# Procedure

In order to gather the data for our paper we compiled a survey. Then, a letter was sent to all the english teachers in our high school. Those teachers who choose to help us (whom we are forever indebted to) were given the surveys to hand out to their students. Once completed, the information was used to formulate graphs and statistical data using the computer program MiniTab, which is a statistical analysis program. A copy of the survey is shown below.

In order to analyze the stress levels of the teens who took the surveys we used the last eight questions under *Personal Habits*. We gave each person 3 points for ever answer in the **always** category, 2 points for every **sometimes** answer, 1 point for each answer in the **occasionally** category, an no points for each **never** answer. The total possible points is 24. Although we used these 8 categories to compare levels of stress, they are only examples of common physical signs of stress. These physical ailments can be caused by other factors besides stress. Each person responds differently to each stressful situtiation, and results may vary.

**Survey handed out to teenagers, grades 9-12:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **QUESTION** | **ALWAYS** | **SOMETIMES** | **OCCASIONALLY** | **NEVER** |
| How often do you fight with your parents? |  |  |  |  |
| How often do you fight with your siblings? |  |  |  |  |
| How often do you talk with your parents? |  |  |  |  |

How many siblings do you have?\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you live with two parents?\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Have your parents ever separated or divorced?\_\_\_\_\_\_\_\_\_\_\_\_

Do you have younger siblings?\_\_\_\_\_\_\_\_\_\_\_\_

If yes, are you responsible for caring for them?\_\_\_\_\_\_\_\_\_\_\_

**SCHOOL**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **QUESTION** | **ALWAYS** | **SOMETIMES** | **OCCASIONALLY** | **NEVER** |
| How often do you stress out over tests? |  |  |  |  |
| How often do you have conflicts with teachers? |  |  |  |  |
| How often do you experience discipline problems with administration |  |  |  |  |

What is your cumulative GPA? \_\_\_\_\_\_\_\_\_\_\_\_

How many AP or honors classes have you taken? \_\_\_\_\_\_\_\_\_\_

What is the average amount of time that you spend doing homework each night?\_\_\_\_\_\_\_\_\_\_\_\_

**FRIENDS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **QUESTION** | **ALWAYS** | **SOMETIMES** | **OCCASIONALLY** | **NEVER** |
| How often do you fight with your friends? |  |  |  |  |
| How often do you feel pressured by your friends? |  |  |  |  |
| How often do you feel you can trust your friends? |  |  |  |  |

How long have you been friends with your core group of friends? \_\_\_\_\_\_\_\_

**EXTRACURRICULAR ACTIVITIES**

Do you participate in organized sports? \_\_\_\_\_\_\_\_\_

How many hours per week? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you work out regularly? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How many hours a week? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have a job? \_\_\_\_\_\_\_\_\_\_\_\_

How many hours a week do you work? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How stressful is your job? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How much time do you have to relax and have fun each week? \_\_\_\_\_\_\_\_\_

**PERSONAL HABITS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **QUESTION** | **ALWAYS** | SOMETIMES | **OCCASIONALLY** | **NEVER** |
| How often do you eat three nutritious meals a day? |  |  |  |  |
| How often do you drink alcohol? |  |  |  |  |
| How often do you use illegal drugs? |  |  |  |  |
| How often do you smoke cigarettes? |  |  |  |  |
| How often do you experience mood swings? |  |  |  |  |
| How often do you experience muscular tension? |  |  |  |  |
| How often do you have headaches? |  |  |  |  |
| How often do you have back pain? |  |  |  |  |
| How often do you experience insomnia? |  |  |  |  |
| How often do you feel fatigued? |  |  |  |  |
| How often do you feel depressed? |  |  |  |  |
| How often do you get sick? |  |  |  |  |

How many hours of sleep do you get in an average school night? \_\_\_\_\_\_\_\_\_

Do you consider your eating habits healthy? \_\_\_\_\_\_\_\_\_\_\_\_\_

Do you consider yourself to have a high self-esteem? \_\_\_\_\_\_\_\_\_\_\_\_\_

**PERSONAL**

Age \_\_\_\_\_\_\_\_\_\_

Grade \_\_\_\_\_\_\_\_\_\_

Sex \_\_\_\_\_\_\_\_\_\_