

Apr 19th, 3:40 PM - 3:55 PM

## Chronic Commuting & Stress among students at Dominican University of California

Alister Greenfield  
*Dominican University of California*

**Survey: Let us know how this paper benefits you.**

---

Greenfield, Alister, "Chronic Commuting & Stress among students at Dominican University of California" (2018). *Scholarly and Creative Works Conference 2020*. 62.  
<https://scholar.dominican.edu/scw/scw2018/all-conference/62>

This Event is brought to you for free and open access by the Student Scholarship at Dominican Scholar. It has been accepted for inclusion in Scholarly and Creative Works Conference 2020 by an authorized administrator of Dominican Scholar. For more information, please contact [michael.pujals@dominican.edu](mailto:michael.pujals@dominican.edu).



# Chronic Commuting & Stress

—  
Senior Public Health Capstone  
Alister Greenfield, 2018 Dominican University



Background

---



# Stress & Commuters

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



# The Problem

---





# Purpose:

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



# Methods

---



# Study Design

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





# Results

---

<b>Table 1. Demographics</b>	
<b>Demographics (N = 55)</b>	
<b>Class Status</b>	
Freshman	3 (5.5%)
Sophomore	9 (16.4%)
Junior	10 (18.2%)
Senior	26 (47.3%)
Graduate	7 (12.7%)
<b>Gender</b>	
Male	15 (27.3%)
Female	40 (72.7%)
<b>Race</b>	
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%)
<b>Age</b>	
Age (continuous)	Mean = 22.91, Median = 21

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

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



# Ethnography

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





# Future Implications

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



# Acknowledgements

- » Shayna Strauch
  - » Daniel (DJ) Santos
  - » Oliver Demmert-Shelfo
  - » Andria Rusk, MScGH, PhD
  - » Brett Bayles, MPH, PhD
  - » Amy Rankin-Williams, MA, DrPH
  - » Michaela F. George, MPH, PhD
  - » All survey participants
-



Thank you!

Questions?

---

# References

American Psychological Association. (n.d.). Stress a major health problem in the U.S. warns APA. Retrieved October 15, 2017, from <http://www.apa.org/news/press/releases/2007/10/stress.aspx>

Cohen, S. (1994). Perceived stress scale. *Mind Garden*. Retrieved from <http://www.mindgarden.com/documents/PerceivedStressScale.pdf>

Koslowsky, M. (1997). Commuting stress: Problems of definition and variable identification. *Applied Psychology: International review*, 46(2), 153-173.

Newbold, J. J. (2015). Lifestyle challenges for commuter students. *New Directions for Students Services*, 2015(150), 79-86.

Merriam-Webster Online. (2017). Stress. Retrieved from <https://www.merriam-webster.com/dictionary/stress>