Exploring How SJSU Students Cope With Stress
**Introduction**

Coping with stress is huge part a life because the choices you make can have a really negative effect on you. We wanted to go around to see on average how many people do what to cope with their current stressor. After understanding the diversity in college, we wanted to know how higher level college students cope with stress. Those who understand how to manage their time and handle stress effectively tend to be older because they are wiser and more knowledgeable, that is why we could not interview freshmen.

**Methods**

With a group consisting of three people, we had to survey 75 people who could not be freshmen. We asked both men and women how they cope with stress throughout the year. We asked them the basics like their gender, race, religion, class level, etc. We then proceeded to ask how they deal with stress. We asked them specific things that average people might do and asked them to say yes or no. As we acquired this information we recorded it and began working all the numbers and percentages.

**Findings**

The six variables our team chose to report, which to show how each of them help students cope with stress, were: Ethnicity, religion, watch TV or go to the movie or not, whether or not listen to or play music, alcohol and smoke cigarettes.

**Ethnicity**

We found that the population of SJSU were 34.7% White, 32% Asian, 16% Hispanic and Latino, 13.3% Filipino, and 4% other.
In terms of religions, 44 participants reported that religion helps student to cope with stress, and 31 participants reported that religion has nothing to do with relieving stress.

We also found that most of the participants (93.3%) used TV or movie as a way to cope with stress, while the other participants (6.7%) didn’t use or think TV or movie is a way to cope with stress.
Similar to what we found on how TV helps students to cope with stress, music was also a way for students to relieve themselves; 98.7% reported that music help them cope with stress, while 1.3% reported that music didn’t help them with relieve stress.

In the case of alcohol, 54 participants used alcohol to cope with stress, and 21 reported that they didn’t use any alcohol or drug to cope with stress.

According to our data, 96% of the participants reported that they smoke cigarettes to cope with stress. Only 4% of the participants did not use smoking as a way to cope with stress.
Conclusions

In conclusion SJSU has a wide variety of coping mechanisms. We’ve learned that there are healthy ways of dealing with stress but most people do not often use them. A good percentage of people like to go out a drink when they are stressed but that does not mean they do not do anything but drink when stressed. However, we see that there is some self-control because 96% of people choose not to smoke but 72% of people use alcohol. This again isn’t based on of race or gender or anything biased. Stress levels do not follow a pattern, everyone just encounters different things and deals with them differently. Through this activity we had learned that we should always respect others because you do not know what they are going through.