

# A SURVEY TO ANALYSING THE STRESS LEVEL OF UNIVERSITY STAFF



A PROJECT REPORT SUBMITTED FOR THE PARTIAL  
FULFILLMENT OF B.SC. IN STATISTICS

**Session 2021-2024**

UNDER THE SUPERVISION OF:

**Dr. GYAN PRAKASH SINGH**

Department of science

Institute of science

Banaras Hindu University

SUBMITTED BY:

**ANUP KUMAR SINGH**

B.Sc. Statistics

Institute of science

Enrollment no. 436248

**DEPARTMENT OF STATISTICS**  
**BANARAS HINDU UNIVERSITY**  
**VARANASI-221005**

---

**ENROLLMENT NO. :- 436248**

**EXAMINATION ROLL NO. :- 21220STA016**

**Course code :- STB 607**

## **CERTIFICATE**

This is to certify that the data given in this report entitled as- “ **A SURVEY TO ANALYSING THE STRESS LEVEL OF UNIVERSITY STAFF** ” has been collected, tabulated, analyzed and presented by **“ANUP KUMAR SINGH”** student of B.Sc.(6thsemester) B.H.U. STATISTICS 2021- 2024 under the supervision of **Dr. GYAN PRAKASH SINGH.**

**Dr. GYAN PRAKASH SINGH  
DEPARTMENT OF STATISTICS  
INSTITUTE OF SCIENCE  
BANARAS HINDU UNIVERSITY  
VARANASI - 221005**

## **ACKNOWLEDGEMENT**

In the accomplishment of this project file successfully, many people have bestowed upon their blessings and heart-pledged support. This time, I am utilizing to thank all the people who were connected with this project in one or the other way. I would like to express my profound gratitude towards my supervisor Dr. GYAN PRAKASH SINGH, Professor, Department of Statistics, Institute of Science, BHU for his untiring help, constant encouragement and worthy supervision without which, it would have been difficult for me to complete this project work. The guidance and valuable criticism that I received from him, during the entire project work has been of great help in the completion of this work. I also express my sincere thanks to my friend Mansi Singh, Ankit Kumar who helped me a lot in this project and all the respondent who co-operated with me in my project and gave their precious time to my questionnaire. And, at last, I would like to thank the Department of Statistics, B.H.U. which gave me the opportunity for this project Work and for which I shall ever remain grateful.

**ANUP KUMAR SINGH  
STUDENT  
INSTITUTE OF SCIENCE  
BHU,221005**

## **ABSTRACT**

This study employs quantitative surveys and qualitative interviews to examine the occupational stress experienced by Banaras Hindu University (BHU) staff. Through surveys, demographic information, job-related stressors, support systems, and coping mechanisms are assessed. Qualitative interviews provide deeper insights into subjective stress experiences and contextual factors. Analysis involves statistical techniques and thematic analysis to identify patterns and correlations. Findings aim to inform targeted interventions and organizational policies to mitigate stress and foster a supportive work environment. This research contributes to promoting employee well-being and organizational effectiveness at BHU, aiming to create a healthier and more resilient workforce. The respondents were BHU staff.

## **CONTENTS**

- 1. INTRODUCTION**
- 2. SAMPLING FRAME**
- 3. METHODOLOGY**
  - I. PRE-PLANNING**
  - II. AREA OF THE SURVEY**
  - III. THE QUESTIONNAIRE**
  - IV. SAMPLING TECHNIQUE**
  - V. DATA COLLECTION**
  - VI. ANALYSIS AND REPORTING**
  - VII. STATISTICAL TECHNIQUE**
  - VIII. DURATION OF SURVEY**
- 4. TABULATION AND ANALYSIS**
- 5. CONCLUSION**
- 6. FIELD EXPERIENCE AND DIFFICULTIES**
- 7. QUESTIONNAIRE**

# INTRODUCTION

Occupational stress is a prevalent issue in modern workplaces, impacting employee well-being and organizational effectiveness. Understanding and addressing stress among staff members is particularly crucial for institutions like BANARAS HINDU UNIVERSITY (BHU), where the quality of work life directly influences academic and administrative outcomes. This project aims to investigate stress levels among BHU staff, identify contributing factors, and propose interventions to alleviate stress and enhance workplace satisfaction.

## **Purpose of the Survey:**

The primary purpose of this research is to comprehensively assess the stress experienced by BHU staff and its impact on individual and organizational outcomes. By identifying key stressors and exploring coping mechanisms, the study seeks to provide actionable insights that can inform targeted interventions aimed at promoting employee well-being and organizational resilience. Ultimately, the aim is to contribute to the creation of a healthier and more supportive work environment at BHU.

## **Significance:**

This research holds significant implications for BHU and its stakeholders. By addressing occupational stress, the study aims to enhance employee satisfaction, reduce turnover rates, and improve overall organizational performance. Moreover, the findings can inform the design of targeted support programs and policies tailored to the specific needs of BHU staff. Ultimately, by prioritizing employee well-being, BHU can strengthen its reputation as a supportive and progressive academic institution committed to the welfare of its workforce.

## **PERCEIVED STRESS SCALE**

A more precise measure of personal stress can be determined by using a variety of instruments that have been designed to help measure individual stress levels. The first of these is called the Perceived Stress Scale.

The Perceived Stress Scale (PSS) is a classic stress assessment instrument. The tool, while originally developed in 1983, remains a popular choice for helping us understand how different situations affect our feelings and our perceived stress. The questions in this scale ask about your feelings and thoughts during the last month. In each case, you will be asked to indicate how often you felt or thought a certain way. Although some of the questions are similar, there are differences between them and you should react each one as a separate question. The best approach is to answer fairly quickly. That is, don't try to count up the number of times you felt a particular way; rather indicate the alternative that seems like a reasonable estimate.

### **❖ Figuring PSS Score.**

You can determine your PSS score by following these directions:

- First, reverse your scores for questions 4, 5, 7, and 8. On these 4 questions, change the scores like this:  
 $0 = 4, 1 = 3, 2 = 2, 3 = 1, 4 = 0.$
- Now add up your scores for each item to get a total.  
My total score is \_\_\_\_\_.
- Individual scores on the PSS can range from 0 to 40 with higher scores indicating higher perceived stress.
  - Scores ranging from 0-13 would be considered low stress.
  - Scores ranging from 14-26 would be considered moderate stress.
  - Scores ranging from 27-40 would be considered high perceived stress.

The Perceived Stress Scale is interesting and important because your perception of what is happening in your life is most important. Consider the idea that two individuals could have the exact same events and experiences in their lives for the past month. Depending on their perception, total score could put one of those individuals in the low stress category and the total score could put the second person in the high stress category.

## **OBJECTIVES OF THE STUDY**

- Assess the overall level of stress experienced by BHU employees across the teaching and non teaching.**
- Examine the relationship between demographic variables (such as age) and stress levels among BHU employees.**
- To determine if there is an association between staff participation in physical activity and their stress levels .**

## **AIM OF THE SURVEY**

The survey was conducted to collect data from the employees(teaching and non teaching staff) of BANARAS HINDU UNIVERSITY (over 70) . The main aim of the survey is to analysis the stress level of university staff.

## METHODOLOGY

- **PRE-PLANNING:** The very first step for the project was to decide a topic. The topic must be well known to people and must not be controversial. I had consulted my supervisor Dr. Gyan Prakash Singh for the same. He told me 2-3 topics, and then I decided my topic.
- **SAMPLING FRAME:** As my target population is the people related to teaching and non teaching staff of BHU. I decide my sampling frame to be the group of employee who were doing their job in BANARAS HINDU UNIVERSITY .
- **THE QUESTIONNAIRE:** The most important thing of any survey is preparation of questionnaire. All the questions were included to get a clear picture of the objective. First a the questionnaire was prepared with consultation of my supervisor. Then a PILOT survey has been done to know any defect in framing the questions. Then it was finalized in light of the trial data. Following are some important points which were taken care of while preparing questionnaire.
- Questions should be clear to both the respondent and the interviewer.
  - Simple alternative question having answer “YES” or “NO” were included.
  - Not any questions were asked to the respondent which may seem them very personal.
- **SAMPLING TECHNIQUE:** In the survey work, the sampling technique used was “Simple Random Sampling without Replacement”. I randomly selected the staffs within my specified population. I had a survey of total 70 staff.

- **DATA COLLECTION:** Raw data can be collected by various techniques. Data for this project was collected by the means of hard copy questionnaire, which would be perhaps the best way. Since it helps the respondent to study, decide and filling up the questionnaire in a cool and easy manner in his/her free time without any pressure and boundation. Questionnaire was filled by the respondents themselves. Questionnaire was explained to respondents whenever required.
- **ANALYSIS AND REPORTING:** After collecting the raw data, the next step was to analyze the data and make some conclusions based on it. I consulted my supervisor for analysis of data. He advised me to analyze the data using some parametric and non-parametric tests after its graphical representation.
- **STATISTICAL TECHNIQUE:** A simple analysis of the data was done using statistical methods. Pie Chart, Bar diagram and Multiple bar diagram were used where relevant for graphical representation. Wherever applicable, CHI-SQUARE TEST was applied to check independence of chosen attributes.
- **DURATION OF PROJECT:** The project was initiated in last of the march 2024 and finished till the 24th of April 2024. So, it took about one and half months for completion.

## **STATISTICAL TOOLS:**

- **BAR GRAPH:-**

The pictorial representation of a grouped data, in the form of vertical or horizontal rectangular bars, where the lengths of the bars are equivalent to the measure of data, are known as bar graph. The bars drawn have uniform width, and the variable quantity is represented on one of the axes. Also the measure of the variable depicted on the other axes. The heights or the lengths of the bars denote the value of the variable. These graphs can be used to compare various quantities.

- **PIE CHART:-**

A pie chart is a circular statistical graphic, which is divided into slices to illustrate numerical proportion. In a pie chart, the arc length of each slice is proportional to the quantity it represents. This can also be used to compare various quantities.

- **CHI-SQUARE TESTING FOR INDEPENDENCE OF ATTRIBUTES:-**

Whenever we need to test relationship i.e. dependence or independence, between two or more attributes attained by population unit we can use chi square test for independence of attributes.

Let population units can have two attributes, say A and B, further A and B can be divided into r classes ( $A_1, A_2, \dots, A_r$ ) and s classes ( $B_1, B_2, \dots, B_s$ ) respectively. ( $A_i$ ) represent the number of people possessing attribute  $A_i$ ,  $B_j$  represent the number of people possessing attribute  $B_j$  and ( $A_i B_j$ ) represent the number of people possessing both attributes  $A_i$  and  $B_j$  where  $i = 1, 2, \dots, r$  and  $j = 1, 2, \dots, s$ . We represent this information in the form of a table known as contingency table. Also,  $\sum (A_i) = \sum (B_j) = N$ , where N is the total population size.

Consider,

**Null hypothesis( $H_0$ ):** The attributes are independent i.e. attributes A and B are independent.

**Alternative hypothesis( $H_1$ ):** The attributes are dependent i.e. attributes A and B are dependent.

**Test statistic** will be:

$$\chi^2 = \sum \sum (f_{ij} - e_{ij})^2 / e_{ij}$$

Where  $f_{ij} = (A_i B_j)$  and  $e_{ij} = (A_i)(B_j)/N$ ,  $i=1, 2, \dots, r$  and  $j=1, 2, \dots, s$ .

The tabulated value of chi square is obtained using degree of freedom  $(r-1)*(s-1)$  and level of significance ( $\alpha$ ).

If  $\chi^2_{cal} < \chi^2_{tab}$ , then we cannot reject  $H_0$ , that means the two attributes are independent of each other.

If  $\chi^2_{cal} > \chi^2_{tab}$  then we may reject  $H_0$  which shows that two attributes are dependent to each other

## Two Sample $t$ -Test for the Difference Between Means

- **Variances are equal**

- Information from the two samples is combined to calculate a **pooled estimate of the standard deviation**  $\hat{\sigma}$ .

$$\hat{\sigma} = \sqrt{\frac{(n_1 - 1)s_1^2 + (n_2 - 1)s_2^2}{n_1 + n_2 - 2}}$$

- The standard error for the sampling distribution of  $\bar{x}_1 - \bar{x}_2$  is

$$\sigma_{\bar{x}_1 - \bar{x}_2} = \hat{\sigma} \cdot \sqrt{\frac{1}{n_1} + \frac{1}{n_2}}$$

- d.f. =  $n_1 + n_2 - 2$

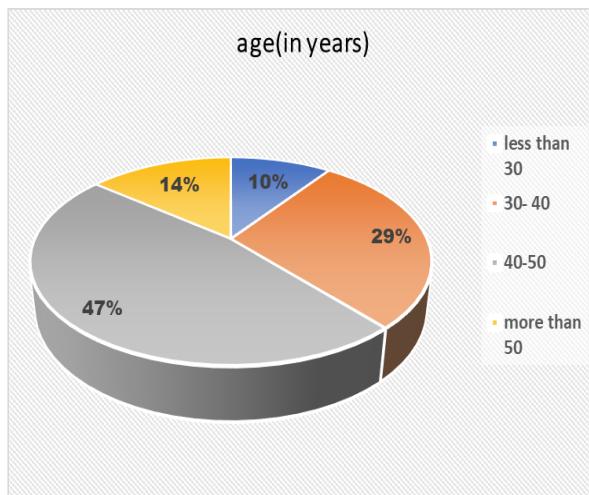
# TABULATION AND ANALYSIS

## TABLE-1

### AGE WISE RESPONDENT

age(in years)	frequency
less than 30	7
30- 40	20
40-50	33
more than 50	10
<b>TOTAL</b>	<b>70</b>

## FIGURE -1



### **INTERPRETATION:**

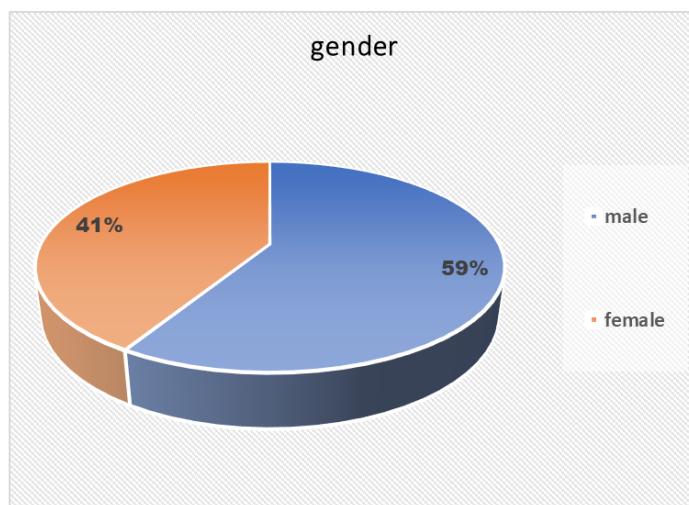
From the above pie chart we have got the data of merely every interval that we have given in the questionnaire. 47% Staffs are in the range of 40-50 years, 29% staffs are in the range of 30-40 years, 14% staffs are in range of more than 50 years and remaining are of less than 30 years. Therefore my analysis will not be biased.

**TABLE -2**

**GENDER WISE RESPONDENT**

gender	frequency
male	41
female	29
<b>TOTAL</b>	<b>70</b>

**FIGURE -2**



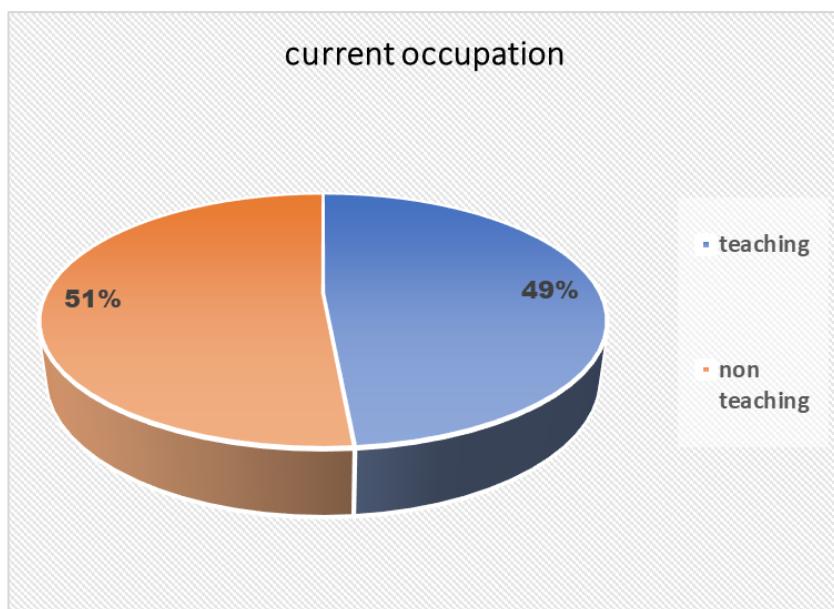
**INTERPRETATION:**

**The data has been collected from 70 respondents of which 41 i.e. 59% are males and remaining 29 i.e. is 41% are females which can be seen from the above Pie-Chart.**

**TABLE -3**  
**CURRENT OCCUPATION WISE RESPONDENT**

current occupation	frequency
teaching	34
non teaching	36
<b>TOTAL</b>	<b>70</b>

**FIGURE -3**



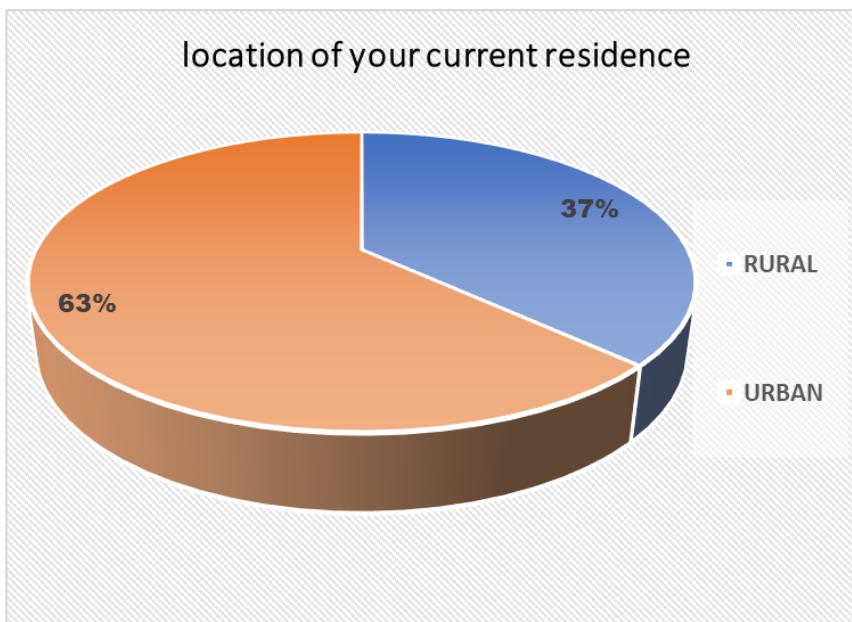
### INTERPRETATION:

The data has been collected from 70 respondents of which 34 i.e. 49% are teaching staffs and remaining 36 i.e. is 51% are non teaching staffs . which can be seen from the above Pie-Chart

**TABLE -4**  
**Location of your current residence**

<b>location</b>	<b>frequency</b>
RURAL	26
URBAN	44
<b>TOTAL</b>	<b>70</b>

**FIGURE -3**

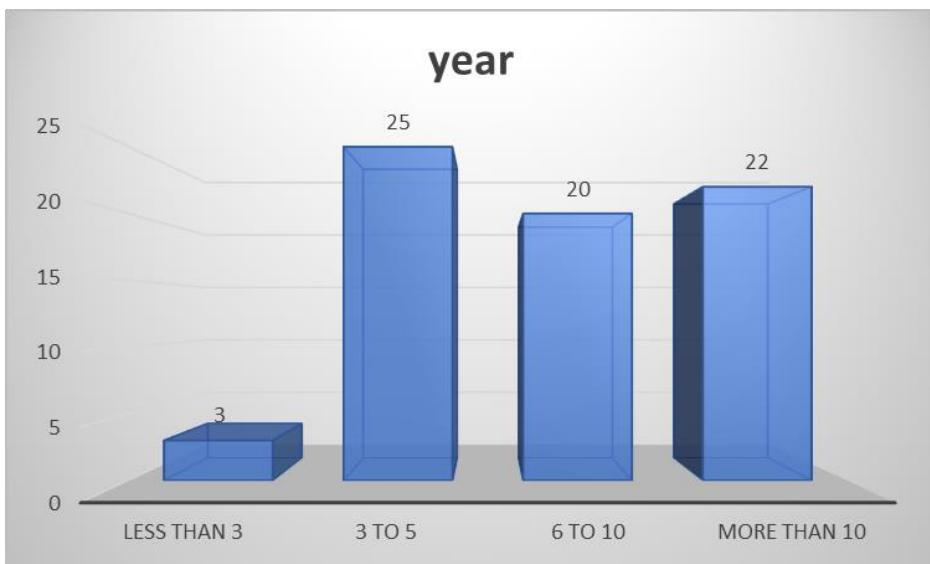


### **INTERPRETATION:**

**From the above pie chart we have got the data that 63% i.e. 44 respondent are belong from urban area and remaining 37% i.e. 26 respondent are belong from rural area .**

**TABLE -5****Years that they have been working in their current position**

year	frequency
Less than 3	3
3 to 5	25
6 to 10	20
more than 10	22
<b>Total</b>	<b>70</b>

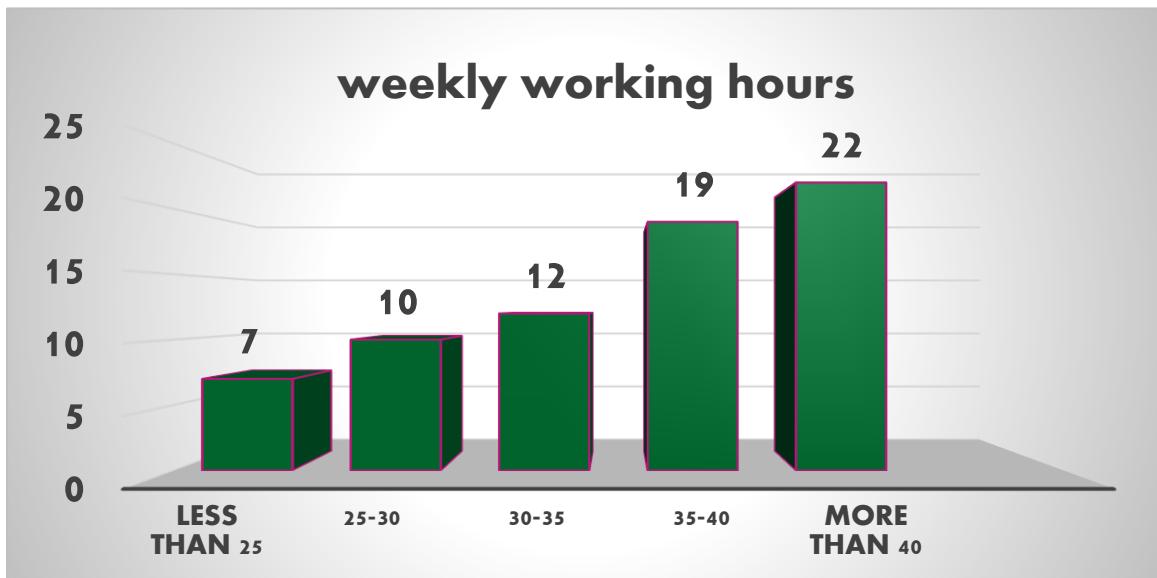
**FIGURE -5**

### INTERPRETATION:

From the above bar chart we have got the data that there are 25 respondent with 3 to 5 years of working experience , 22 respondent with more than 10 years of working experience , 20 respondent with 6 to 10 years of working experience ,3 respondent with less than 3 years of working experience .

**TABLE -6**  
**AVERAGE WEEKLY WORKING HOURS**

<b>weekly working</b>	
<b>HOURS</b>	<b>frequency</b>
Less than 25	7
25-30	10
30-35	12
35-40	19
<b>MORE THAN 40</b>	<b>22</b>
<b>TOTAL</b>	<b>70</b>



### INTERPRETATION:

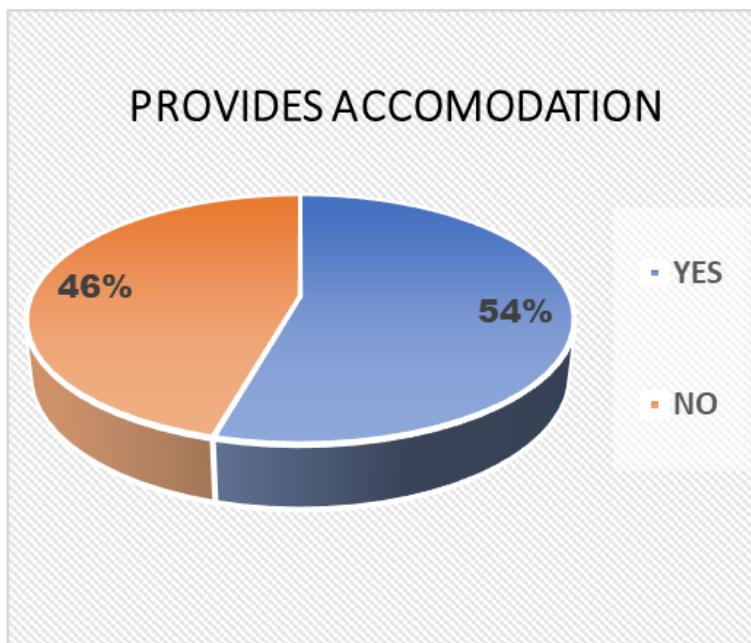
From the above bar chart we have got the data that there are 22 respondent who work between more than 40 hours per week , 19 respondent who work between 35 and 40 hours per week , 12 respondent who work between 30 and 35 hours per week , 10 respondent who work between 25 and 30 hours per week and 7 respondent who work between less than 25 hours per week .

## TABLE -7

BHU provide accommodation/rooms for you as an employee

BHU PROVIDES ACCOMODATION frequency	
YES	38
NO	32
<b>TOTAL</b>	<b>70</b>

## FIGURE -7

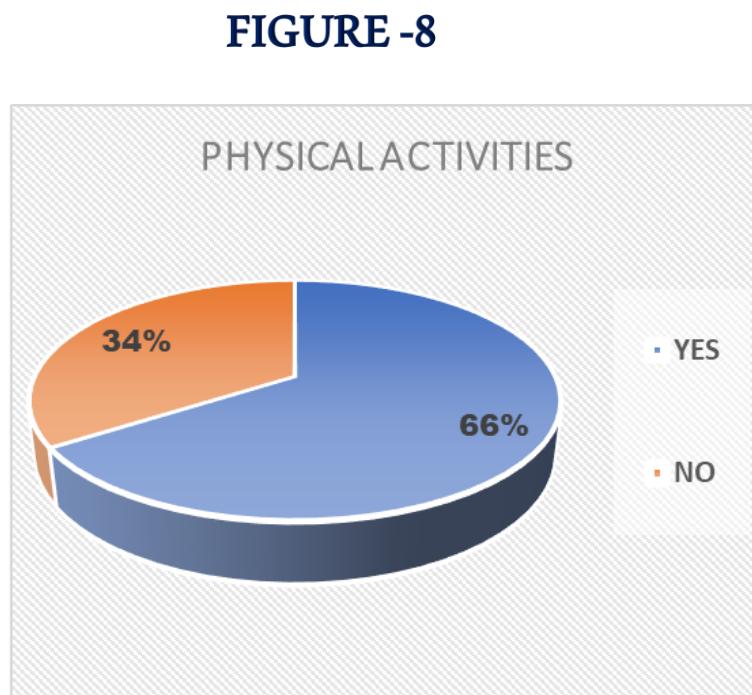


### INTERPRETATION:

From the above pie chart we have got the data that BHU provides accommodation \ rooms for 54% i.e. 38 staff and BHU does not provide accommodation \ rooms for 46% i.e. 32 staff members .

**TABLE -8**  
**Engage in any form of physical activity**

<b>ENGAGED IN PHYSICAL ACTIVITIES frequency</b>	
YES	46
NO	24
<b>TOTAL</b>	<b>70</b>



### **INTERPRETATION:**

From the above pie chart we have got the data that 66% i.e. BHU staffs engage in any form of physical activity and remaining 34% i.e. 24 staffs members is abstaining from any form of physical activity .

**TABLE -9**  
**The types of physical activity you engage in**

ACTIVITY	frequency
WALKING	15
RUNNING	4
GYM WORKOUT	8
TEAM SPORTS	12
YOGA	9
NO ACTIVITY	22
<b>TOTAL</b>	<b>70</b>

**FIGURE -9**



### **INTERPRETATION:**

From the above bar chart we have got the data that 22 respondent does not engage in any physical activity , 15 member are walk, 12 peoples are playing team sports , 9 members do yoga , 8 members do gym workout and 4 peoples are run .

# TEST-1

## STUDENT T-TEST FOR TWO DIFFERENT MEANS

### THE STRESS LEVEL OF TEACHING AND NON TEACHING STAFF OF BHU.

$H_0$  : STRESS LEVEL OF TEACHING AND NON TEACHING STAFF ARE EQUAL

$H_1$  : STRESS LEVEL OF TEACHING AND NON TEACHING STAFF ARE NOT EQUAL.

Let  $x$  be the p.s.s. score of teaching staff and  $y$  be the p.s.s. score of non teaching staff.

$$\bar{X} = 18.66667$$

$$\bar{Y} = 19.19444444$$

$n_1 = 34$ ,  $n_2 = 36$

Let  $S_p$  be the pooled estimate of standard deviation.

$$So S_p = 5.89834224$$

Now calculated value of test statistic  $t$  :  $T(\text{cal}) = 0.374164708$  and tabulated value of  $1.995469$

test statistic  $t$  is :  $T(\text{tab}) =$

With degree of freedom 68

And at 5% level of significance

x	y	$(X-\bar{X})^2$	$(Y-\bar{Y})^2$
23	8	18.8	125.3
22	20	11.1	0.6
9	19	93.4	0.0
18	28	0.4	77.5
7	12	136.1	51.8
19	16	0.1	10.2
28	15	87.1	17.6
17	27	2.8	60.9
27	15	69.4	17.6
19	18	0.1	1.4
18	21	0.4	3.3
17	19	2.8	0.0
28	13	87.1	38.4
22	5	11.1	201.5
23	21	18.8	3.3
13	21	32.1	3.3
8	27	113.8	60.9
27	9	69.4	103.9
20	28	1.8	77.5
19	17	0.1	4.8
15	18	13.4	1.4
20	27	1.8	60.9
17	22	2.8	7.9
17	28	2.8	77.5
17	18	2.8	1.4
16	28	7.1	77.5
13	14	32.1	27.0
18	21	0.4	3.3
27	15	69.4	17.6
17	27	2.8	60.9
15	18	13.4	1.4
16	20	7.1	0.6
20	29	1.8	96.1
27	15	69.4	17.6
	11		67.1
	21		3.3

## **INTERPRETATION :-**

Here, we observe that calculated value of statistic is less than tabulated value. So, we conclude that there is no sufficient evidence to reject the null hypothesis. i.e. we may not reject null hypothesis.

**There is no significant difference between the stress level of teaching and non teaching staffs of BHU.**

## **TEST-2**

### **CHI SQUARE TEST FOR INDEPENDENCE OF ATTRIBUTE BETWEEN THE STRESS OF EMPLOYEES TO THEIR AGES IN BHU .**

$H_0$  : STRESS LEVEL OF STAFF AND THEIR AGE ARE INDEPENDENT.

$H_1$  : STRESS LEVEL OF STAFF AND THEIR AGE ARE DEPENDENT.

#### **OBSERVED:-**

STRESS → AGE	Low	Moderate	High	Total
less than 30	1	5	1	7
30-40	3	12	5	20
40-50	5	21	7	33
more than 50	1	6	3	10
total	10	44	16	70

#### **EXPECTED :-**

Column1	Low	Moderate	High	Total
less than 30	1	4.4	1.6	7
30-40	2.86	12.57	4.57	20
40-50	4.71	20.74	7.54	33
more than 50	1.43	6.29	2.29	10
total	10	44	16	70

#### **AFTER POOLING :-**

O	E	(O-E)^2/E
9	8.57	0.021
6	5.83	0.005
21	20.74	0.003
6	6.29	0.013
6	6.17	0.005
10	9.83	0.003

#### **X<sup>2</sup> VALUES :-**

CALCULATED	0.050
DEGREE OF FREEDOM	1
TABULATED	0.102587
LEVEL OF SIGNIFICANCE	0.05

## **INTERPRETATIONS:-**

The degree of freedom is  $(3-1)(4-1)=6$ , also 4 d.o.f is lost in the method of pooling ,so d.o.f becomes 2.

The result clearly indicates that the calculated value of  $\chi^2$  is 0.050, which is less than the tabulated value of  $\chi^2$  which is 0.102 with degree of freedom 2 at 5% level of significance.

**Hence, the null hypothesis may not be rejected at 5% level of significance.**

**So, we conclude that the stress level of BHU employees is not depend on their age.**

## **TEST-3**

### **CHI SQUARE TEST FOR INDEPENDENCE OF ATTRIBUTE BETWEEN THE STRESS LEVEL**

#### **OF BHU STAFF AND THEIR INVOLVEMENT IN PHYSICAL ACTIVITIES.**

$H_0$  : STRESS LEVEL OF BHU STAFF AND THEIR INVOLVEMENT IN PHYSICAL ACTIVITIES ARE INDEPENDENT.

$H_1$  : STRESS LEVEL OF BHU STAFF AND THEIR INVOLVEMENT IN PHYSICAL ACTIVITIES ARE DEPENDENT.

#### **OBSERVED:-**

STRESS-	low	moderate	high	total
yes	8	34	4	46
no	2	10	12	24
total	10	44	16	70

#### **EXPECTED :-**

Column1	low	moderate	high	total
yes	6.6	28.9	11	46
no	3.4	15.1	5.5	24
total	10	44	16	70

#### **AFTER POOLING :-**

O	E	(O-E)^2/E
8	6.6	0.2969697
34	28.9	0.9
4	11	4.45454545
14	18.5	1.09459459
10	5.5	3.68181818

#### **X<sup>2</sup> VALUES :-**

CALCULATED	10.428
DEGREE OF FREEDOM	1
TABULATED	0.003932
LEVEL OF SIGNIFICANCE	0.05

## **INTERPRETATIONS:-**

The degree of freedom is  $(3-1)(2-1)=2$ , also 1 d.o.f is lost in the method of pooling ,so d.o.f becomes 1.

The result clearly indicates that the calculated value of  $\chi^2$  is 10.428, which is greater than the tabulated value of  $\chi^2$  which is 0.003 with degree of freedom 1 at 5% level of significance.

**Hence, the null hypothesis may not be accepted at 5% level of significance.**

**So, we conclude that the stress level of BHU employees is depend on their involvement in physical activities.**

## OVERALL RESULTS AND CONCLUSION:-

Due to the limitations in area of survey and biasedness of the data, there is a possibility that calculated result may differ from the actual one.

- Maximum of staffs(47%) are in the range of 40-50 years, 29% staffs are in the range of 30-40 years, 14% staffs are in range of more than 50 years and remaining are of less than 30 years.
- In 70 respondents, 41 (59%) are males and remaining 29 (41%) are females.
- In 70 respondents, 34 (49%) are teaching staffs and remaining 36 (51%) are non teaching staffs .
- In 25 respondent with 3 to 5 years of working experience , 22 respondent with more than 10 years of working experience , 20 respondent with 6 to 10 years of working experience , 3 respondent with less than 3 years of working experience .
- there are 22 respondent who work between more than 40 hours per week , 19 respondent who work between 35 and 40 hours per week , 12 respondent who work between 30 and 35 hours per week , 10 respondent who work between 25 and 30 hours per week and 7 respondent who work between less than 25 hours per week .
- BHU provides accommodation \ rooms for 54% i.e. 38 staff and BHU does not provide accommodation \ rooms for 46% i.e. 32 staff members .
- 66% BHU staffs engage in any form of physical activity and remaining 34% staffs members is abstaining from any form of physical activity .
- 22 respondent does not engage in any physical activity , 15 member are walk, 12 peoples are playing team sports , 9 members do yoga , 8 members do gym workout and 4 peoples are run .
- There is no significant difference between the stress level of teaching and non teaching staffs of BHU.
- The stress level of BHU employees is not depend on their age.
- The stress level of BHU employees is depend on their involvement in physical activities

## **FIELD EXPRESSION AND DIFFICULTIES:**

In the starting I haven't decided my topic for a long time but after a long time my professor helped me for choosing the topic.

My professor DR. Gyan Prakash Singh helped me a lot to made the questionnaire.

He also reminded me where I was doing the mistakes and how ill do the analysis and analyze the data.

My two friends Mansi singh and ankit kumar helped me a lot in creating the presentation and the questionnaire.

In the starting it was difficult to get the data because everyone was not filling up the hard copies of questionnaire, I have to convince many people many times to fill out the copy.

After all it was nice experiencing the overall journey of the project.

It was new for me to do something like this but it was kind of amazing and exciting.