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|  | * Materials: -100 people to give the survey to -A survey that test both stress levels and fitness -The internet and a library card (to research your experiment) * Procedure * Researching Stress and Fitness: It is very important to know about what you are surveying. I looked at many books in the library and many internet sites on both stress and fitness to see what outside variable affect both categories. Looking through my sources helped me to build an overall survey that would look at both fitness and amount of stress that person is feeling. * Constructing a survey: I found a survey for amount of stress in one book and found a survey that gave information on how fit someone is based on exercise they undergo on average. * Data After handing out the survey to a hundred peopble I tallied up the scores for both sections of the survey I compared the fitness score to the stress level score. Since women are more prone to stress I divided the surveys by sex and compared the male scores to other male scores and female scores to other female scores. Stress surveys were created by Columbia University and Fitness surverys were created by Dr. Brian Sharkey. * Male Breakdown Fitness score * Under 20 20-40 40-70 70-100  |  |  |  |  | | --- | --- | --- | --- | | * 14 | * 13 | * 6 | * 5 | | * 23 | * 10 | * 13 | * 19 | | * 11 | * 19 | * 10 | * 6 | | * 10 | * 19 | * 11 | * 9 | | * 21 | * 17 | * 13 | * 10 | | * 14 | * 19 | * 9 | * 7 | | * 22 | * 5 | * 9 | * 6 | | * 29 | * 18 | * 15 | * 7 | | * 20 | * 12 | * 12 |  | | * 14 | * 14 | * 14 |  | | * 22 | * 18 |  |  | | * 18 | * 13 |  |  | | * 17 | * 13 |  |  | | * 20 | * 13 |  |  | | * 22 | * 17 |  |  | | * 14 | * 18 |  |  | | * 23 |  |  |  | | * 11 |  |  |  |  * Average 18.1875 15.11 11.2 8.625 * I broke the fitness scores up into four different categories. The lower the score the less fit a person is. Then I pulled out the surveys that had scores in these different categories and averaged their scores on the stress section of the survey. * Female Breakdown * Fitness score * Under 20 20-40 40-70 70-100  |  |  |  |  | | --- | --- | --- | --- | | * 14 | * 18 | * 5 | * 10 | | * 9 | * 12 | * 9 | * 10 | | * 18 | * 8 | * 1 | * 9 | | * 23 | * 14 | * 15 | * 9 | | * 18 | * 11 | * 8 | * 7 | | * 23 | * 11 | * 8 | * 8 | | * 19 | * 12 | * 9 |  | | * 15 | * 8 | * 9 |  | | * 21 | * 8 | * 10 |  | | * 16 | * 13 | * 5 |  | | * 12 | * 17 | * 9 |  | | * 15 | * 12 |  |  | | * 18 | * 13 |  |  | | * 21 | * 12 |  |  | | * 17 | * 13 |  |  | | * 13 |  |  |  |  * Average 17.26 12 10.375 8.83 * These are the female scores which show much of the same pattern as the male scores. * Data Analysis: * The Data clearly shows that the higher the fitness score the lower the average stress score. This is very clear cut data for this expermient and I believe proves what I was trying to prove. | |
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