**Project Proposal**

**Student Stress and Satisfaction**

**1. Introduction**

A recent study found that 88% of college students reported their school life to be stressful (American Addiction Centers). These stress levels often stem from different factors in their lives like grades, involvement, living situation, etc. that then affect their satisfaction with their college experience. Our goal for this project is to use the responses from a survey about the ideal student life to determine which factors lead to a satisfactory student experience and whether there is a link between stress and satisfaction. We then hope to use similar data to evaluate whether this correlates to workplace stressors and satisfaction.

**2. Data**

The first dataset we will use in this project is an existing dataset from Kaggle. It is a combination of

two similar datasets that include questions and responses from students regarding their ideal student

life and factors that affect their stress levels. There are 2958 total students that responded to multiple

survey items and questions. The link included a zip file of a “responses” dataset and a “questions” dataset.

We used most of the “responses” data and added some data from the “questions” dataset. If we felt as

though a column had insignificant data, it was removed/not included. Some columns are simple “yes”

or “no” responses and others are numeric or text. The dataset includes information about stress levels

activities, involvement, and more.

For our second dataset, we plan to combine similar data, but with adults in their jobs/occupations. This

may change as we begin with our first dataset, but we feel it is a good starting point. We plan to find an

API/scrape data from a website such as LinkedIN, glassdoor, or something related. We want to find

anything that relates to our first dataset and can be integrated smoothly. We have included a data dictionary

below of our first dataset “Ideal Student Life Survey”:

*Data Dictionary*

|  |  |  |
| --- | --- | --- |
| **Column** | **Type** | **Description** |
| Response\_ID | text | Unique ID for each student |
| Career | text | Graduate or Undergraduate |
| Citizenship | text | Student citizenship status |
| Nationality | text | Student nationality |
| Year\_of\_Study | numeric | The year of which the students are currently in university |
| Gender | text | Student Gender (Male/Female) |
| Department | text | Current student area or department of study |
| Housing\_Type | text | The type of housing the student resides in |
| Events\_Volunteered | numeric | The number of events the student has volunteered for |
| Events\_Participated | numeric | The number of events the student has participated in |
| Activities\_Interested | numeric | The number of activities the student is interested in |
| Activities\_Passionate | numeric | The number of activities the student is passionate about |
| Stress\_Level | numeric | The levels of stress the students feel (0-9) |
| Student\_Life\_Satisfaction | numeric | How satisfied students are with their student life (0-3) |
| Effort\_For\_Interaction | numeric | The amount of effort students put forth to interact with others (0-3) |
| Societies\_Participation | text | Student participation in society or interest group (Yes/No) |
| Clubs\_Participation | text | Student participation in any clubs (Yes/No) |
| Academic\_Stress | text | Student academic stress (Yes/No) |
| Financial\_Stress | text | Student financial stress (Yes/No) |
| Family\_Stress | text | Student family stress (Yes/No) |
| Friend\_Stress | text | Student friendship stress (Yes/No) |

[**https://www.kaggle.com/shivamb/ideal-student-life-survey/version/1**](https://www.kaggle.com/shivamb/ideal-student-life-survey/version/1)

**3. Proposed Analysis**

The goal of our project is to examine data retrieved from a Student Life Satisfaction Survey

to determine what factors lead to a satisfactory student experience across universities and compare

these results to satisfactory experiences within corporate careers. We ultimately aim to determine

what stressors lead to an unsatisfactory student life experience and see if there is any correlation

among stressors that lead to an unsatisfactory career/workplace experience. Our research questions

Include, but are not limited to:

1. Does more stress lead to less satisfaction? If so: (see #2)
2. What are the leading factors of increased stress among students?
3. What are the most important attributes for an Ideal Student Life? What are the most important attributes

to a satisfied career?

1. What attributes of student life cause the least stress? How does this compare to adult career satisfaction?

**Works Cited**

American Addiction Centers. “Coping with College Stress; Exploring Perceived Stress and Coping Methods in College.” Resources for Addiction Treatment & Recovery, American Addiction Centers, https://americanaddictioncenters.org/learn/college-coping-mechanisms/.