1 (1.8%)
White	18 (32.7%)
Prefer not to respond	2 (3.6%)
Age	
Age (continuous)	Mean = 22.91, Median = 21

Table 2. Commuting and Stress			
Time spent commuting one-way and perceived stress			
Variable	Stress: Never	Stress: Yes	P-Value
30-40 min	1 (1.82%)	19 (34.55%)	Chi ² = 2.097 (3); p = 0.553.
40-50 min	3 (5.45%)	12 (21.82%)	
50-60 min	1 (1.82%)	7 (12.73%)	
60 + min	1 (1.82%)	11 (20.00%)	
Days per week and perceived stressed			
Variable	Stress: Never	Stress: Yes	P-value
3 Days per week	2 (3.64%)	13 (23.64%)	Chi ² = 0.219 (2); p = 0.896.
4 days per week	2 (3.64%)	21 (38.18%)	
Over 4 days	2 (3.64%)	15 (27.27%)	
Gender and perceived stress			
Variable	Stress: Never	Stress: Yes	P-value
Male	4 (7.27%)	11 (20.00%)	Chi ² = 5.269 (1); p = 0.022.
Female	2 (3.64%)	38 (69.10%)	

Table 3. Top Three Stress Factors	
Variable	N
Schoolwork	46 (83.60%)
Financials	28 (50.90%)
Commute	23 (41.80%)
Job	17 (30.90%)
Family	14 (25.50%)
Personal Relationships	14 (25.50%)
Health	7 (12.70%)
Professional Relationships	4 (7.30%)



Ethnography

- A visual representation of data
 - 2 participants
 - <https://youtu.be/nek7H5-Lzrc>
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Future Implications

- Class schedules
 - Shuttle System
 - Carpooling
 - Smart Train Discounts
 - Promote commuter life on campus
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Thank you!

Questions?

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