Diversity Assignment
**Introduction**

As part of Science 2/90t, we explore how students cope with stress at San Jose State University. We explore these ways within the student body at the University. We have found the different ways to cope with stress as a college student within six topics; gender, race/ethnic, watch TV or go to movies, drink alcohol or do drugs, has social media, and whether if he/she parties or clubs. The purpose of finding out different ways to cope with stress within the student body is to give students ideas and help to deal with stress. Talking to the San Jose State student body about ways to deal with stress has enhanced our social skills. Our success team has developed project management skills and the experience with working independently, and collectively. We have also collected date, and have done date analysis using excel to produce charts and graphs to represent our findings.

**Methods**

Our team consisted of 5 members and we each interviewed 25 random people who attended San Jose State either in our class, dorm or outside on campus. The questions we asked had to do with the way they coped with stress and they all ranged from freshman to seniors. Many of the students had different ways in which they coped with stress. Each student gave us their own response that they related to with stress coping in their college career. After we all collected our results we submitted our results on a Google document and emailed it to one of our team members in order for him to collect all the date.

**Findings**
After having one hundred and twenty-five of our peers complete the survey that asked them to reveal how they cope with stress, our group came together to discuss our various results. In this section, we are able to illustrate the results that our peers gave in the sections under Gender, Ethnicity, whether they watch TV and/or movies, use alcohol and/or drugs, use Social Media, and go clubbing/partying.

First, we have the section under how many females and males that our group interviewed altogether.

The survey indicated that out of the one hundred and twenty-five students interviewed, 52% were males and 48% were females.
Second, we have the pie chart that labels all of the ethnicities that our peers identified under as, which include Asian, Filipino, Vietnamese, Mexican, Latino/Hispanic, Caucasian, African American, and Indian. The total percentages of students that are Asians is 15%, 11% are Filipino, 1.6% are Vietnamese, 14.4% recognize themselves as Mexican, 14.4% are of Latino/Hispanic heritage, 24.8% are Caucasian, 16% identify as African American and lastly, 2.40% are of the Indian culture.

Then, we have the results of the peers that cope with stress through the act of watching a television show or simply by going to the movie theater. A majority of the sample size replied that they do with a 87.2%, while 12.8% said that they do not indulge in this activity.
Above, we have the results of the sample size that replied that they put up with stress through the use of alcohol and/or drugs with a 54.4% saying they do, while on the other hand, 45.6% said they do not.

Social media was also one of the selected categories that our group decided to include as a stress mechanism that our peers take activity in, letting us see that 84% do thrive in this medium, while 16% do not.

The last graph brings to light the amount of students at San Jose State University that deal with stress by going out to a club or party with a 55.2% and a 44.8% that do not.
**Conclusion**

For the stress survey we also saw that we had surveyed more males than females when compiling our data. We noticed that it was not as much of a difference this time because it was only separated by 5 more males than females. We saw that we had gotten more Caucasians, African Americans, Mexicans, and Latinos than most of the other ethnic groups we surveyed. There did not seem to be much difference between the race and ethnic groups that appeared the most in either survey. We also recorded and noticed that most people rely heavily on some sort of electronic device or video. We surveyed that out of 125 people 109 of them watch TV or go to the movies while at the same time 105 people also use some sort of social media device to cope with stress. This further indicated that a lot of people rely on an electronic device to cope with stress. We also recorded that drug use and clubbing or partying were similarly close to one another. While they were not both fully yes’s or no’s they had an almost even number of yes to no ratio for both questions. In conclusion we have noticed that no matter what a person’s sex or race is they rely mainly on an electronic device to connect to social media and other forms of communication to cope with stress.