

Stress Factor Analysis

Home

Psychological

Physical Health

Environmental

Social Support

Work

Age

All

Gender

All

Stress Level

3.01

Anxiety Level

3.12

Depression Level

2.61

Count of StressLevel by Age

100%

21

17

19

23

18

16

22

20

127

126

112

71.3%

Predicted Stress Level

3.89

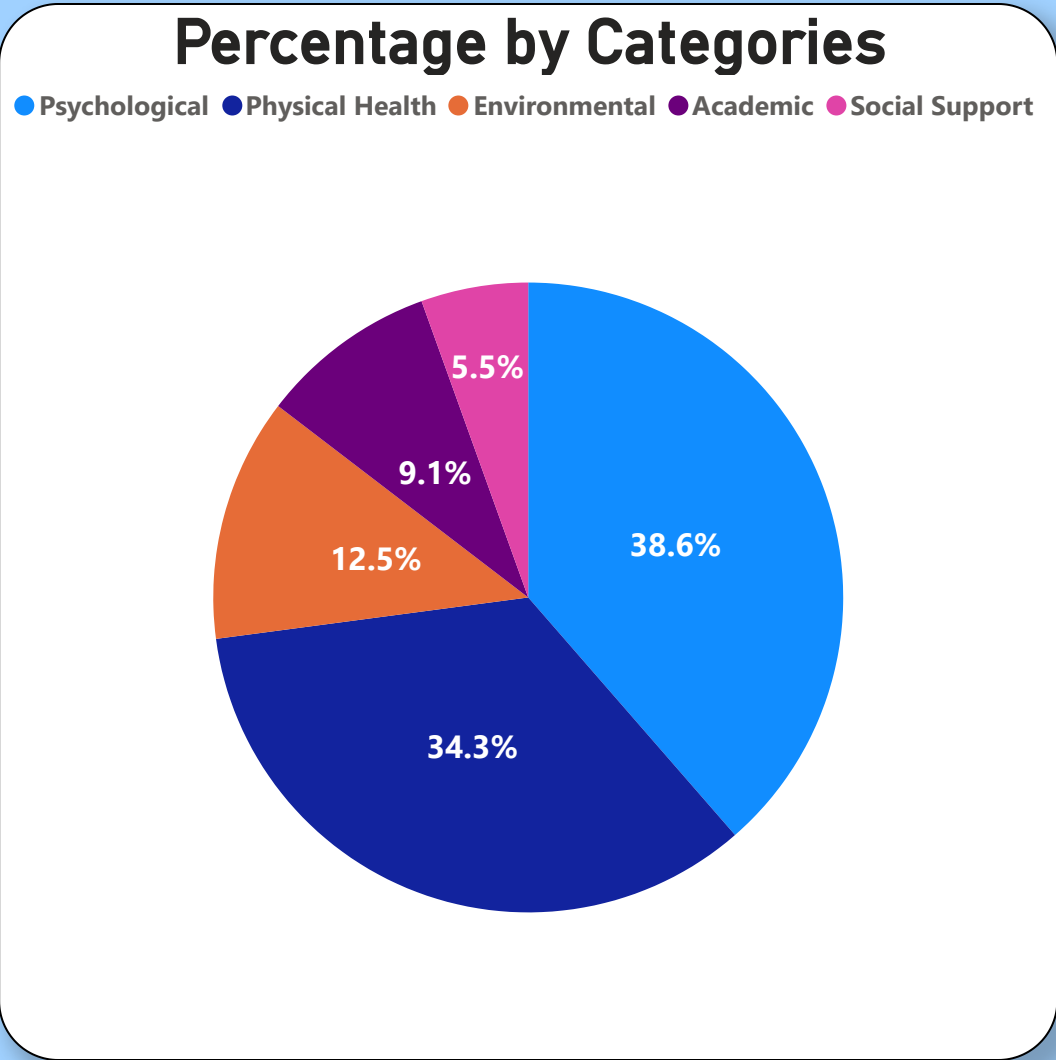
Most Stressed

By Gender

Female

By Age

17



Facts:

- 1.Strong social support reduces stress by 15%.
- 2.Poor physical health increases stress by 30% among students.

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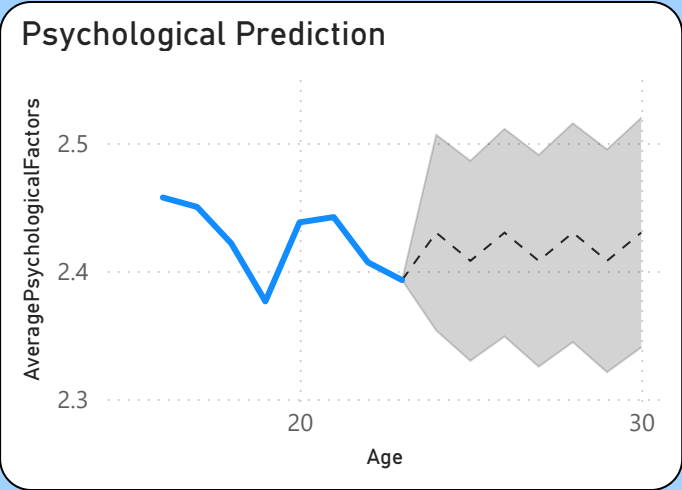
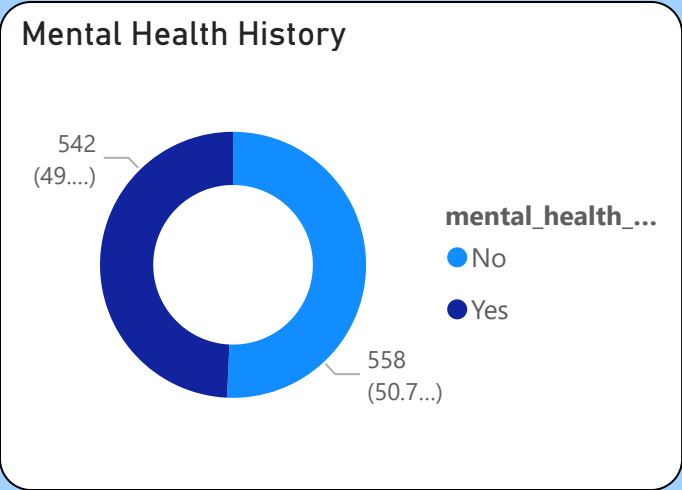
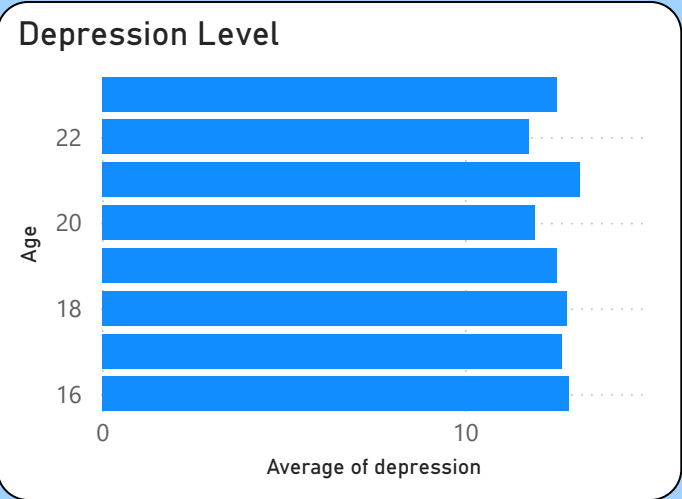
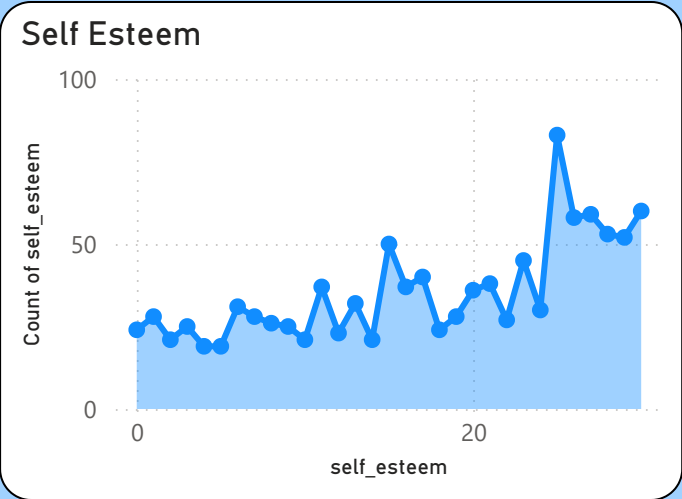
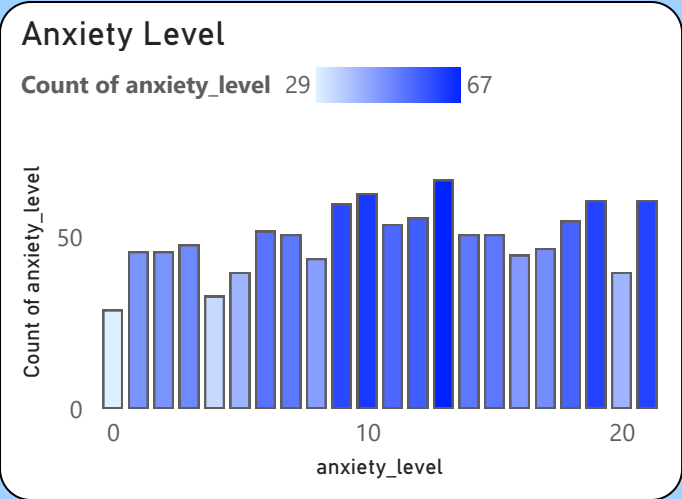
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Effects:

1. Anxiety
2. Depression
3. Cognitive Impairment

Overcomes:

1. Cognitive Behavioral Therapy
2. Mindfulness and Meditation
3. Journaling

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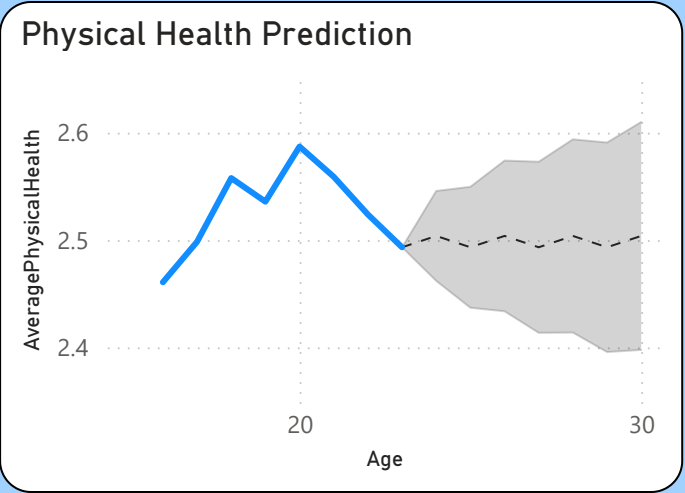
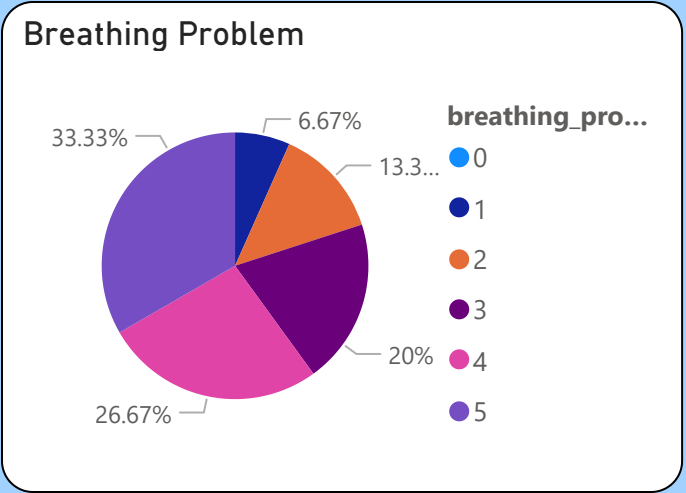
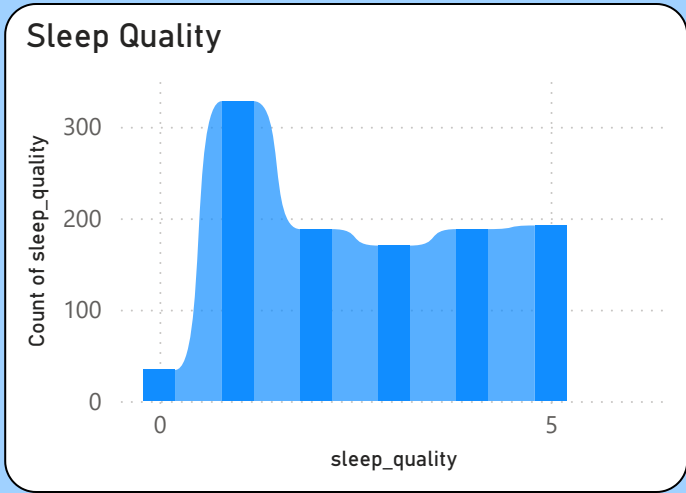
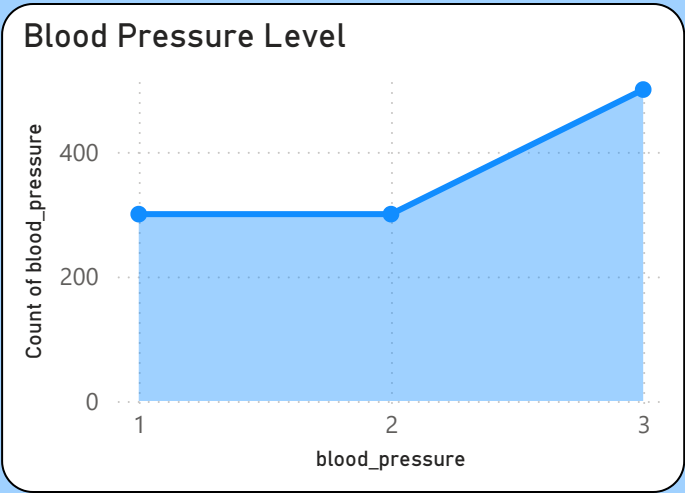
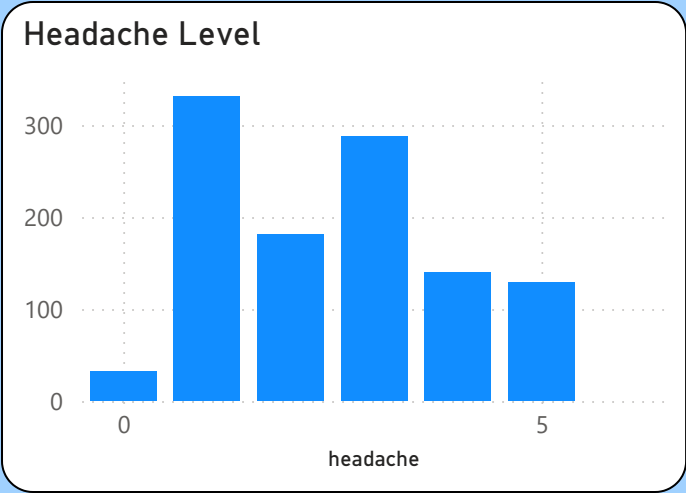
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Effects:

- 1. Weakened Immune System
- 2. Insomnia
- 3. Cardiovascular Issues

Overcomes:

- 1. Regular Exercise
- 2. Healthy Diet
- 3. Adequate Sleep

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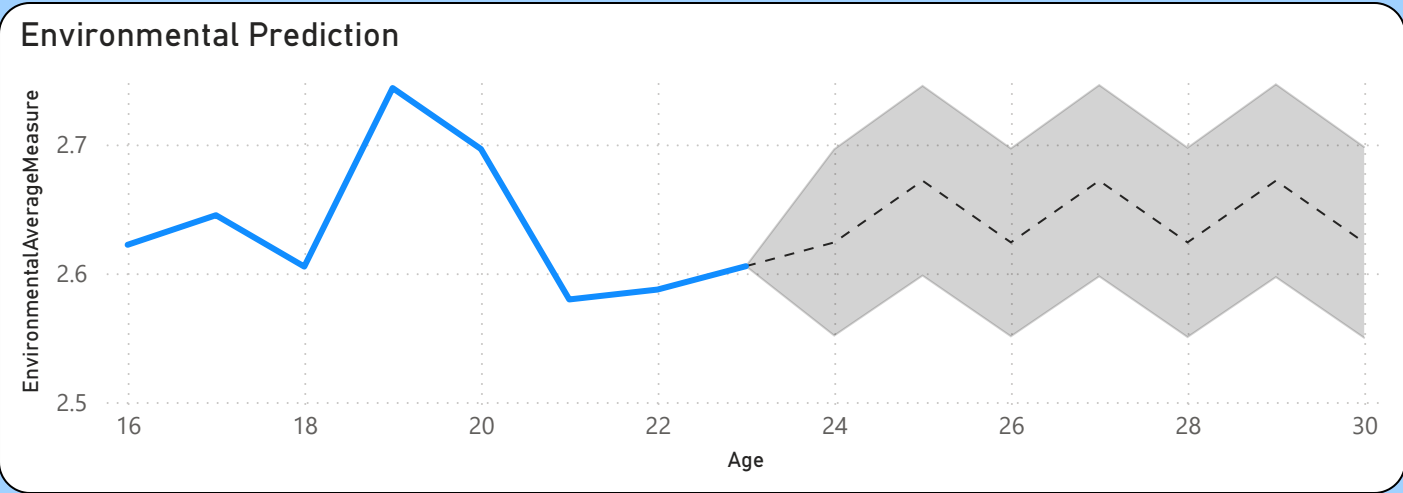
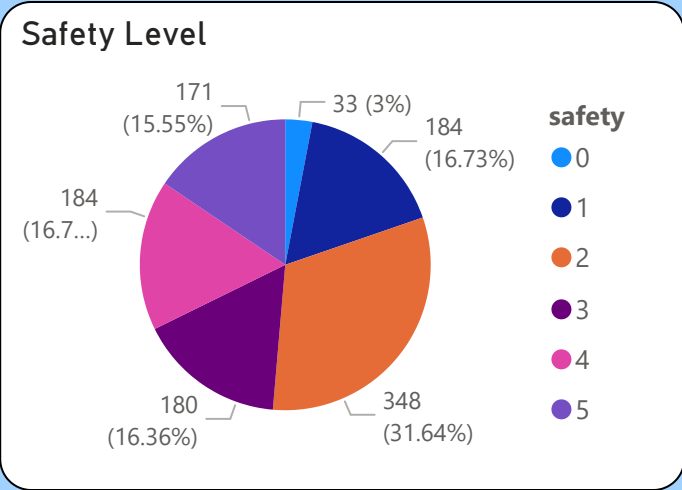
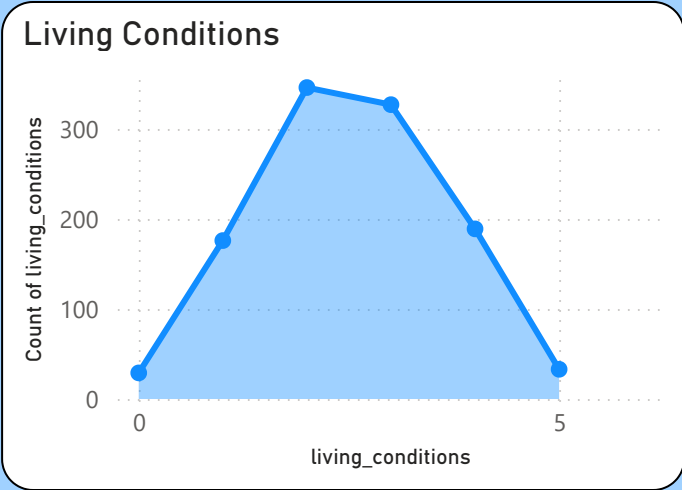
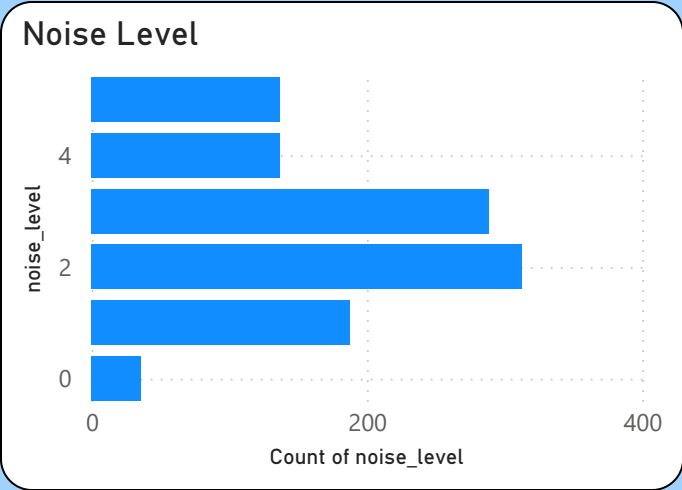
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Effects:

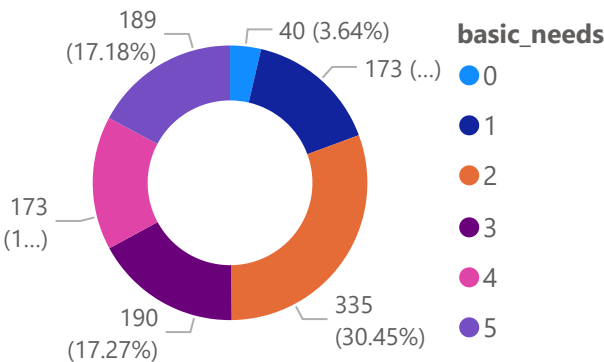
1. Sensory Overload
2. Chronic Fatigue
3. Stress and Unease

Overcomes:

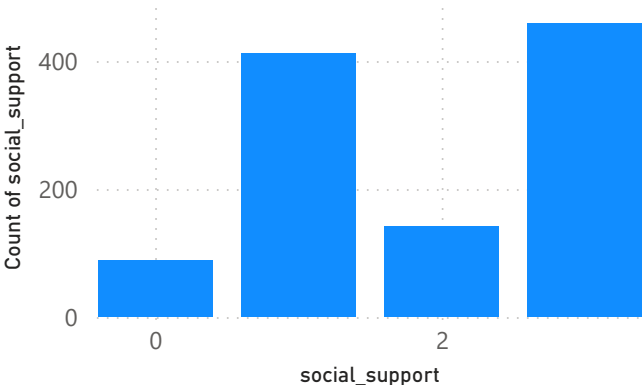
1. Calming Space
2. Noise Reduction
3. Time in Nature

Stress Factor Analysis

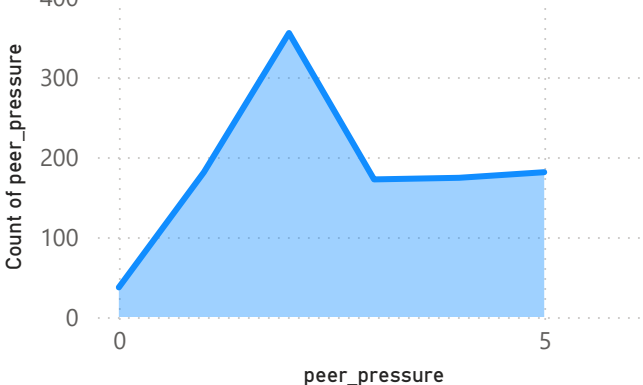
Basic Needs



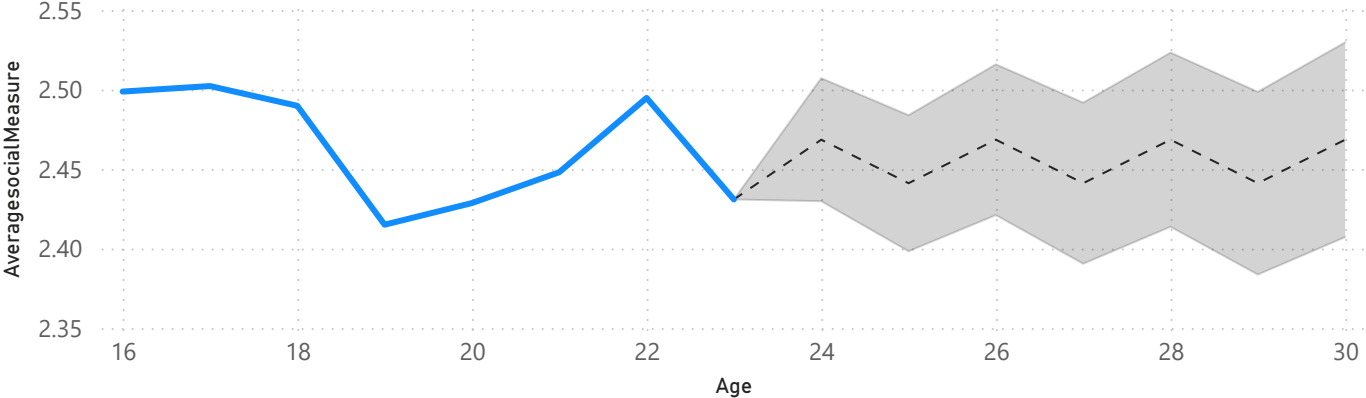
Social Support



Peer Pressure



Social Support Prediction



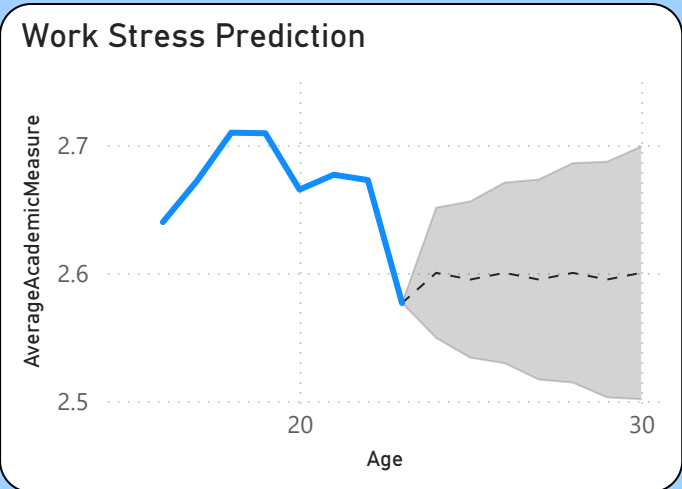
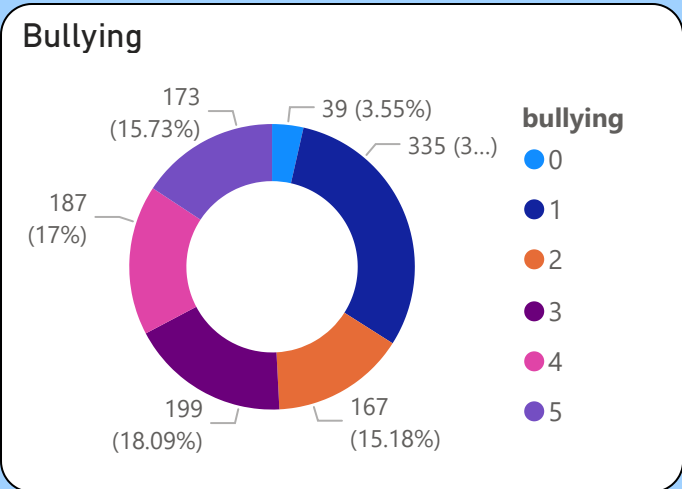
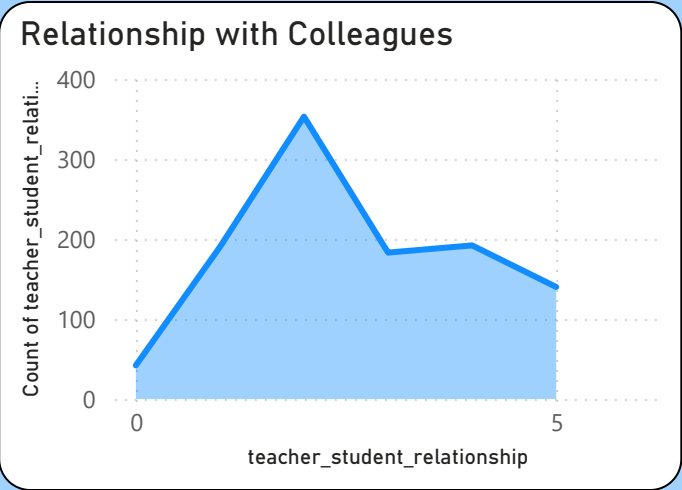
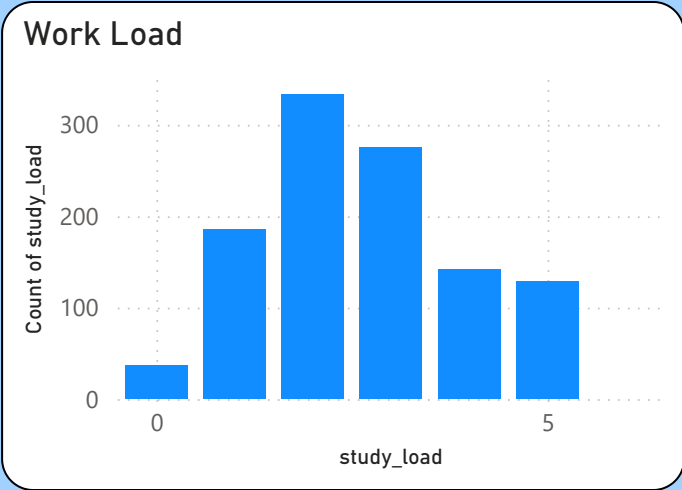
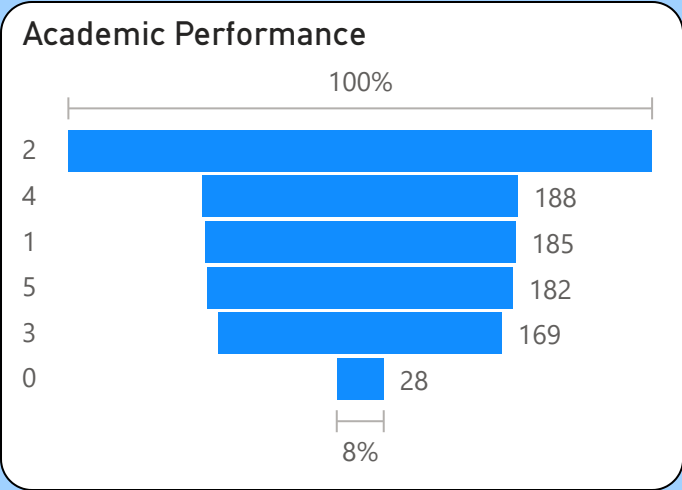
Effects:

- 1. Loneliness
- 2. Relationship Conflicts
- 3. Poor Coping Skills

Overcomes:

- 1. Build Relationships
- 2. Seek Support
- 3. Resolve Conflicts

Stress Factor Analysis



Effects:

1. Burnout
2. Decreased Job Satisfaction
3. Workplace Conflicts

Overcomes:

1. Time Management
2. Work-Life Balance
3. Communicate with Supervisors