

Chloe Haerr

*Stress Test*

The purpose of this project was to determine how students of different grade and gender compare when surveyed about their current stressors and coping methods. I hypothesized that the stress level would be greatest for high school female students. This experiment involved passing out short surveys about stress levels, common stressors, coping methods, and future coping ideas to various high school and junior high students and recording and analyzing their answers. The data collected did support the original hypothesis. These findings led to the conclusion that high school females have the greatest stress level because high school females had a stress level 0.2 higher than high school males, 1.1 higher than junior high females, and 1.7 higher than junior high males. Junior high and high school students of both genders agreed that grades were their highest stressor. In junior high students, males currently cope with their stress by doing nothing specific, while females talk to a friend. High school males handle stress by playing video games, and high school females also talk to a friend. In the future, all four categories agreed that talking to a trusted adult more often would help them be more capable of coping with their stress.