How College Students Cope with Stress
**Introduction**

Everyone deals with stress differently. Some may smoke or do drugs, some may listen to music, and some may just read or talk to someone. Being apart of the Science 90T class, we had to interview people around campus to find out how others dealt with their stress. We used a sample of 125 people in order to conduct this experiment.

**Methods**

Our Success Team was made of 5 teammates. Each of us randomly interviewed 25 students. It was really important for us to have an eclectic selection of students so that we could maximize the accuracy of our project. We mostly went to the Student Union individually on our separate breaks and approached students in the cafeteria. This location is where we were most likely to find students who were more relaxed, not in any rush, thus more willing to give us their time. Some of us interviewed students and most of us gave them the form to fill out. It helped some students to look at the question and read it to themselves and take a minute to respond. Some of us used our other classes and gave incentives such as brownies for taking time to answer our questions honestly and accurately.

**Findings**

As we surveyed SJSU students we noticed that many students manage stress in different areas. By looking at the diversity at SJSU and in our Science 90T class, we polled a total of 125 students, 64 males (51%) and 61 females (49%).
The classes were divided in the following: Frosh 65 (52%), Sophomore 35 (28%), Juniors 19 (15%) and Seniors 10 (5%).

Our diverse group was represented as follows: African Americans 11 (8%), Asians 24 (19%), Hispanic 38 (38%), Filipino 5 (4%), White 39(31%) Indian 2 (2%) and 6 students (5%) who marked “other”.

Our group had a large quantity of students who practice some form religion and who do not. When
students are to tell us what are their religion data shows that 93 (74%) are religious and 32 (26%) are not religious.

We then asked students two questions that had to do with their social time. Of our group of 125 students, the data was pretty evenly divided on the subject of alcohol and drugs. About 61 (48%) stated that they drink or do drugs while 64 (52%) say they do not.

Our last question about social time reflected an almost completely homogeneous group. About 124 (99%) of the students agreed that they hang out with friends and only 1 (1%) does not hang out with friends.
All of this data demonstrates a diverse group who are enjoying friends and social time as part of their college experience.

**Conclusion**

The research we done as a group successfully notified us how students at SJSU manage stress in different ways. The amount of responsibility we are given inside and outside of school has shown we are dependable and always keeping ourselves busy on our own time. The gender we interviewed were mostly males than females. As a group we seemed to be more comfortable interviewing students who are frosh because they are the ones who cope with stress to become comfortable on SJSU campus and a dependable student. When asking students what are their cultures, most of them would answer only one because they are mixed and most of them would want to answer multiple. At SJSU we have a diverse amount of students that show along our records but shows that there are many whites and hispanics on campus that we interviewed. When students are to answer what they do on their free time many of them enjoy hanging out with their friends and most likely partying, hanging out with their boyfriend/girlfriend, exercising or going out to the movies. With the data we have collected together, many students at SJSU enjoy their time being a Spartan while most of them focus on their responsibilities to keep their academics going well as a student. No matter the amount of stress us
students are given today, we should respect them for handling situations on their own and help them out if they ever need it.