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College Students' Stress Coping Strategies

Jatinder Janda

Dominican University of California

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**ATTACHED ARE THE WRITTEN MATERIALS FOR THE
PROCEDURE AND THE CONSENT FORM**

SOCIAL MEDIA INVITE

My name is Jatinder Janda and I am an undergraduate Health Science major at Dominican University of California. I am conducting a research project as part of my senior thesis requirements on stress in college students since stress is very prominent in student's lives. So my project is on stress coping strategies among college students. I am asking for volunteers to complete a questionnaire asking questions about stress in your life, using survey monkey.

If you are willing to participate and are over 18, please click on the link below.

DOMINICAN UNIVERSITY of CALIFORNIA
LETTER OF PERMISSION TO DOMINICAN FACULTY

Martha Nelson, Ph.D.
Health Science & Public Health Department
Dominican University of California

RE: PRESENTATION OF RESEARCH PROJECT

Dear Dr. Professor:

This letter confirms that you have read a brief description of my research project that examines student attitudes towards stressful environments stress and stress coping strategies during their undergraduate college years and that I have your permission to recruit participants for this project from your Research Methods class at a date and time convenient for you. I would only need 5-7 minutes of class time to summarize my project.

This project is an important part of my undergraduate research requirements as a Health Science major at Dominican. Martha Nelson, Ph.D., Professor of Health Science and Public Health, is supervising my research. If you have questions about the project you may contact me at phone number or email address below. If you have further questions you may contact Dr. Nelson, at, 415-257-1310 or the Institutional Review Board for the Protection of Human Participants at (415) 482-3547.

Shortly after completion of my study, I will send you a brief summary of relevant findings and conclusions.

If my request to contact the students in your class meets with your approval, please sign this letter on the line provided below, date, and return this letter to me as soon as possible. I will then contact you to arrange a convenient time for visiting your class.

Thanks for your assistance.

Sincerely,

Jatinder Janda Senior
50 Acacia Avenue
Health Science Student Research Box
Dominican University of California
San Rafael, CA 94901
Email address: jatinder.janda@dominican.students.edu
(650)-303-1169

I agree with the above request

Signature

Date

COPING WITH STRESS QUESTIONNAIRE

1. Gender?
 - Male
 - Female
2. Do you have a job?
 - No
 - Part-time
 - Fulltime
3. What college year are you in?
 - Freshman
 - Sophomore
 - Junior
 - Senior
4. Are you a part-time or full-time student?
 - Part-time
 - Full-time
5. What was your last semester GPA?
 - >2.0
 - 2.0 – 2.5
 - 2.6 - 3.0
 - 3.1 - 3.5
 - 3.6 – 4.0
6. How often do you exercise a week?
 - Not at all
 - > 2 hours
 - 2 – 4 hours
 - 4 - 6 hours
 - 6 – 8 hours
 - 8 < hours

Rate the extent of stress you experience in the following areas:

7. Money/finances?
 - High
 - Average
 - Low
8. Job?
 - High
 - Average
 - Low
9. Family?
 - High
 - Average
 - Low
10. Workload/Classes?
 - High
 - Average
 - Low
11. Tests/Exams?
 - High

- Average
 - Low
12. Playing a sport?
- High
 - Average
 - Low
13. Which of the following are you feeling at the present level of stress? (Check all that apply)
- Irritable
 - Anxious
 - Nervous
 - Tired
 - Focused
 - Emotional
 - Headache
 - Insomnia
 - Loss of appetite
 - Craving
 - Nausea
14. Rate how comfortable you are at your present stress level?
- Low
 - Average
 - High
15. Rate the effect of stress on your academic performance?
- Low
 - Average
 - High
16. Does exercise help you cope with stress?
- Yes
 - No
17. Which coping method works the best and least for you? Choose the top 3 for each category
- Sleep
 - Exercise
 - Talk to friends
 - Talk to family
 - Eat
 - Not eat (diet)
 - Project/hobby
 - Smoke
 - Drugs
 - Listen to Music

Rank	Top Best Coping Method	Top Least Coping Method
1.		
2.		
3.		

18. Do you wish your school offered information on better coping with stress?
- Yes
 - No

PERCEIVED STRESS SCALE

INSTRUCTIONS:

The questions in this scale ask you about your feelings and thoughts during THE LAST MONTH. In each case, please indicate your response by placing an "X" over the circle representing HOW OFTEN you felt or thought a certain way.

	Never	Almost Never	Sometimes	Fairly Often	Very Often
	0	1	2	3	4
1. In the last month, how often have you been upset because of something that happened unexpectedly?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. In the last month, how often have you felt that you were unable to control the important things in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. In the last month, how often have you felt nervous and "stressed"?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. In the last month, how often have you felt confident about your ability to handle your personal problems?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. In the last month, how often have you felt that things were going your way?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. In the last month, how often have you been able to control irritations in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. In the last month, how often have you been able to control irritations in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. In the last month, how often	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

have you felt that you were
on top of things?

9. In the last month, how often
have you been angered because
of things that were outside your
control?

10. In the last month, how often
have you felt difficulties were
piling up so high that you could
not overcome them?

Reference:

Cohen, S., Kamarck, T., & Mermelstein, R., "A Global Measure of Perceived Stress," in
Journal of Health and Social Behavior, 24 (1983), 385-396

ANONYMOUS SURVEY RESEARCH CONSENT FORM

Dear Study Participant,

My name is Jatinder Janda and I am an undergraduate Health Science major at Dominican University of California. I am conducting a research project as part of my senior thesis requirements, and this work is being supervised by Martha Nelson, Ph.D., Professor of Health Science and Public Health at Dominican University of California. I am requesting your voluntary participation in my study, which concerns students stress coping habits and strategies regarding academic performance.

Participation in this study involves recording your semester GPA. And filling out a four-page questionnaire containing your response on coping, as well as some demographic questions to be used for statistical purposes. Please note that your participation is **completely voluntary** and you are **free to withdraw your participation at any time**. In addition your survey responses are designed to be **completed anonymously**. Anonymity cannot be guaranteed, however, in the unlikely event an identity becomes known, all information will be held as completely confidential. Aside from looking up GPA, filling out the survey is likely to take approximately 10 minutes of your time.

If you choose to participate in this study, please fill out the materials as honestly and completely as possible by going online to Survey Monkey. You may do so at your earliest convenience. If you choose not to participate at any time you may exit survey monkey.

If you have questions about the research you may contact me at the email address below. If you have further questions you may contact my research supervisor, Martha Nelson (#415-257-1310 or email: martha.nelson@dominican.edu) or the Dominican University of California Institutional Review Board for the Protection of Human Participants (IRBPHP), which is concerned with protection of volunteers in research projects. You may reach the IRBPHP Office by calling (415) 482-3547 and leaving a voicemail message, or FAX at (415) 257-0165, or by writing to IRBPHP, Office of Associate Vice President for Academic Affairs, Dominican University of California, 50 Acacia Avenue, San Rafael, CA 95901.

If you would like to know the results of this study once it has been completed, a summary of the results will be presented at Dominican University of California's Academic Showcase in April, 2010. Contact me at the email address below for further information.

Thank you in advance for your participation.

Sincerely,

Jatinder Janda
Health Science Student Research Box
Dominican University of California
50 Acacia Avenue
San Rafael, CA 94901
Email address: jatinder.janda@dominican.students.edu