

STRESS SURVEY

May, 2019 Release

Topline & Methodology

Contact: Dan Cox, PhD
Head of Research, College Pulse
Email: Dan@collegepulse.com



COLLEGE PULSE

STRESS SURVEY TOPLINE
N=46564 COLLEGE STUDENTS

Q.1 In general, how stressed are you?

21%	Extremely
33%	Very
33%	Moderately
9%	Slightly
3%	Not at all
<1%	Refused
100%	Total

Q.2 How do you rate your average level of stress compared with that of the typical student at your school?

16%	Much higher
36%	Slightly higher
29%	About the same
13%	Slightly lower
6%	Much lower
<1%	Refused
100%	Total

Q.3 In general, how happy are you?

7%	Extremely
30%	Very
41%	Moderately
17%	Slightly
5%	Not at all
<1%	Refused
100%	Total

Q.4

How do you rate your average level of happiness compared with that of the typical student at your school?

7%	Much higher
26%	Slightly higher
34%	About the same
25%	Slightly lower
8%	Much lower
<1%	Refused
100%	Total

Q.5 In an average day, how many hours do you spend on class work?

5%	0-1 hours
14%	1-2 hours
22%	2-3 hours
20%	3-4 hours
14%	4-5 hours
9%	5-6 hours
5%	6-7 hours
4%	7-8 hours
2%	8-9 hours
2%	9-10 hours
4%	10+ hours
<1%	Refused
100%	Total

Q.6 In an average day, how many hours of free time do you have?

8%	0-1 hours
18%	1-2 hours
22%	2-3 hours
19%	3-4 hours



13%	4-5 hours
8%	5-6 hours
4%	6-7 hours
3%	7-8 hours
1%	8-9 hours
1%	9-10 hours
3%	10+ hours
1%	Refused
100%	Total

Q.7 Agree/Disagree: I am more stressed in college than I was in high school.

54%	Strongly agree
26%	Somewhat agree
14%	Somewhat disagree
6%	Strongly disagree
<1%	Refused
100%	Total

Q.8 What is the primary source of your stress?

51%	Workload / classes
15%	Financial issues
5%	Family issues
2%	Issues with friends
3%	Issues with a significant other
15%	Pressure about the future (finding a job, graduate school, etc.)
1%	Current political climate
3%	Health-related issues
1%	Sports / athletic activities
1%	Club / organizations involvement
1%	Social / peer pressure

3%	Other
<1%	Refused
100%	Total

Q.9 How frequently do you experience panic attacks?

6%	3+ times/week
13%	1-2 times/week
21%	1-2 times/month
22%	1-2 times/year
37%	Never
1%	Refused
100%	Total

Survey Methodology

This survey was designed and conducted by College Pulse. Interviews were conducted in English among a sample of 46564 students who are currently enrolled in four-year degree programs.

The initial sample was drawn from College Pulse's Undergraduate Student Panel that includes over 240,000 verified students representing more than 800 different four-year colleges and universities in all 50 states. Panel members are recruited by a number of methods to help ensure diversity in the panel population, including web advertising, permission-based email campaigns, and partnerships with university organizations.

To reduce the effects of any non-response bias, a post-stratification adjustment was applied based on demographic distributions from the 2017 Current Population Survey (CPS). The post-stratification weight rebalanced the sample based on the following benchmarks: age, race and ethnicity, and gender. The sample weighting was accomplished using an iterative proportional fitting (IFP) process that simultaneously balances the distributions of all variables. Weights were trimmed to prevent individual interviews from having too much influence on the final results.

About College Pulse

College Pulse is an online survey and analytics company dedicated to understanding the attitudes, preferences, and behaviors of today's college students. College Pulse offers custom data-driven marketing and research solutions, utilizing its unique Undergraduate Student Panel that includes 240,000 undergraduate college student respondents from more than 800 four-year colleges and universities in all 50 states.

For more information, visit <https://collegepulse.com>

Contact: Dan Cox, PhD
Head of Research, College Pulse
Email: Dan@collegepulse.com



COLLEGE PULSE