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Stress and Health Habits in College Students

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ABSTRACT

Research has demonstrated that college students experience stress from sources such as poor self-care habits, educational demands, daily hassles, and perceived control over situations. The present study examined perceived stress, health habits, and daily hassles and uplifts among 135 college freshmen. We hypothesized that students with lower stress levels would be male, would have better self-care health habits, would experience fewer minor medical health issues, would have higher academic performance, and would experience fewer daily hassles and more daily uplifts than students who experienced high perceived stress. Strong support was obtained for the hypothesis that students with low perceived stress had better health habits. Students with low perceived stress also experienced significantly fewer hassles and more uplifts per month. There were no significant effects of perceived stress on grade point average or minor medical issues, and there were no significant gender differences in levels of stress. The results could help college freshmen adjust to challenges of college by helping them understand some of the effects of stress and benefits of reducing that stress.

KEYWORDS

Stress; Health Habits; College Students; Personality

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