Conclusion

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| # | Difference of initial & ending heart rates (BPM) |
| 3 | 20 |
| 4 | -33 |
| 5 | 8 |
| 6 | -16 |
| 7 | 33 |
| 8 | 4 |
| 9 | -45 |
| 10 | 37 |
| 11 | -31 |
| 12 | -12 |
| 13 | -9 |
| 14 | 16 |
| 15 | 27 |
| 16 | -56 |
| 17 | --- |
| 18 | -40 |
| 19 | -3 |
| 20 | 23 |
| 21 | -2 |
| 22 | -4 |
| 23 | -2 |
| 24 | 3 |
| 25 | -30 |
| 26 | 7 |
| 27 | -1 |
| 28 | -49 |
| 29 | --- |
| 30 | --- |
| 31 | --- |
| 32 | --- |
| 33 | --- |
| 34 | -19 |
| 35 | -1 |
| 36 | 1 |
| 37 | 41 |
| 38 | 51 |
| 39 | -6 |
| 40 | --- |
| 41 | 1 |
| 42 | -15 |
| 43 | 113 |
| 44 | 24 |
| 45 | -31 |
| 46 | 38 |
| 47 | -12 |
| 48 | -1 |

According to my data from the heart rate experiment, there was no significant increase in the heart rates from the beginning of the two minutes to the end of the two minutes. According to the data from the surveys, however, girls, on average, worried about their grades more than males, and also felt pressured more often than males to do well in school. More girls also said they felt tired or worn out “always” more often than the boys did. On average, the females also felt depressed more often than the males. They also felt more physically or emotionally exhausted than the males, at 5.88% who said they “always” felt exhausted, compared to 0% for the males, and 0% who said “never” compared to 10% for the males. The males worried less about big tests, at 10.26% of them who said never, compared to 4.48% of the females. 33.87% of the females said they “always” worried about big tests whereas for the males, only 17.95% felt the same way. When asked if stressing out over tests ever made them score higher, 7.69% of the males said it “often” did whereas 15% of the females said the same. The percentage of the females who said “never” was also lower than that of the males that said “never.” For the question, “Does stressing out ever make you score lower on tests?” a lower percentage of males said “never” and a higher percentage than females also said “Often.” Females also felt tired or worn out more so than the males (“Always” was 20.97% of females compared to 17.95% males, and 37.1% “often” compared to 33.33% for males). So whereas the females were often more stressed out (based on how often they were depressed, worried about tests, and felt exhausted), they still handled that stress better by scoring higher when stressed out.

From my data, there is a small significance in the greater number of females who feel pressured to do well in school and also show signs of stress (feeling tired, worn out, exhausted or depressed) and the fewer males who felt the same way. The significance is very small though, and with a bigger sample size the results could change. Based on the fact that females tended to worry more about grades and tests, it could be concluded that they were faced with more stressful situations than males. Females also scored better on tests when they had stressed over it, so it can also be concluded that they handled the stress better.