How Students in SJSU Cope with Stress
**Introduction**

This is very similar to the first part of the assignment such as asking people what class level they are and if they are a 1st generation college student however this time, we also asked them if they do any activities in order to cope with stress. We can gain an understanding of how students in SJSU cope with stress and see if there’s any correlation to their gender, class level, or ethnicity.

**Methods**

Our group of five people each interviewed 25 upperclassmen, making a total of 125 students. As mentioned before, we asked for their gender, class level, if they are a 1st generation college student, and race. We also listed activities such as watching TV or going to the movies, listening or playing music, drinking alcohol and/or take drugs, smoke cigarettes, read, if they resort to religion, confide in their parents, confide in their family who isn’t a parent, talk to or hang out with friends, spending time with boy/girlfriend or having sex, playing video games, resort to social media, exercise, and clubbing or partying/dancing to see which of the following they did to cope with stress.

**Findings**

With all the responsibilities and work that come with college there’s bound to be stressful times, but luckily there are many ways students can deal with this. After gathering all our information, the six variables we decided to focus on were the students’ ethnicity, if they watched TV, use drugs/alcohol, hang out with friends, exercise, or confide in parents.
The majority of people we interviewed for this study were either White (18%), Asian (32%), Vietnamese (9%), or African American (9%). From this group of people that were interviewed we can see that SJSU has a very diverse campus.

When asking students if they watched TV as a way of dealing with stress the majority, 81%, answered yes and only 17% answered no.
When looking at how many people turn to alcohol or drugs to try and cope with stress we found that the majority of students don’t, with a response of 61% saying no and 39% replying yes.

From our data, hanging out with friends as a way to cope with stress is one of the more popular choices, 90% of the students answered yes and only 10% answered no.

Exercise is not only healthy physically but also emotionally. The majority of the students, 67%, said that they exercise and 33% said that they don’t.
Conclusion

According to the data we gathered over the course of this assignment we were able to conclude that our campus is indeed a very diverse campus, not only in ethnicity, but also in the ways we tend to manage our stress. It was interesting to see that as diverse as we are, one of the things we all face is stress and we each have to find our own way to cope with it. As we asked upperclassmen about ways that they coped with stress, some of them had to really think about how they deal with it. Some ways to deal with stress may be more of a subconscious effort and it made us think how different everyone is if the way they subconsciously deal with stress is different even within a race. While the highest percentage of non-freshman students said they hang out with friends (90%), there were many others who had different ways of coping with stress (67% exercise, 55% confide in parents, 39% use drugs, and 83% watch TV), not to mention the thousands of other potential ways SJSU students may be coping with stress.
Appendix