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|  | |  | | --- | | **A survey with 25 questions regarding stress was given to one hundred and fifty students at Amador Valley High School. This survey was given to see if there was a relation between bedtime and stress levels. The data is as follows:** |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | **Individual's Response Equals** | **Yes -** | **No -** |   1. Do you have trouble falling asleep?  61  89  2. Do you wake up earlier than you want to or find it hard to wake up in the morning?  117  33  3. Do you constantly feel tired even though you have not done any physical activity?  85  65  4. Do you feel restless most of the time and can't think of a specific cause?  113  37  5. Are you constantly bored, depressed, or lack interest in most things?  54  96  6. Do you usually have tense muscles, tight neck, or shoulders?  119  31  7. Do you have a lot of headaches, backaches, or stomach problems?  75  75  8. Do you frequently feel nauseated?  33  117  9. Do you find yourself eating irregularly? (Eating too much or too little?)  75  75  10. Do you have no appetite at mealtimes?  65  85  11. Are you bothered by unfounded fears, enclosed places, heights, etc.?  67  83  12. Do you sweat for no obvious reason?  54  96  13. Do you have difficulty sitting still without fidgeting?  75  75  14. Do you bite your nails?  75  75  15. Do you feel you have too many responsibilities in your life?  75  75  16. Do you have a negative attitude?  89  61  17. Do you get angry over little things?  63  87  18. Do you deal with problems well?  115  35  19. Do you think people expect too much from you?  128  22  20. Do you count the minutes until you can go home from school?  75  75  21. Do you miss school more than once a month?  81  69  22. Is your workload at school too much to handle?  119  31  23. Do you try to juggle too many things and have trouble getting everything done?  117  33  24. Do you think you are stress out?  85  65 | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **AP Biology: Stress**   |  | | --- | | [**Home**](http://docs.google.com/index.html) | | [**Introduction**](http://docs.google.com/introduction.html) | | **Hypo/Pred** | | [**Experiment**](http://docs.google.com/experiment.html) | | [**Data**](http://docs.google.com/data.html) | | [**Conclusion**](http://docs.google.com/conclusion.html) | | [**Recommendations**](http://docs.google.com/recommendations.html) | | [**Bibliography**](http://docs.google.com/bibliography.html) | | [**Links/Other**](http://docs.google.com/linksother.html) | | |
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| |  | | --- | |  | | **Data** |   This data is valueable in showing that even though the majority of students are not stress out as a whole, the data suggests that in certain aspects of stress students are stressed out.   |  |  | | --- | --- | | **Stress Results** | | |  | | | **Rating**  0-5  6-10  11-15  16-20  21-25 | **# of People**  26  66  41  20  9 | |  | |   Each rating category is how many stress related questions were answered yes. If they were answered yes, there was a degree of stress if the symptoms were present. 0-5 - no stress or low stress; 6-10 - small amount of stress; 11-15 - some stress but not too much; 16-20 - a large amount of stress; 20-25 - too much stress for a person to handle.   |  | | --- | |  | | **Data Graphs** |    • Bedtimes Graph   • Pie Graph   |  |  | | --- | --- | | **Bedtimes** | | |  | | | **Time**  Before 7  7-8  9-10  11-12  After 12 | **# of People**  8  15  60  52  15 | |  | |  |  |  |  | | --- | --- | --- | | **Survey Results** | | | | **Question** | **Yes** | **No** | | 1 | 61 | 89 | | 2 | 117 | 33 | | 3 | 85 | 65 | | 4 | 113 | 37 | | 5 | 54 | 96 | | 6 | 119 | 31 | | 7 | 75 | 75 | | 8 | 33 | 117 | | 9 | 75 | 75 | | 10 | 65 | 85 | | 11 | 67 | 83 | | 12 | 54 | 96 | | 13 | 75 | 75 | | 14 | 75 | 75 | | 15 | 75 | 75 | | 16 | 89 | 61 | | 17 | 63 | 87 | | 18 | 115 | 35 | | 19 | 128 | 22 | | 20 | 75 | 75 | | 21 | 81 | 69 | | 22 | 119 | 31 | | 23 | 117 | 33 | | 24 | 85 | 65 | |
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