

College Concerns and Coping

Recent research suggests that the top ten concerns for college students are academic performance, pressure to succeed, post-graduation plans, financial concerns, quality of sleep, relationships with friends, relationships with family, overall health, body image, and self-esteem (Beiter, Nash, McCrady, Rhoades, Linscomb, Clarahan, & Sammut, 2015). The purpose of this research is to determine if these top concerns are similar for MSU college students. Secondly, if gender-based discrimination is another stressor for college women in particular. Lastly, how do students cope with these college stressors. It is expected that students who rate high on top college stressors will score higher on anxiety and stress and use poorer coping skills. Findings will be beneficial to students and universities as they continue to explore types and ways to combat stress or anxiety due to college stressors and help with positive coping strategies for college students. Data is currently being collected from SONA. Using SPSS, descriptive and inferential statistics will be employed to test all hypotheses.

Keywords: college students, coping, gender discrimination, stress, anxiety