# Work

When did you get your first job? The majority of Americans get their first job when they're in their teens. This is normal, right? But can having a part - time job during high school adversely affect a teen? According to Andrew Goliszek, Ph.D., the answer is "yes." "Just about any work situation ... can be a potential source of stress," he states. Our data shows that teens who work over ten hours per week have a dramatic increase in stress; compared to those who don't work, or work less than ten hours per week. However, these teens are also in school for almost seven hours each week day.

One of the main contributions to the increased stress is the quantity of hours worked. Most teens have not learned the art of time management. This dilemma creates even more stress because without time they loose the freedom to accomplish their goals, and enjoy being teens. The only things teens are able complete are those that they can fit into their schedules. This, in turn, causes more pressure since their life is now run by time, and not their self. By utilizing time management and organizational skills, teens can learn to structure their time by limiting "working time", and increasing "teen time." The second factor leading to high levels of stress in teens has to do with money. Since teens may take on a job to earn money for college or a car, they might feel obligated to hold as many hours as possible to earn the most money. Psychologists agree that holding too many hours of work, only increases the stress of each individual. The teen now has three stressful situations to cope with. They must worry about making enough money to support their needs; this causes diminished time to complete homework, so the teen now worries about falling grades; and they have to deal with the stress of the inner conflict of what they should do to improve their situation.

Using the stress scale mentioned previously, we approximated the stress level of teens in five categories: those with no job, those working one to ten hours per week, those working eleven to twenty, those working twenty-one to thirty hours, and those working thirty-one to forty hours per week.(Remember that the scale goes from zero to twenty-four.) Of those teenagers surveyed with no job, the average stress level is 8.43. The average of those who work 1 to 10 hours is 8.41. Those teens who work between 11 and 20 hours have an average of 9.10. Of the teens who work 21 to 30 hours per week, the average stress level is 10.61. The final group, those who work 31 to 40 hours, has an average of 12.60. The collected data shows that as the number of hours increases, so does the stress. The almost equal average between the teens who don't work, and those who work up to ten hours per week can be easily explained. A few of those who don't work brought the average up due to their high stress levels. There are many reasons why they are so stressed, perhaps because they need to find a job, or they are having trouble in school. Another possibility pertaining to the similarity of the two groups is that some of the teens surveyed only work one or two hours per week and, depending on the job, the work is probably not too stressful. Therefore, the fact that these groups have an almost identical average is merely statistical error.

One-Way Analysis of Variance  
  
Analysis of Variance  
Source DF SS MS F P  
Factor 4 140.2 35.1 1.97 0.100  
Error 224 3989.3 17.8  
Total 228 4129.5  
 Individual 95% CIs For Mean  
 Based on Pooled StDev  
Level N Mean StDev --+---------+---------+---------+----  
no job ( 110 9.082 4.493 (--\*--)   
job 1-10 44 8.273 3.949 (----\*----)   
job 11-2 51 9.098 3.991 (---\*----)   
job 21-3 18 10.611 4.217 (------\*-------)   
job 31-4 6 12.500 1.975 (-------------\*-------------)   
 --+---------+---------+---------+----  
Pooled StDev = 4.220 7.5 10.0 12.5 15.0