**Students’ Economic Status & Their Stress Levels**

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**Research Question**

Is one’s economic status related to stress?

**Methods & Materials**

- **Literature Review and Analysis:** analysis of scholarly articles that go into depth about stressors that cause students to report high levels of stress. Such stressors are financial pressures and the economy.

- **Confidential Survey of Students:** analysis of data collected from 50 John Jay students that focused on annual income and perceived stress.

**Findings**

Scoring: PSS scores are obtained by reversing responses (ex: 0=4, 1=3, 2=2, 3=1, 4=0) to the four positively stated items (numbers 4, 5, 7, 8) then summing across all numbers.

In our experiment, the average stress level after the sum was thirteen, and anyone with a number above twenty was considered to be really stressed.

<table>
<thead>
<tr>
<th>Economic Status</th>
<th>Stress Level</th>
<th>Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lower Class (Annual Income of $23,050)</td>
<td>2, 7, 10, 12, 12, 15, 16, 16, 16, 17, 17, 18, 19, 19, 20, 20, 21, 22, 25, 25, 27, 30, 31</td>
<td>18.48</td>
</tr>
<tr>
<td>Lower-Middle Class ($32,500 - $60,000)</td>
<td>3, 11, 11, 14, 15, 16, 16, 18, 19, 20, 22, 22, 24, 25, 28</td>
<td>17.60</td>
</tr>
<tr>
<td>Upper-Middle Class (Above $100,000)</td>
<td>12, 13, 18, 19, 21, 21, 28, 28</td>
<td>19.80</td>
</tr>
<tr>
<td>Upper Class (More Than $150,000 Annually)</td>
<td>28</td>
<td>28.00</td>
</tr>
</tbody>
</table>

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**Stress Levels Based on Economic Status**

We surveyed fifty students in John Jay College using the Perceived Stress Scale. The scale measures how stressed one is in their daily life and how economic status may correlate to their stress level.

In the survey, we asked ten questions about how stressed each student was feeling during the last month and how often they felt that way. We also asked them to state which economic status they belonged to describe their economic background.

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**Conclusions**

Our results indicated that out of the 50 people we surveyed, 22 students suffered from a lot of stress. The majority of the students that suffered from stress were from the Lower Class. Also, the majority of the students we surveyed were from the Lower Class.

College students have multiple stressors in their lives. Many students deal with things that they don’t expect, sometimes leaving them feeling helpless. The economy pushes many students to work a full-time job while going to school and taking care of expenses.

**References**


Danner, F., Miller, K., & Staten, R. (2008). Relationship of work hours with selected health behaviors and academic progress among a college student cohort. JOURNAL OF AMERICAN COLLEGE HEALTH, 56(6).
