



# Levels of Stress: IN Young Adults

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## PURPOSE

- Identify themes and patterns of “stress”
- Examine data and factors that affect health in young adults
- List the factors that affect stress among ages 18-25
- Identify correlation between stress and health as well substance usage

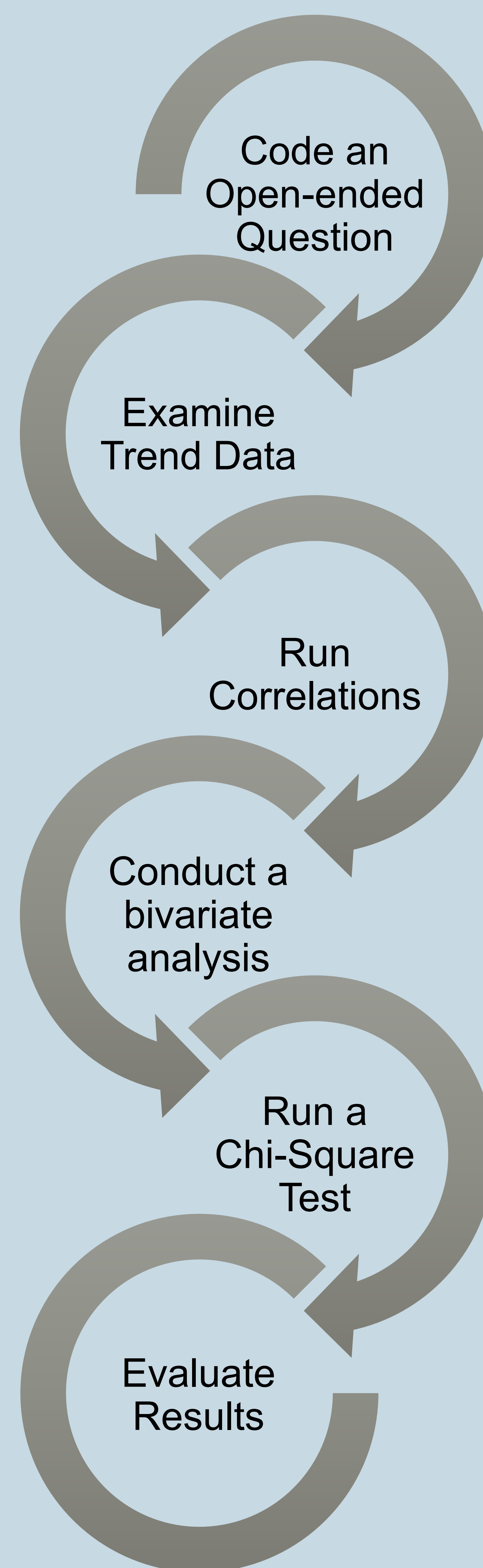


## SIGNIFICANCE

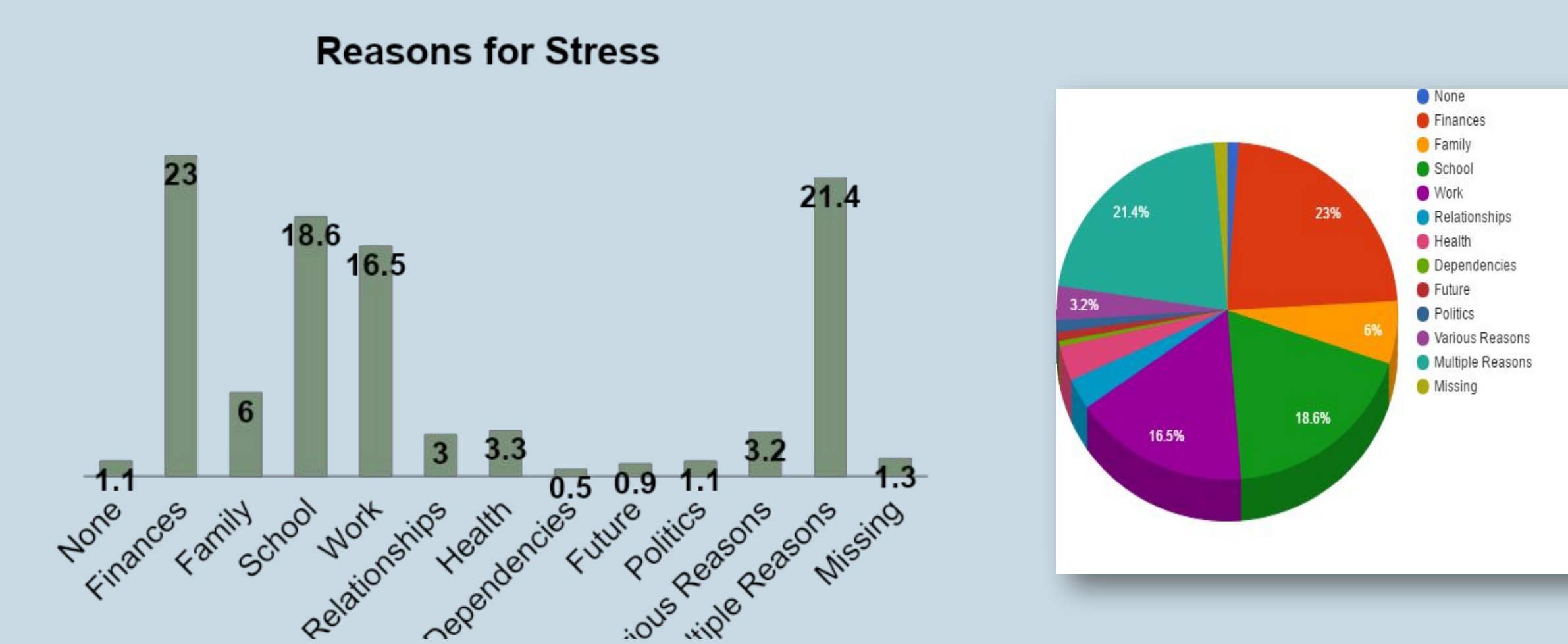
- Stress impacts physical health, mental health, and emotional health.
- Stress affect your body, your thoughts, feelings, and your behavior.
- An increase in stress may lead to use and/or abuse of substances, both legal and illegal.



## METHODOLOGY



## OUTCOME

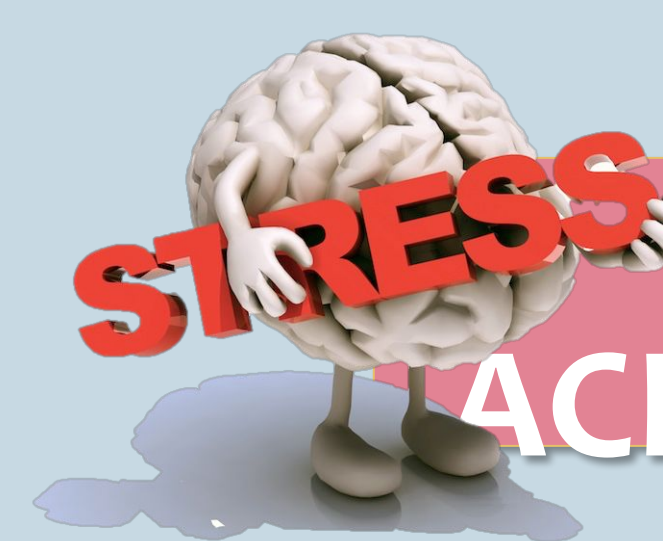


The results showed that the most significant factors of stress was *financial* (23%) and *multiple causes* (21%). A strong relationship was observed between types of stress and general health reported among young adults as measured by the Cramer’s V statistic (.411).



## EVALUATION

- Optional close-ended variables may be a better measure.
- Levels of stress, controlled by age, gender and education should be examined.
- Larger number of observations should be collected from lower socioeconomic status.



## ACKNOWLEDGEMENT

Thank you to Dr. Debbie Borie-Holtz (supervisor), Ashley Koning (Director) and Tamara Swedberg (instructor) for helping in making this project a success.