



# College Student Stressors and Coping Mechanisms

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Full research paper

## Introduction

The purpose of this study is to employ survey research to collect data regarding what college students perceive as their main stressors and how they cope with the stressors. Each respondent will also identify the extent to which they perceive each coping strategy as health or unhealthy (with a five-point Likert scale) and the extent to which they perceive the coping strategy to be helpful and not helpful (with a five-point Likert scale). They will also be asked if they would like to change the coping strategy and if so, how they would approach making the change.

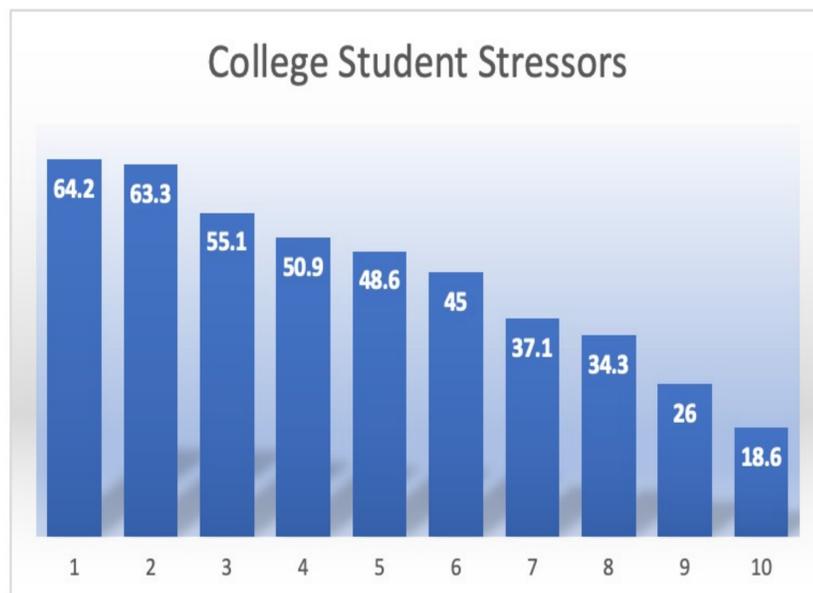
## Results

Respondents were also asked to provide a health rating regarding their coping strategies on a 5-point Likert scale from 1 (not healthy) to 5 (extremely healthy). The majority of respondents (39.8 percent) provided a health scale rating of 3 (moderately healthy). The next most selected health rating (30.5 percent) was 2 (somewhat unhealthy). Lastly, respondents were asked to rate their satisfaction with their coping approach on a 5-point Likert scale of 1 (very unsatisfied) to 5 (very satisfied). Most respondents (46.6 percent) rated a satisfactory level of 3 (somewhat satisfied). Next, respondents rated their satisfaction as 4 (satisfied) with 29.7 percent.

## Conclusions

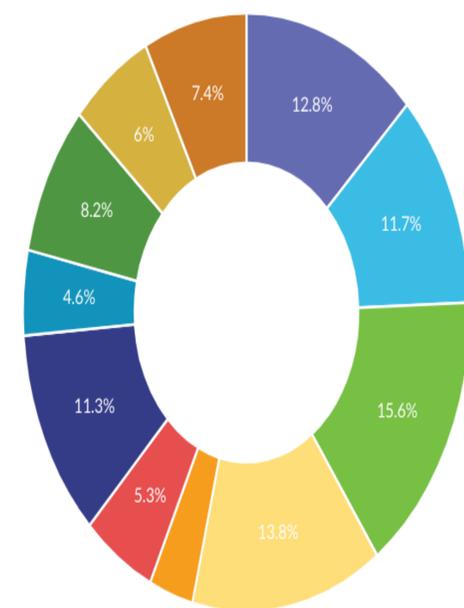
Although coping mechanisms of technology, exercise, and social support are considered healthy, at least to varying extents, a majority of respondents rated the health of their coping mechanisms as moderately healthy to somewhat unhealthy. Future research directions may want to explore specifically the health scale per coping mechanism, including a short answer for respondents to explain their health rating. This study also noted the potential discrepancy between a lower health scale rating and a higher rating of satisfaction with their coping strategies. Consequently, future research should examine the potential inconsistency between each respondents' satisfaction and health scale.

Stressors rated 5-extremely stressed & 4-very stressed



- 1. Academic
- 2. Time management
- 3. Friendship
- 4. Concerns for future
- 5. Self-image
- 6. Physical and mental health
- 7. Financial
- 8. Romantic
- 9. Authority
- 10. Loss of loved one

College Students Coping Mechanisms



Choice	Total
*Coping with Technology* (such as video gaming, blogging, social media)	44
*Coping through Eating* (such as changes in eating behavior, such as over- or under-eating, stress eating, eating more sweets than usual)	39
*Coping through Social Support* (such as sharing with family or friends, going out with friends, going to therapy, spending time with your pet, seeking out a causal relationship/hook-up)	36
*Coping with Creativity* (such as reading, writing, listening to or creating music, painting, drawing, crafting, cooking)	33
*Coping through Problem Avoidance* (such as ghosting, procrastinating, disengaging from stressor)	32
*Coping through Over- or Under-Sleeping* (such as sleeping over 8 hours per night or under 6 hours per night)	23
*Coping by Spending Money* (such as online or in store shopping, buying items for hobbies)	21
*Coping with Meditation and/or Spiritual Practices* (such as praying, practicing yoga, mindfulness, reading related to spiritual or religious beliefs, spending time with people in your spiritual or religious community)	15
*Coping with Substance Use* (such as caffeine use, alcohol use, smoking, misusing medications, using inhalants, or using other drugs or substances)	13
*Coping with Externalizing or Internalizing Behaviors* (such as danger-seeking behavior, skin and/or hair picking, throwing objects, physical or emotional aggression of others, engaging in risk-taking behaviors, engaging in self-harming behaviors)	9