How SJSU Students Cope With Stress
**Introduction**
Our team has examined how the students at San Jose State University deal with Stress. In doing this, we have experienced many ways of socializing with other people on this campus and let us know how we might want to deal with stress in our life.

**Methods**
Each of us in our group surveyed 25 different people from various places around campus. The class level of each person varies but there were no freshman involved.

**Findings**
The six variables we chose were whether they dealt with stress by seeing movies/tv shows, using alcohol/drugs, talking to or hanging out with friends, playing video games, or exercising and their ethnicity.
Through our surveys, we found out that 34% of people were Hispanic, 20% were White, 18% were Asian, 8% were Vietnamese, 7% were Filipino, 5% were black, 5% were Indian, 5% were Mexican and 2% were Chinese.

![Percentage of Ethnicities](chart.png)

We also found out that around 70% of people we surveyed watched movies or tv shows to deal with stress.

![Coping Through Watching Movies/TV Shows](chart.png)
Fifty-seven percent of the people we surveyed tend to use alcohol or drugs in order to cope with stress.

In terms of using exercise to cope with stress, around 65% of students claim to do it.

Around 49% of our findings use video games to cope with stress.

And around 81% hang out with or talk to friends in order to relieve stress.
**Conclusion**

Through our research we have concluded that most students cope with stress by talking to or hanging out with friends or watch movies/tv shows. Many students will also use alcohol/drugs or exercise in order to deal with stress. It is fairly safe to say that most people deal with stress in the same ways.
Appendix