

Topic of your survey

The topic of the survey was on the stroke during the World Cup. Following the 2008 article in New England Journal of Medicine¹ this was seen as a interesting area for further studies. This survey aimed at finding the perceived stress levels of students during World Cup games. Stress is perceived as one contributing factor to heart attacks². In the course of a match (before, during half-me and directly after) students were asked to self-report stress levels to see if it changed during the course of the match.

Methods

Participants in this survey were selected using snowball sampling and were asked to fill in the survey during the final match of the world cup. Before the match, during half-time and after the match participants were asked to fill in one question of the survey on how stressed they were.

Population characteristics

The population for this study consisted of 10 Dutch students of the behavioral science department of the University of Twente, The Netherlands. 50% of the participants in this study are male, 50% are female. All were in the 20 – 24 age category. Individuals were asked to fill in the survey during the World Cup final.

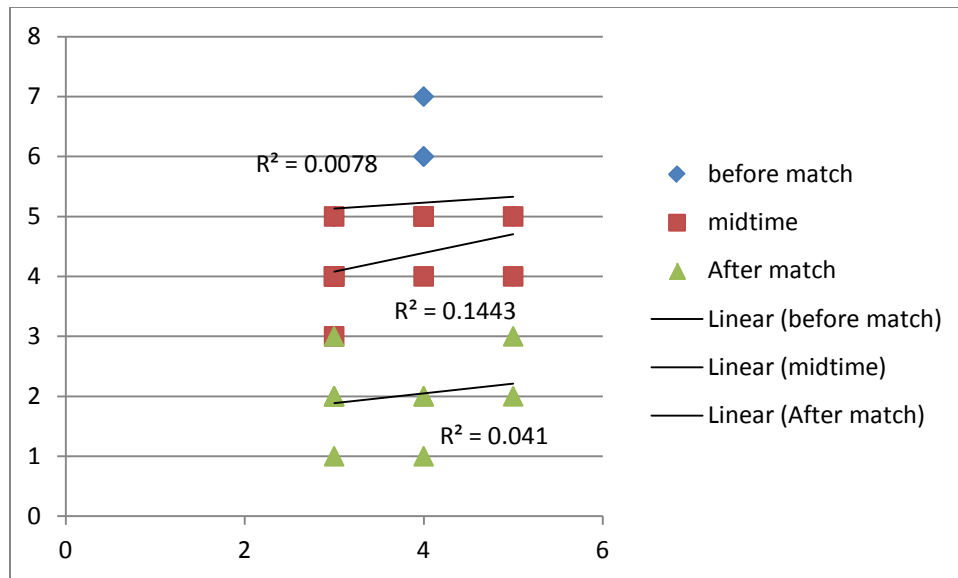
Survey findings

Reported stress levels before the match before, during and after the match averaged 3.9 on a 10 point scale. The level dropped from a 5.5 self-report before the match to a 2 afterwards. This can be explained by the scores of the teams after the second half.

No correlation was found between the self reported frequency of being stressed and the stress levels before, during and after the match (see graph below).

¹ See further: <http://www.ncbi.nlm.nih.gov/pubmed/18234752>

² <http://www.webmd.com/heart-disease/stress-heart-attack-risk>



Lessons learned

The main lesson I learned from conducting this research is that it is important to start early with the data collection as this may take some time. I started relatively late with this resulting in me almost missing the deadline for this assignment. Furthermore, the fact the summer holidays started made it harder than usual for me to find student participants at the university campus.