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Stress and Sleep Quality: Mediating Effects of Social Support

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Research & Scholarship SYMPOSIUM

Stress and Sleep Quality: Mediating Effects of Social Support

Stress is defined as the “nonspecific response of the body to any demand made upon it” (Kohn & Frazer, 1986). Stress is among the top five threats to academic performance among college students (Pettit & DeBarr, 2011). The purpose of the study was to investigate whether stress affects perceived sleep quality, as mediated by social support, and to determine whether stress levels vary based on academic major. Using ANOVA in SPSS 24, we tested three hypotheses: stress and sleep quality are negatively correlated, social support mediates the relationship between stress and sleep quality, and stress levels will vary by academic major (specifically that science, technology, engineering, and mathematics majors will show greater perceived amounts of stress). Results of this study show that there is positive correlation between sleep and stress, a negative correlation between social support and sleep, and a negative correlation between stress and social support.