

Apr 23rd, 9:00 AM

College Students Majoring in Psychology Stress Barriers and Support

Jennifer Estrada
Northeastern Illinois University

Alvin Farmer
Northeastern Illinois University

Follow this and additional works at: <https://neiudc.neiu.edu/srcas>

Estrada, Jennifer and Farmer, Alvin, "College Students Majoring in Psychology Stress Barriers and Support" (2021). *NEIU Student Research and Creative Activities Symposium*. 1.
<https://neiudc.neiu.edu/srcas/2021/s17/1>

This Event is brought to you for free and open access by the Conferences and Symposia at NEIU Digital Commons. It has been accepted for inclusion in NEIU Student Research and Creative Activities Symposium by an authorized administrator of NEIU Digital Commons. For more information, please contact h-owen3@neiu.edu, wallis@neiu.edu.

COLLEGE STUDENTS MAJORING IN PSYCHOLOGY STRESS, BARRIERS AND SUPPORT

Jennifer Estrada¹, Alvin Farmer²

Department of Psychology, Northeastern Illinois University, Chicago, IL 60625

The purpose of this research study is to find the struggle college students experience as they are working towards their bachelors degree. Many college students experience stress, barriers and lack of support in college. Being the first one in your family to attend college can come with many barriers. First generation college students can feel less prepared, earn low grades and feel low academically according to Gibbons & Woodside (2014). In addition to academic challenges, college students can also struggle with their mental health symptoms (Ebert et al., 2019). Participants will be recruited from a university. Perceived Stress Scale (PSS), Young Adult Social Support Inventory (YA-SSI) and Costello-Comrey Depression and Anxiety Scale (CCDAS) will be used to gather data. The first hypothesis for this study is college students with mentors will experience less stress when comparing them to those who do not have mentors. The second hypothesis for this study is that colleges who report high stress will report higher levels of anxiety than college students who report lower stress. The third hypothesis for this study is that colleges who report high stress will report higher levels of depression than college students who report lower depression. The fourth hypothesis for this study is that colleges who report high stress will report higher levels of support than college students who report lower stress. Finally, it is hypothesized that there is an interaction between stress and generation in college on outcomes of college students. It is important to research the struggles that students are experiencing in order to find solutions. I am interested to increase the number of college students graduating in the Psychology profession due to the shortage of Psychologists professionals in America. Attending college has various struggles which is why it is important to research the struggles students face.