Diversity Assignment Part Two

How do college student cope with stress?
**Introduction:**

As part of our Sci90T goals to explore our campus, we are assigned a diversity research project. Within this project our success team of four members individually survey twenty-five students each, a total of one hundred students. Each member will ask students around campus several different questions regarding their ethnicity, their gender, and their religion to give us a better understanding of the students’ background. Most importantly, the following questions will deal with how college students overall cope with stress on a daily basis.

**Methods:**

Consisting of four members, we each had to encounter with twenty-five random college students and find out what ways college students cope with stress at SJSU. We used a series of questions that gave us the chance to first find out their class level, race, and religion. Then we asked the students with a series of yes or no questions if they did the activities stated to them to cope with stress.

**Findings:**

After gathering our data, we had chosen six of these following reports: the students’ gender, class level, race or ethnicity, does the student who under goes stress confide with their parents or a non parent such family member, and lastly, students were asked if they intake drug or alcohol when they are under stress. Majority of the data, 67%, came from females around SJSU. We found to have more senior students interviewed. Also data comes from an equal amount of Caucasians and Hispanics and a great majority of Asian race. It was interesting to see how many students have a close bond with their family since more than 50% of them answered yes to confiding with their family members when under stress.
First Analysis: Gender

With a survey of one hundred students, 67% of students surveyed were of female gender leaving 33% of students surveyed to be of male gender. We expected this great difference since all four members are female and we were most comfortable speaking with women.

Second Analysis: Class Level

Within our survey, 27% of students interviewed were freshman, 10% were sophomores, 24% were juniors, and 39% were seniors at San Jose State University.
**Third Analysis: Race and Ethnicity**

Of the many different ethnicities we encountered, out of 100, 22% identified themselves as white, 22% identified themselves as Hispanic, 9% identified themselves as African American, 35% identified themselves as Asian, and 12% were of other decent such as: Polynesian, Indian, Middle Eastern, and other minorities.

**Fourth Analysis: Does student under stress confide with their parents?**

We had asked students if they confide in their parents when undergoing stress. To our surprise 60% of students answered yes, they do confide in their parents when they are under a great deal of stress. 40% of students answered no, they did not confide in parents when undergoing stress.
**Fifth Analysis: Does student under stress confide in family members or non parents?**

The chart shows that 72% of students said yes, they do confide in family members who are not a parent, while 28% said no.

**Confide in Family (Non-Parents)**

We asked students if when they are under stress do they confide in family members or anyone other than their parent such as an aunt, uncle, or cousin and 72% of students said yes, they do confide in family members who are not a parent. The remaining 28% of students said no, they do not confide in family members, who are not a parent, when under stress.

**Drink alcohol and/or take drugs?**

Lastly, in our survey students were asked when under stress do they intake alcohol and/or drugs and 57% students answered yes; when under stress they consume alcohol and/or drugs—with a remaining of 43% students answered no, they do not drink alcohol and/or take or do drugs when under stress.

**Sixth Analysis: Use alcohol and/or drugs?**

The chart shows that 60% of students said yes, they do consume alcohol and/or drugs when under stress, while 40% said no.

**Alcohol and/or Drug Use**

We asked students when under stress do they consume alcohol and/or drugs and 60% students answered yes; when under stress they consume alcohol and/or drugs—with a remaining of 40% students answered no.
**Conclusion:**

Furthermore, after gathering our Diversity research it has been concluded that 67% of our research came from female gender and 33% came from male gender—within our data, the majority of our survey was taken by seniors at 37%, then juniors, followed by freshman, and lastly sophomores at 10%. Being the second part to our diversity survey, our main goals were to analyze the diversity of students within the university and see how college students cope with stress. Our team focused on asking students when under stress do they cope with their parents or a family member that is a non-parent and the majority of students answered yes they do confide in their parent/s and family members when under stress. Lastly, being a college student ourselves our team chose to analyze what could be some possible alternatives that students take when under stress and in the survey we asked if the student consumes alcohol and/or drug use and 57% of students truthfully answered yes they do and 43% answered no they do not. It was a disappointment to see how many college students turned to negative ways such as alcohol and drug use to cope with their stress.