



Center of Applied Research
for Non-Profit Organizations

OU-Tulsa Student Affairs

College Students and Stress:
The Role of the University

Summer 2007

Prepared by
Tara Young, MHR
Chan Hellman, PhD

July 2007
Technical Report No: ARC-017

Purpose of Study

The Division of Student Affairs provides the out-of-classroom experiences that define university life for students. Student Affairs staff members are dedicated to serving the needs of all OU students to ensure their success. The Division of Student Affairs assists student in realizing their goals, from personal to academic to professional.

The purpose of this report is to provide the OU-Tulsa Office of Student Affairs and its stakeholders the results of a survey designed to assess graduate students with respect to stress and family engagement.

Study Methodology

Application to the University of Oklahoma (OU) Institutional Review Board (IRB) was made and included a letter from the OU-Tulsa Director of Student Affairs giving support for the study. The IRB approved the study. Copies of the letters are in Appendix A.

All OU-Tulsa students (N=1440) were sent an email from student affairs making the survey available; of those students, 133 (9.2% response rate) completed usable data from the online questionnaire. A copy of the questionnaire is in Appendix B.

The students electronically agreed to informed consent and responded to the anonymous questionnaire hosted by ZipSurvey. The consent letter invited the volunteers to participate in the study, informed them of the purpose of the study, and conveyed that their participation was voluntary. A copy of the consent letter is in Appendix C.

Measures

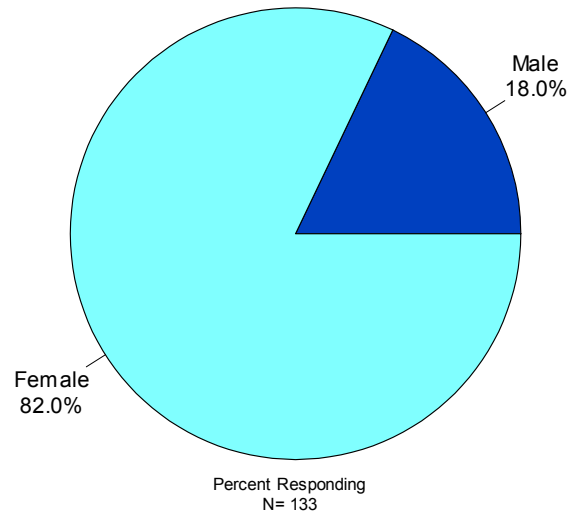
The questionnaire was an anonymous online survey. It comprised questions regarding demographic information and student interaction on campus at activities sponsored by Student Affairs. The scale was presented with a Likert-Type response format and scored such that high scores reflect high levels of either positive or negative perceptions. Descriptive information and a copy of the SPSS analysis output is presented in Appendix D.

Student Respondent Demographic Characteristics:

The sample for this study included 133 students attending OU-Tulsa, a response rate of 9.2% (N=1440). Participants reported being primarily female (82%), Caucasian (82%) and currently in a significant relationship (80.5%). The average age of the respondents was 32.65 years (SD = 9.85). The demographics for the entire student population are unavailable due to having separate campuses (OU- Norman, OU- HSC) represented on the OU-Tulsa campus.

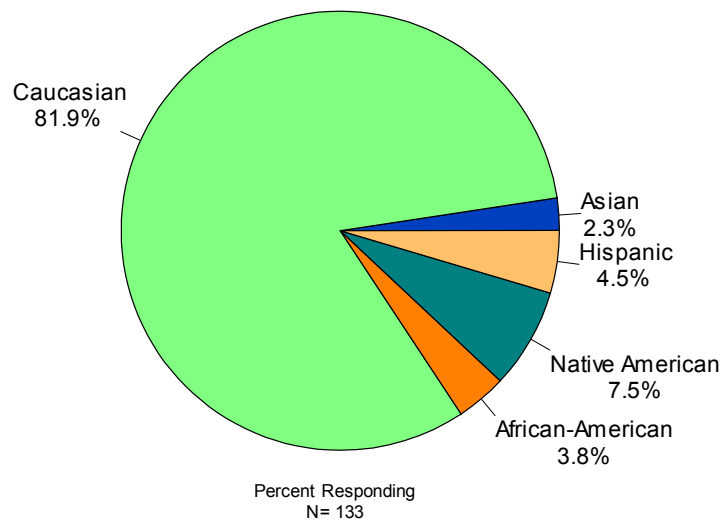
The following pages contain a graphical representation of individual's responses to the questionnaire.

Gender



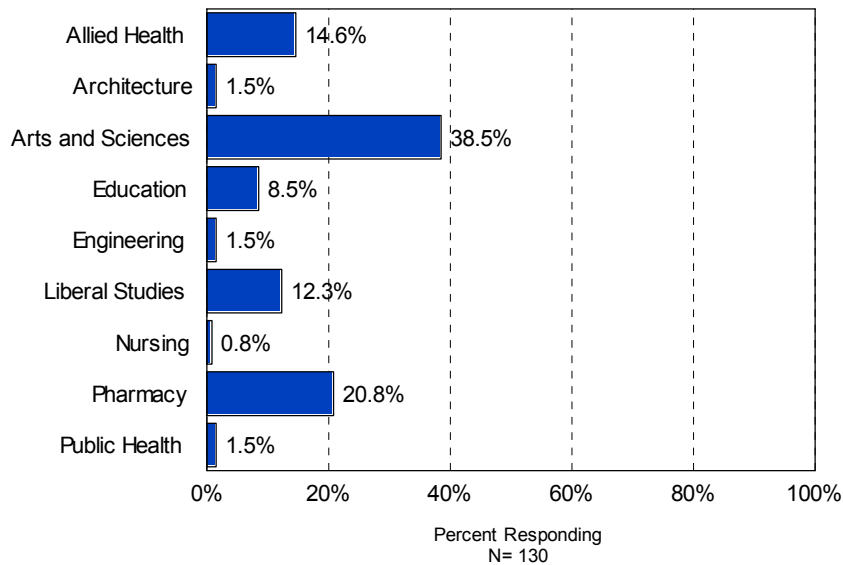
Of the 133 respondents who identified their gender, 82% was female and 18% was male.

Race



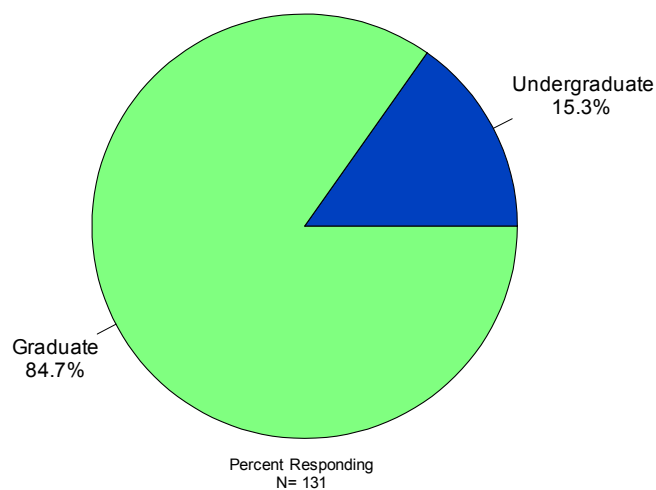
Of the 133 individuals who identified their ethnicity, 81.9% indicated being Caucasian followed by 7.5% Native American, 4.5% Hispanic, 3.8% African-American, and 2.3% Asian.

College Affiliation



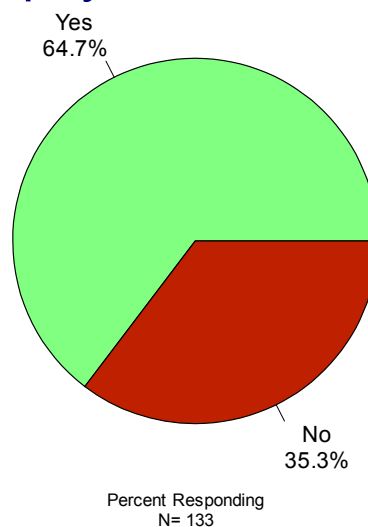
One hundred and thirty respondents indicated their college affiliation. Of these, 38.5% was in the College of Arts and Sciences, 20.8% was in the College of Pharmacy, 14.6% was in the College of Allied Health, 12.3% was in College of Nursing, and 8.5% was in the College of Education. 1.5% was reported from the College of Architecture, the College of Engineering, and the College of Public Health. The College of Medicine was inadvertently left out of the list of choices.

Education Level



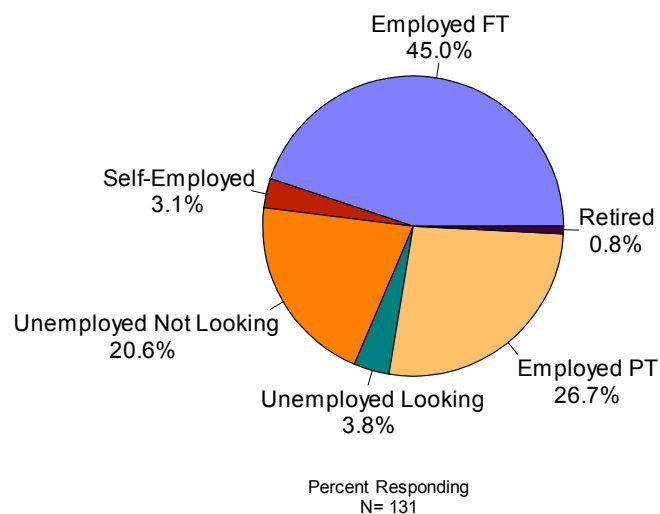
Of the 131 respondents, 84.7% indicated they were graduate students and 15.3% indicated they were undergraduates.

Are you receiving student loans to pay for school?



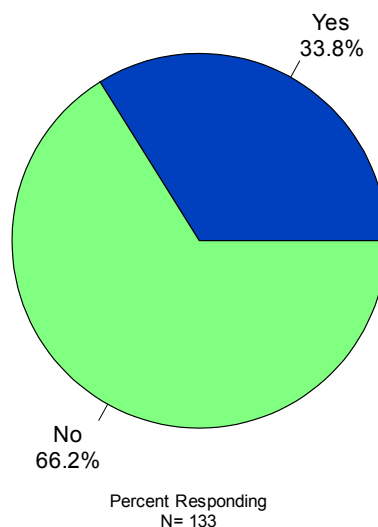
Of the 133 respondents, 64.7% indicated they were receiving student loans, while 35.3% indicated they were not receiving student loans.

Employment Status



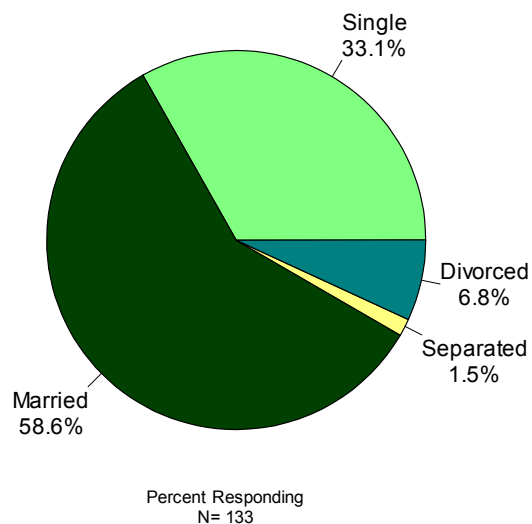
Of the 131 who reported employment status, 45% were employed full-time, 26.7% employed part time, 20.6% unemployed not looking, 3.8% unemployed looking, and 3.1% was self-employed. The remaining 0.8% reported being retired.

Do you have children under the age of 18 in the home?



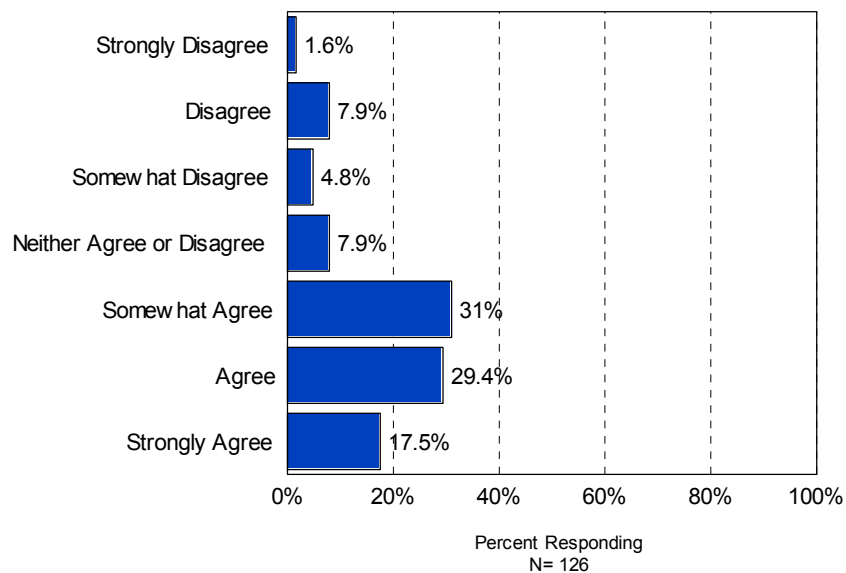
Of the 133 respondents, 66.2% indicated they did not have children under the age of 18 in the home, while 33.8% indicated there were children under the age of 18 in the home.

Marital Status



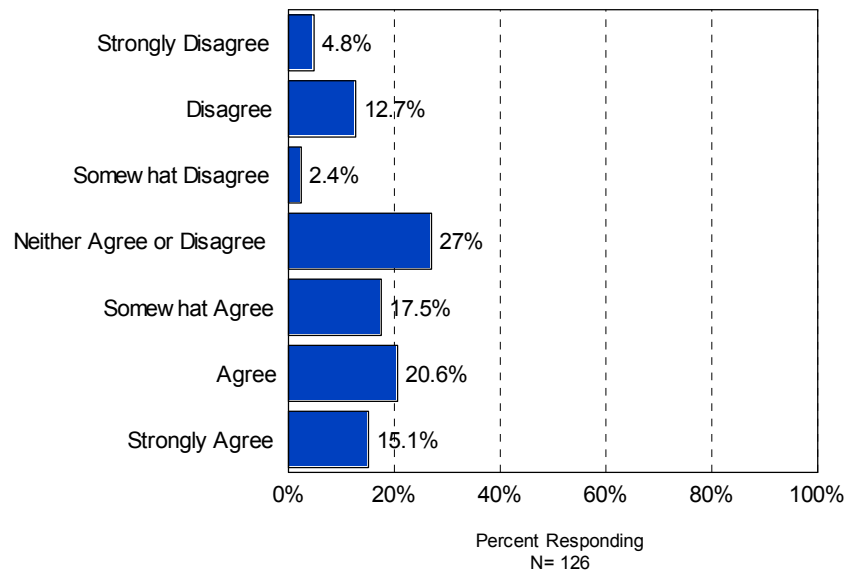
One hundred and thirty-three students reported their marital status. Of those responding, 58.6% was married, 33.1% was single, 6.8% was divorced, and 1.5% is separated.

It is important for my family to be involved in my educational experience.



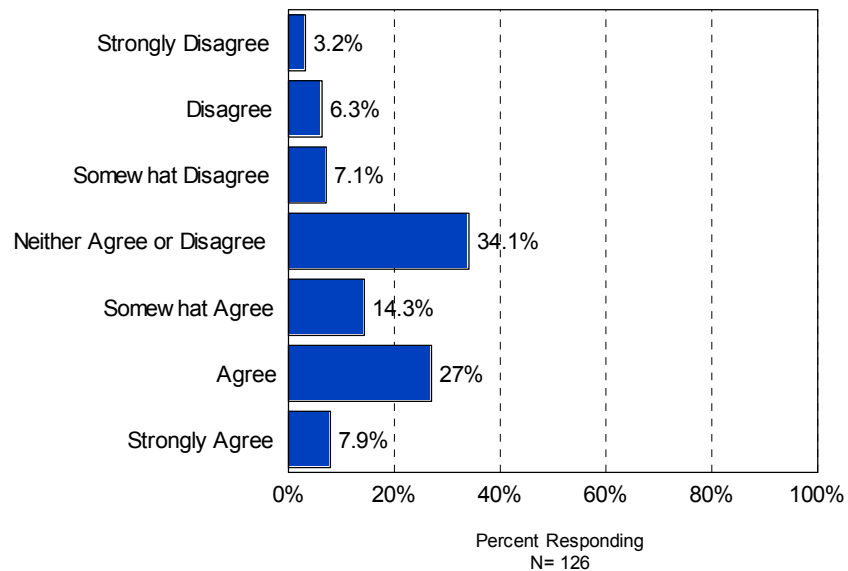
As illustrated in the graph above, 126 individuals responded to this item. Of these, 46.9% agreed or strongly agreed it is important for their family to be involved in their educational experience. Additionally, 31% somewhat agreed, 7.9% neither agreed nor disagreed, 4.8% somewhat disagreed, and 7.9% disagreed. The remaining 1.6% strongly disagreed with this item.

Having a campus environment that fosters family involvement is important to me.



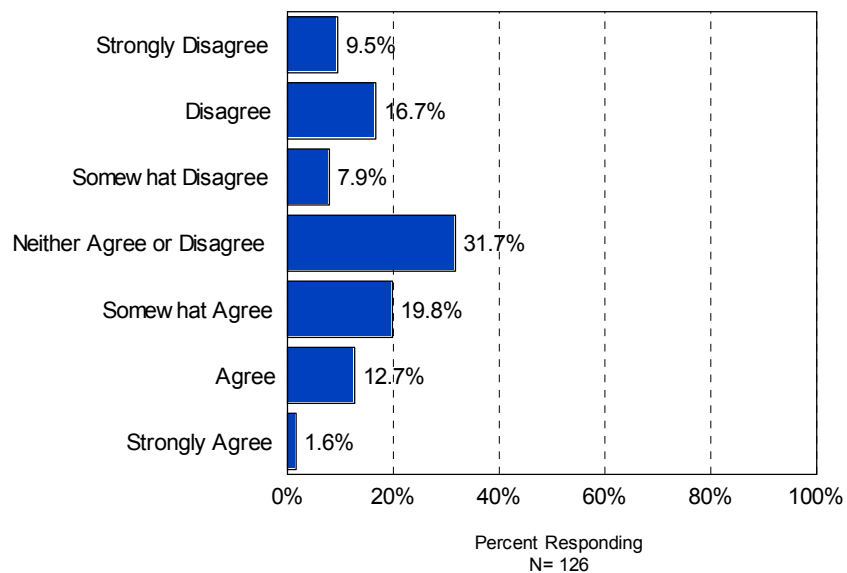
A total of 126 students responded to this statement. Of those that responded, 53.2% agreed, strongly agreed, or somewhat agreed with this item. However, 27% neither agreed nor disagreed with the item. From the remaining respondents, 19.9% somewhat disagreed, disagreed, or strongly disagreed with this item.

I am satisfied with the level of involvement my family has on campus.



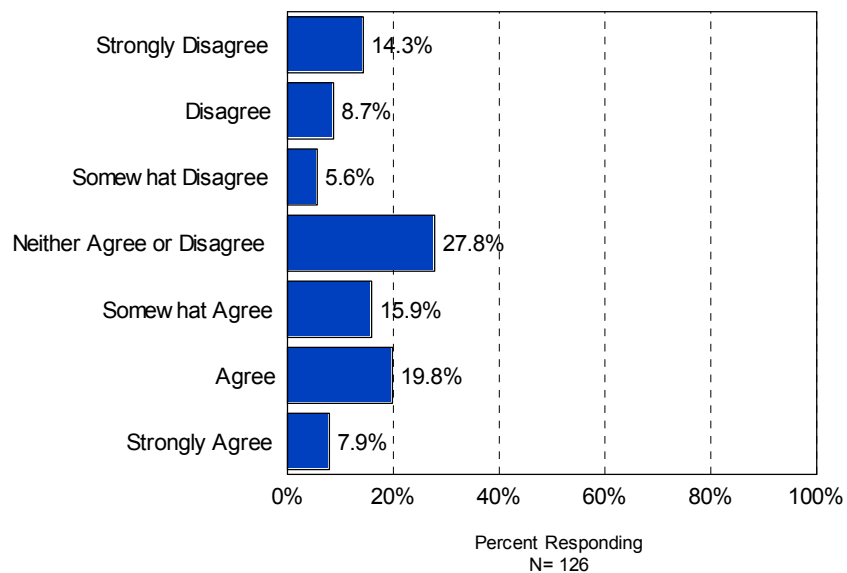
A total of 126 students responded to this statement. A total of 34.9% indicated a level of agreement or strong agreement. Of the remaining responses, 14.3% somewhat agreed, 34.1% neither agreed nor disagreed, 7.1% somewhat agreed, 6.3% disagreed, and 3.2% strongly disagreed.

Family engagement with other individuals/families on campus appeals to me.



A total of 126 students responded to the statement *family engagement with other individuals/families on campus appeals to me*. Of those responding, 33.3% agreed or strongly agreed or somewhat agreed. However, 31.7% neither agreed nor disagreed. The remaining 34.1% of students indicated somewhat disagreed or disagreed or strongly disagreed.

It is important for the university to provide family activities.



Concerning the importance of the university to provide family activities, 27.7% either agreed or strongly agreed. From the remaining responses, 15.9% somewhat agreed, 27.8% neither agreed nor disagreed, 5.6% somewhat disagreed, 8.7% disagreed, and 14.3% strongly disagreed.

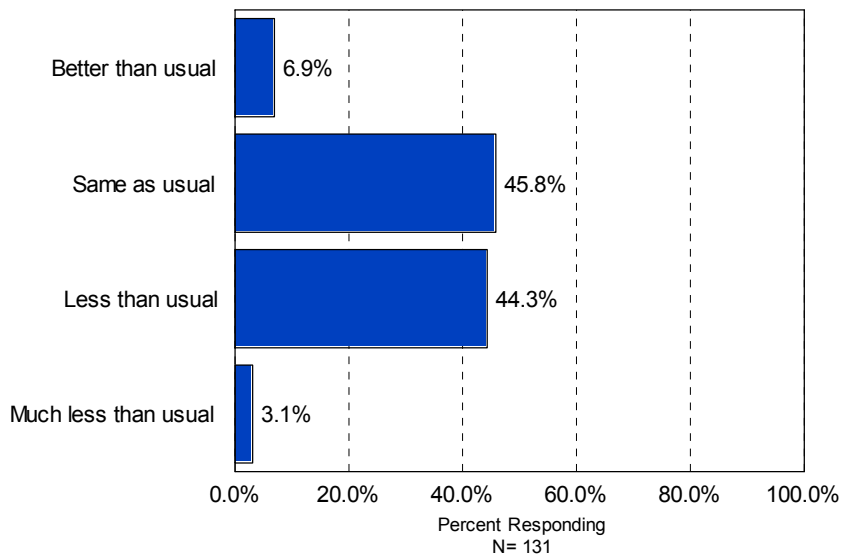
Correlations

Scale	Mean	SD	1	2	3	4	5	6	7	8	9	10	11
1. Home Commitment	17.98	3.28	.80										
2. Home Reward	20.71	3.72	.67	.86									
3. Marital Commitment	20.08	3.75	.33	.27	.78								
4. Marital Reward	17.11	5.39	.19	.27	.50	.89							
5. Parent Role Commitment	21.54	4.14	.21	.06	.29	.08	.85						
6. Parental Reward	20.77	4.89	-.02	-.09	.21	.17	.79	.88					
7. Career Satisfaction	17.14	2.45	.22	.17	.16	.02	-.06	-.10	.83				
8. Life Satisfaction	24.07	7.30	.31	.26	.44	.37	-.08	.10	.49	.91			
9. Family Enrichment	17.18	4.44	.18	.09	.40	.30	-.04	-.17	.38	.48	.81		
10. Family Interference	15.06	4.40	-.11	-.07	-.19	-.10	.01	.10	-.33	-.29	-.35	.84	
11. General Health	26.22	5.43	-.18	-.18	-.22	-.13	.10	-.05	-.41	-.50	-.36	.49	.86

*Cronbach's Alpha Reliability reported on the diagonal. $r + \text{or} - \geq .19$ $p < .05$

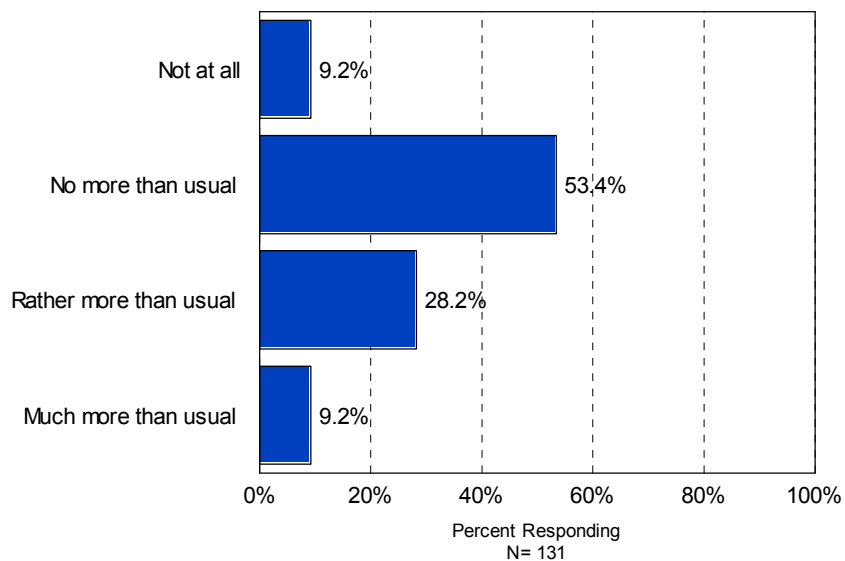
The table above shows moderate positive correlations in life satisfaction with family enrichment ($r = .48$), marital commitment ($r = .44$) and marital reward ($r = .37$) respectively. However, a moderately negative correlation was found between life satisfaction and family interference ($r = -.29$). Additionally, family interference had a strong positive correlation ($r = .49$) with mental distress.

Have you recently been able to concentrate on what you're doing?



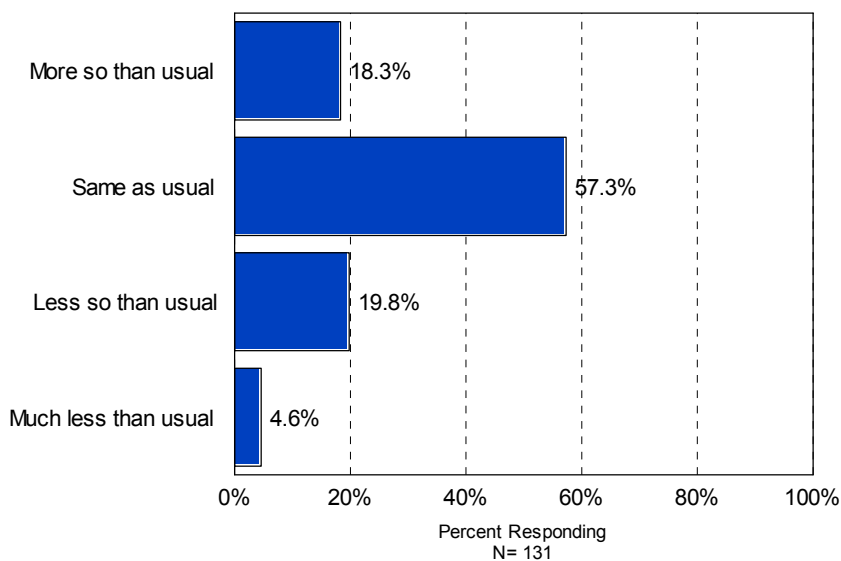
The graph above illustrates 131 students who responded to the question *Have you recently been able to concentrate on what your doing?* 6.9% responded better than usual, 45.8% responded same as usual, 44.3% responded less than usual, while only 3.1% responded much less than usual.

Have you recently lost much sleep over worry?



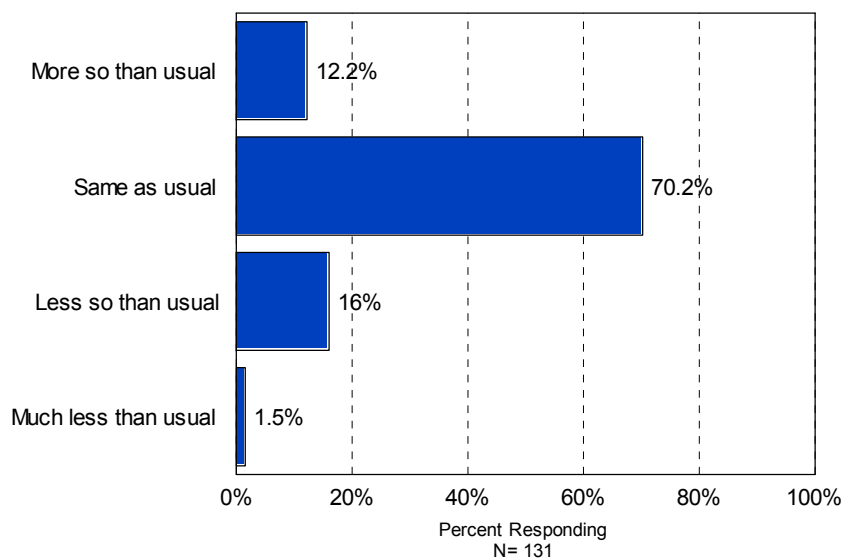
One hundred and thirty-one students responded to the item *Have you recently lost much sleep over worry?* Of those, 9.2% responded not at all, 53.4% no more than usual, 28.2% rather more than usual, and 9.2% much more than usual.

Have you recently felt that you are playing a useful part in things?



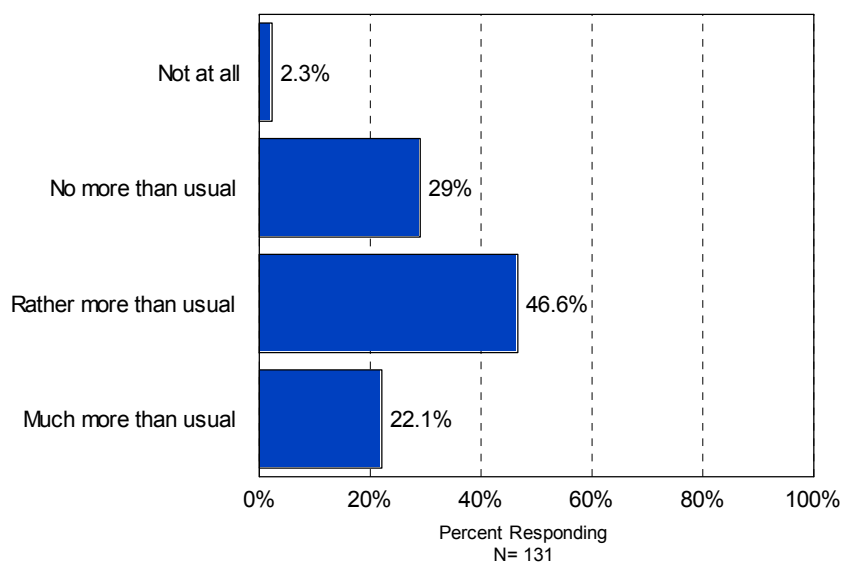
A total of 131 students responded to this item. The graph above illustrates that 18.3% responded more so than usual. Of the remaining responses, 57.3% indicated same as usual, 19.8% less so than usual and 4.6% much less than usual.

Have you recently felt capable of making decisions about things?



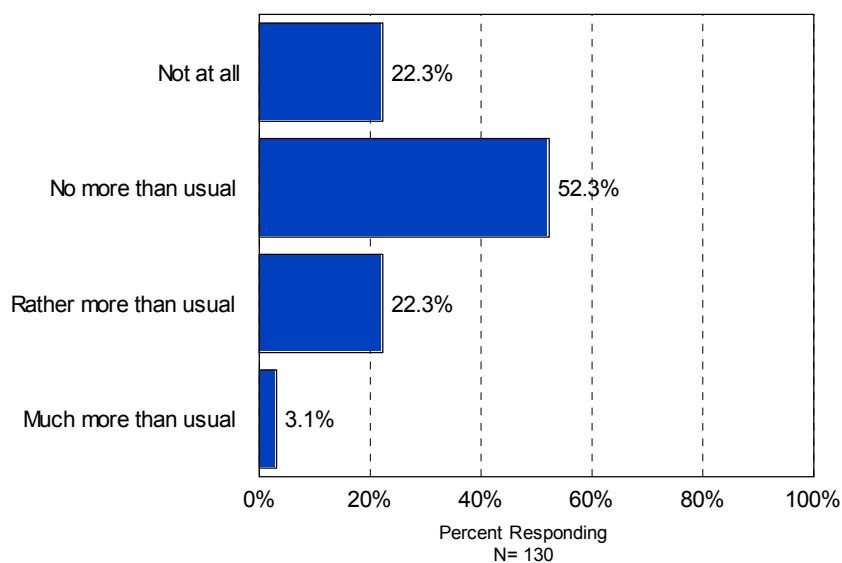
A total of 131 students responded to the statement *Have you recently felt capable of making decisions about things?* Of those that responded, 12.2% stated more so than usual. However, 70.2% responded same as usual to feeling capable of making decisions about things. From the remaining respondents, 1.5% indicated much less than usual.

Have you recently felt constantly under strain?



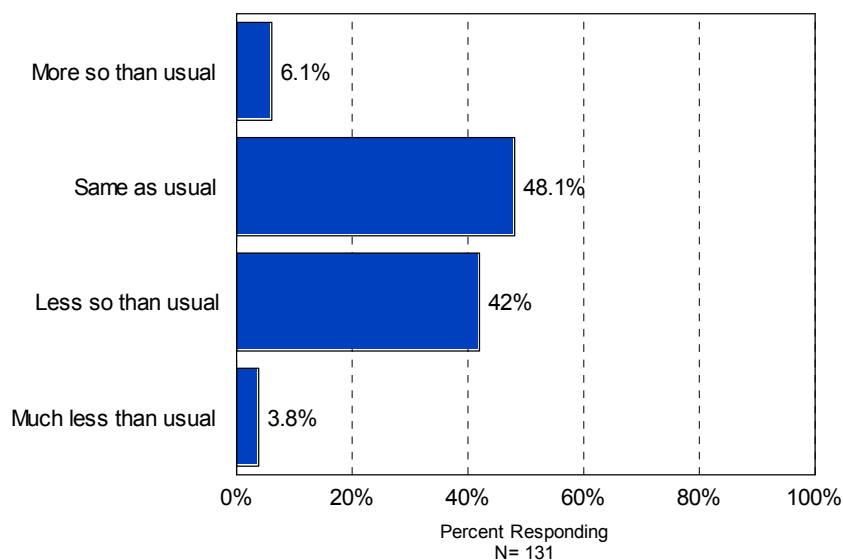
As illustrated in the graph above, 131 students responded to this item *Have you recently felt constantly under strain?* 46.6% indicated rather more than usual. Additionally, 2.3% indicated not at all with 29% no more than usual. The remaining 22.1% reported much more than usual. Taken as a whole, these scores indicate 70% of the respondents felt constantly under a strain.

Have you recently felt you couldn't overcome your difficulties?



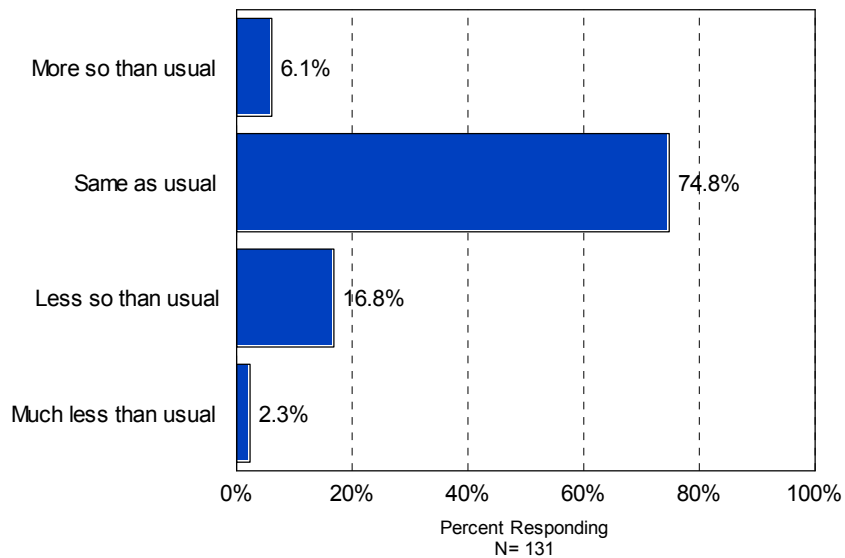
One hundred and thirty students responded to this item, so the graph above illustrates 52.3% responded no more than usual to the statement *Have you recently felt you couldn't overcome your difficulties?* While 22.3% indicated not at all, 22.3% indicated rather more than usual. From the remaining, 3.1% responded much more than usual.

Have you recently been able to enjoy your normal day to day activities?



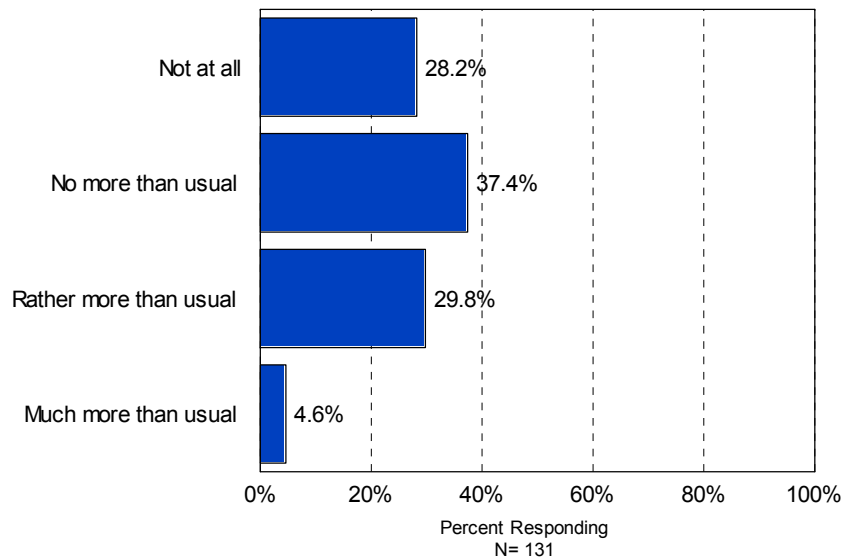
Of the 131 student respondents, 48.1% indicated they were recently able to enjoy normal day to day activities. However, 42% stated they were less so than usual able to enjoy normal day to day activities. 6.1% indicated they were more so while 3.8% were much less able than usual to enjoy normal day to day activities.

Have you recently been able to face up to your problems?



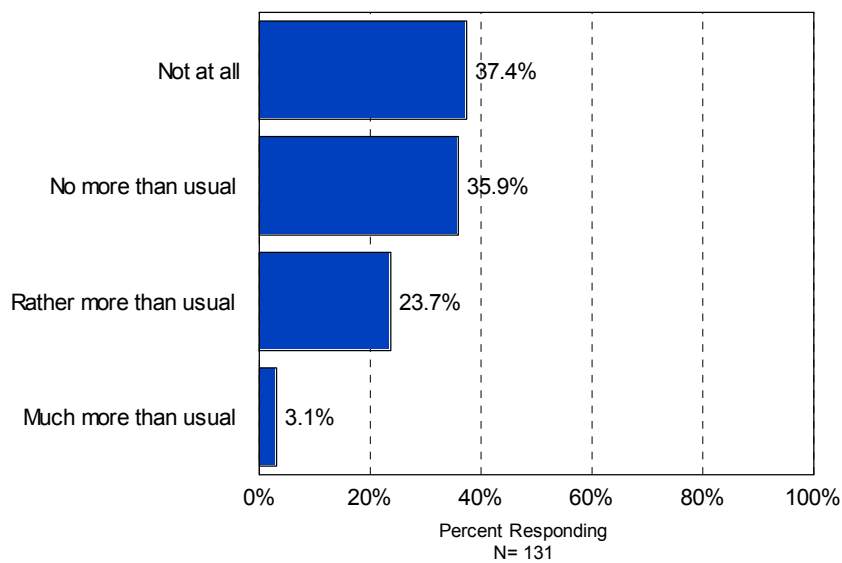
Of the 131 student respondents, 74.8% indicated they were recently able to face up to their problems. However, 16.8% stated they were less able than usual to face up to their problems. 6.1% indicated they were more so while 2.3% were much less than usual able to face up to their problems.

Have you recently been feeling unhappy or depressed?



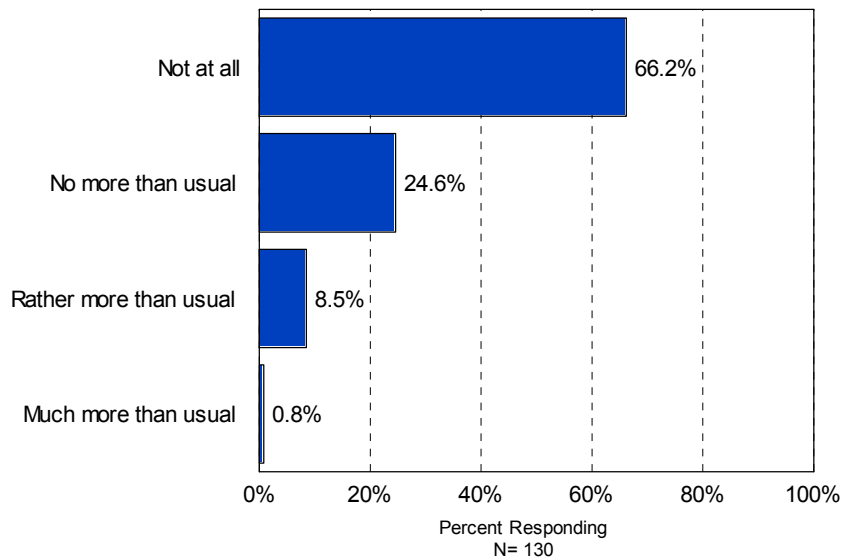
Of the 131 students, 28.2% responded not at all to the statement *Have you recently been feeling unhappy or depressed?* Of the remaining, 37.4% responded no more than usual, 23.8% responded rather more than usual, with 4.6% responding much more than usual to feeling unhappy or depressed.

Have you recently been losing confidence in yourself?



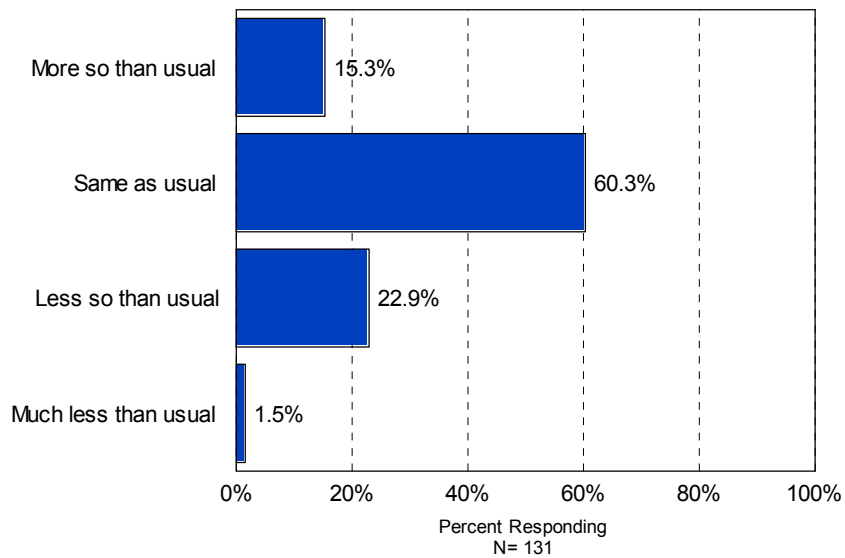
With 131 respondents, 37.4% reported not at all to the statement *Have you recently been losing confidence in yourself?* The remaining 35.9% reported no more than usual, 23.7% reporting rather more than usual, and 3.1% much more than usual.

Have you recently been thinking of yourself as a worthless person?



One hundred and thirty students responded to this item. A majority, 66.2% responded not at all to the statement *Have you recently been thinking of yourself as a worthless person?* 24.6% reported no more than usual, 8.5% rather more than usual, and 0.8% reported much more than usual.

Have you recently been feeling reasonably happy, all things considered?



Responding to the statement *Have you recently been feeling reasonably happy, all things considered?*, 60.3% indicated the same as usual. Of the remaining respondents, 15.3% responded more so than usual, 22.9% responded less so than usual, and 1.5% responded much less than usual.

Appendix A
Director of Student Affairs
Letter of Support
And
Institutional Review Board
Letter of Approval



The University of Oklahoma

OU-TULSA STUDENT AFFAIRS

February 26, 2007

Office for Human Research Participant Protection
660 Parrington Oval
Evans Hall, Room 316
Norman, OK 73019

To Whom It May Concern:

This letter verifies that Tara Young is conducting a student survey on our campus as part of her master's thesis in OU's human relations program. The **population** for the survey is the entire OU-Tulsa student body. Ms Young has presented the conceptual **framework** and a list of survey questions to me. I am granting her **permission** to conduct this survey through the Office of Student Affairs. The study is relevant to both human relations and higher education. In particular, it has the potential to contribute significantly to the current literature within student affairs.

Should you have **further** questions or need additional information, please feel **free** to contact me. **Thank** you for your consideration.

Sincerely,

Kathy Scibold
Director of Student Affairs, OU-Tulsa
Schusterman Center
4502 East 41st Street, Room 1C53
Tulsa, Oklahoma 74135
Email: kscibold@ou.edu
Phone: (918) 660-3102

4502 E. 41st Street • Tulsa, Oklahoma 74135-2512
PHONE: (918) 660-3102 • FAX: (918) 660-3101



The University of Oklahoma

OFFICE FOR HUMAN PARTICIPANT PROTECTION

IRB Number: 11638
Category: 2
Approval Date: March 23, 2007

March 26, 2007

Tara Young
Human Relations-OU Tulsa
4502 East 41st Street, SCH-TUL
Tulsa, OK 74135

Dear Ms. Young:

RE: Graduate Students and Stress: The Positive and Negative Effects of Significant Relationships

On behalf of the Institutional Review Board (IRB), I have reviewed the above-referenced research project and determined that it meets the criteria in 45 CFR 46, as amended, for exemption from IRB review. You may proceed with the research as proposed. Please note that any changes in the protocol will need to be submitted to the IRB for review as changes could affect this determination of exempt status. Also note that you should notify the IRB office when this project is completed, so we can remove it from our files.

If you have any questions or need additional information, please do not hesitate to call the IRB office at (405) 325-8110 or send an **email** to irb@ou.edu.

Cordially,

A handwritten signature in black ink, appearing to read "Lynn Devenport".

Lynn Devenport, Ph.D.
Vice Chair, Institutional Review Board

Lit_Prot_Fapp_X

680 Parrington Oval, Suite 316, Norman, Oklahoma, 730193085 PHONE: (406) 325-8110 FAX: (406) 325-2373

Appendix B
Questionnaire

1. (Required)
 - I agree to participate
 - I do not wish to participate
2. What is your gender?
 - Male
 - Female
3. What is your age in years?
4. What is your race?
 - African-American
 - Asian
 - Caucasian
 - Hispanic
 - Native American
5. College Affiliation
 - College of Allied Health
 - College of Architecture
 - College of Arts and Sciences
 - College of Education
 - College of Engineering
 - College of Liberal Studies
 - College of Nursing
 - College of Pharmacy
 - College of Public Health
6. Education Level
 - Undergraduate
 - Graduate
7. Number of Hours Currently Enrolled
8. Number of Credit Hours Earned
9. Current G.P.A.
10. Are you receiving students loans to pay for school?
 - Yes
 - No
11. What is your current employment status?
 - Employed full-time
 - Employed part-time
 - Self-employed
 - Unemployed- looking
 - Unemployed- not looking
 - Retired
12. What is the highest level of education attained by your mother?
 - Unknown
 - Less than 12th grade
 - H.S./GED
 - Technical
 - Some college
 - College graduate

13. What is the highest level of education attained by your father?

- Unknown
- Less than 12th grade
- H.S./GED
- Technical
- Some college
- College graduate

14. Do you have children under the age of 18 in the home?

- Yes
- No

15. Marital Status

- Single
- Married
- Separated
- Divorced
- Widowed

16. Are you currently in a significant relationship?

- Yes
- No

17. Within the next year, I intend to remain in this relationship.

- Strongly Disagree
- Disagree
- Slightly Disagree
- Neither Agree nor Disagree
- Slightly Agree
- Agree
- Strongly Agree

18. Overall, I am satisfied with this relationship.

- Strongly Disagree
- Disagree
- Slightly Disagree
- Neither Agree nor Disagree
- Slightly Agree
- Agree
- Strongly Agree

□

Considering the past few weeks, please select the response which you think most nearly applies to you. Remember that we want to know about present and recent conditions.

19. Have you recently been able to concentrate on what you're doing?

- Better than usual
- Same as usual
- Less than usual
- Much less than usual

20. Have you recently lost much sleep over worry?
- Not at all
 - No more than usual
 - Rather more than usual
 - Much more than usual
21. Have you recently felt that you are playing a useful part in things?
- More so than usual
 - Same as usual
 - Less so than usual
 - Much less than usual
22. Have you recently felt capable of making decisions about things?
- More so than usual
 - Same as usual
 - Less so than usual
 - Much less than usual
23. Have you recently felt constantly under strain?
- Not at all
 - No more than usual
 - Rather more than usual
 - Much more than usual
24. Have you recently felt you couldn't overcome your difficulties?
- Not at all
 - No more than usual
 - Rather more than usual
 - Much more than usual
25. Have you recently been able to enjoy your normal day-to-day activities?
- More so than usual
 - Same as usual
 - Less so than usual
 - Much less than usual
26. Have you recently been able to face up to your problems?
- More so than usual
 - Same as usual
 - Less so than usual
 - Much less than usual
27. Have you recently been feeling unhappy or depressed?
- Not at all
 - No more than usual
 - Rather more than usual
 - Much more than usual
28. Have you recently been losing confidence in yourself?
- Not at all
 - No more than usual
 - Rather more than usual
 - Much more than usual

29. Have you recently been thinking of yourself as a worthless person?

- Not at all
- No more than usual
- Rather more than usual
- Much more than usual

30. Have you recently been feeling reasonably happy, all things considered?

- More so than usual
- Same as usual
- Less so than usual
- Much less than usual

□

How often have you experienced each of the following during the past three months?

31. I was too tired to be effective at school because of things I had to do at home.

- Rarely
- Sometimes
- Often
- Most of the time

32. My family or personal life drained me of the energy I needed to complete responsibilities at school.

- Rarely
- Sometimes
- Often
- Most of the time

33. I was preoccupied with personal responsibilities while I was at school.

- Rarely
- Sometimes
- Often
- Most of the time

34. My personal responsibilities made it difficult to get along with my professors and other students the way that I would like.

- Rarely
- Sometimes
- Often
- Most of the time

35. The amount of time my personal responsibilities took made my school performance lower.

- Rarely
- Sometimes
- Often
- Most of the time

36. The schedule demands of my personal responsibilities kept me from getting tasks completed for school.

- Rarely
 Sometimes
 Often
 Most of the time

37. My school responsibilities made me behave in ways that were unacceptable at home.

- Rarely
 Sometimes
 Often
 Most of the time

38. Behavior that was effective and necessary for me at school was counterproductive for me at home.

- Rarely
 Sometimes
 Often
 Most of the time

39. I sacrificed school in favor of a personal goal or commitment.

- Rarely
 Sometimes
 Often
 Most of the time

How often have you experienced each of the following during the past months?

40. My family or personal life gives me the energy to do my school work.

- Rarely
 Sometimes
 Often
 Most of the time

41. I was in a better mood at school because of my family or personal life.

- Rarely
 Sometimes
 Often
 Most of the time

42. My home life helped me relax and feel ready for the next day of school.

- Rarely
 Sometimes
 Often
 Most of the time

43. The problem-solving approaches I use at home help me deal with problems at school.

- Rarely
 Sometimes
 Often
 Most of the time

44. Skills I used at home helped me deal with practical issues at school.

- Rarely
- Sometimes
- Often
- Most of the time

45. Talking with someone at home helped me deal with problems at school.

- Rarely
- Sometimes
- Often
- Most of the time

46. My family and friends gave me support that helped me face difficulties at school.

- Rarely
- Sometimes
- Often
- Most of the time

□

Please select the answer that best reflects the extent to which you agree or disagree with each statement.

47. In most ways, my life is close to my ideal.

- Strongly Disagree
- Disagree
- Slightly Disagree
- Neither Agree nor Disagree
- Slightly Agree
- Agree
- Strongly Agree

48. The conditions of my life are excellent.

- Strongly Disagree
- Disagree
- Slightly Disagree
- Neither Agree nor Disagree
- Slightly Agree
- Agree
- Strongly Agree

49. I am satisfied with my life.

- Strongly Disagree
- Disagree
- Slightly Disagree
- Neither Agree nor Disagree
- Slightly Agree
- Agree
- Strongly Agree

50. So far, I have gotten the important things I want in life.

- Strongly Disagree
 Disagree
 Slightly Disagree
 Neither Agree nor Disagree
 Slightly Agree
 Agree
 Strongly Agree

51. If I could live my life over, I would change almost nothing.

- Strongly Disagree
 Disagree
 Slightly Disagree
 Neither Agree nor Disagree
 Slightly Agree
 Agree
 Strongly Agree

□

Please select the answer that best reflects the extent to which you agree or disagree with each statement.

52. I am satisfied with the success I have achieved in my education.

- Strongly Disagree
 Disagree to some extent
 Uncertain
 Agree to some extent
 Strongly Agree

53. I am satisfied with the progress I have made toward meeting my overall educational goals.

- Strongly Disagree
 Disagree to some extent
 Uncertain
 Agree to some extent
 Strongly Agree

54. I am satisfied with the progress I have made toward meeting my goals for advancement.

- Strongly Disagree
 Disagree to some extent
 Uncertain
 Agree to some extent
 Strongly Agree

55. I am satisfied with the progress I have made toward meeting my goals for the development of new skills.

- Strongly Disagree
 Disagree to some extent
 Uncertain
 Agree to some extent
 Strongly Agree □

Please select the answer that best reflects the extent to which you agree or disagree with each statement.

56. Although parenthood requires many sacrifices, the love and enjoyment of children of one's own are worth it all.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

57. If I chose not to have children, I would regret it.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

58. It is important to me to feel I am (will be) an effective parent.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

59. The whole idea of having children and raising them is not attractive to me.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

60. My life would be empty if I never had children.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

61. It is important to me to have some time for myself and my own development rather than have children and be responsible for their care.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

62. I expect to devote a significant amount of my time and energy to the rearing of children of my own.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

63. I expect to be very involved in the day-to-day matters of rearing children of my own.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

64. Becoming involved in the day-to-day details of rearing children involves costs in other areas of my life which I am unwilling to make.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

65. I do not expect to be very involved in childrearing.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

66. My life would seem empty if I never had a significant relationship.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

67. Having a successful significant relationship is the most important thing in life to me.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

68. I expect a significant relationship to give me more real, personal satisfaction than anything else in which I am involved.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

69. Being in a significant relationship to a person I love is more important to me than anything else.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

70. I expect the major satisfactions in my life to come from my significant relationship.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

71. I expect to commit whatever time is necessary to making my partner feel loved, supported, and cared for.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

72. Devoting a significant amount of my time to being with or doing things with a partner is not something I expect to do.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

73. I expect to put a lot of time and effort into building and maintaining a significant relationship.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

74. Really involving myself in a relationship involves costs in other areas of my life which I am unwilling to accept.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

75. I expect to work hard to build a good, significant relationship even if it means limiting my opportunities to pursue other personal goals.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

76. It is important to me to have a home of which I can be proud of.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

77. Having a comfortable and attractive home is of great importance to me.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

78. To have a well-run home is one of my life goals.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

79. Having a nice home is something to which I am very committed.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

80. I want a place to live, but I do not really care how it looks.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

81. I expect to leave most of the day-to-day details of running a home to someone else.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

82. I expect to devote the necessary time and attention to having a neat and attractive home.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

83. I expect to be very much involved in caring for a home and making it attractive.

- Strongly Disagree
- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Agree
- Strongly Agree

84. I expect to assume the responsibility for seeing that my home is well kept and well run.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

85. Devoting significant amount of my time to managing and caring for a home is not something I expect to do.

- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Strongly Agree

Please select the answer that best reflects the extent to which you agree or disagree with each statement.

86. It is important for my family to be involved in my educational experience.

- Strongly Disagree
- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Agree
- Strongly Agree

87. Having a campus environment that fosters family involvement is important to me.

- Strongly Disagree
- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Agree
- Strongly Agree

88. I am satisfied with the level of involvement my family has on campus.

- Strongly Disagree
- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Agree
- Strongly Agree

89. Family engagement with other individuals/families on campus appeals to me.

- Strongly Disagree
- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Agree
- Strongly Agree

90. It is important for the university to provide family activities.

- Strongly Disagree
- Disagree
- Somewhat Disagree
- Neither Agree nor Disagree
- Somewhat Agree
- Agree
- Strongly Agree

Your responses have been received. Thank you for participating in this study.

Appendix C
Informed Consent

**University of Oklahoma
Institutional Review Board
Informed Consent to Participate in a Research Study**

Project Title: Graduate Students and Stress: The Positive and Negative Effects of Significant Relationships
Principal Investigator: Tara Young
Department: Human Relations

You are being asked to volunteer for this research study. This study is being conducted on the OU-Tulsa campus. You were selected as a possible participant because you are a student who is currently enrolled in classes at OU-Tulsa.

Please read this form and ask any questions that you may have before agreeing to take part in this study.

Purpose of the Research Study

The purpose of this study is to measure the effects of stress upon the significant relationships of OU-Tulsa graduate students.

Number of Participants

About 1000 people will be asked to take part in this study.

Procedures and Length of Participation

If you agree to be in this study, you will be asked to respond to an 89-item survey on the internet. The survey should take approximately 15-30 minutes to complete. At anytime the participant wishes to end the survey, the participant may exit the survey.

This study has the following risks:

There is no degree of risk associated with participation in this study; however, the questions are sensitive in nature and may cause discomfort. Participants will provide information relative to their significant relationships and stresses related to being a graduate student.

Benefits of being in the study:

As a participant, there is the potential for this research to contribute significantly to the current literature within student affairs. Additionally, the results could provide student service organizations with information that may influence program development in areas related to stress reduction for graduate students.

Confidentiality

In published reports, there will be no information included that will make it possible to identify you. The survey being conducted is anonymous. Research

records will be stored securely on computer servers operated by a third party provider. The survey will be administered online by an independent company Zip Survey. Individual responses by students will not be accessible by anyone within OU-Tulsa Student Affairs. Only the research team will have access to the data.

The OU Institutional Review Board may inspect and/or copy research records for quality assurance and data analysis.

Costs and Compensation

There is neither a cost nor compensatory benefits for participating in this study.

Rights

Refusal to participate will involve no penalty or loss of benefits to which you are otherwise entitled. You can discontinue participation at any time without penalty or loss of benefits to which you are otherwise entitled.

Voluntary Nature of the Study

Participation in this study is voluntary. If you decline to participate, you will not be penalized or lose benefits or services unrelated to the study. If you decide to participate, you may decline to answer any question and may choose to withdraw at any time.

Contacts and Questions

If the participant has concerns or complaints about the research, the researcher conducting this study can be contacted at 918.660.3485 or by e-mail to Tara.L.Young-1@ou.edu. The student's advisor is Dr. Chan Hellman and may be contacted at 918.660.3485 or by e-mail at chellman@ou.edu. Please contact the researcher(s) if you have questions.

If you have any questions, concerns, or complaints about the research and wish to talk to someone other than individuals on the research team or if you cannot reach the research team, you may contact the University of Oklahoma – Norman Campus Institutional Review Board (OU-NC IRB) at 405-325-8110 or irb@ou.edu.

Please print a copy of this information to keep for your records.

Statement of Consent

By clicking the “I agree to participate” button, I am agreeing to participate in this study. If you choose not to take part in this study, please click the “I do not wish to participate” button below. Thank you.

Appendix D
Descriptive Information &
SPSS Output

Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	24	16.7	18.0	18.0
	Female	109	75.7	82.0	100.0
	Total	133	92.4	100.0	
Missing	System	11	7.6		
Total		144	100.0		

Race

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	African American	5	3.5	3.8	3.8
	Asian	3	2.1	2.3	6.0
	Caucasian	109	75.7	82.0	88.0
	Hispanic	6	4.2	4.5	92.5
	Native American	10	6.9	7.5	100.0
	Total	133	92.4	100.0	
Missing	System	11	7.6		
Total		144	100.0		

College Affiliation

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	College of Allied Health	19	13.2	14.6	14.6
	College of Architecture	2	1.4	1.5	16.2
	College of Arts and Sciences	50	34.7	38.5	54.6
	College of Education	11	7.6	8.5	63.1
	College of Engineering	2	1.4	1.5	64.6
	College of Liberal Studies	1	.7	.8	65.4
	College of Nursing	16	11.1	12.3	77.7
	College of Pharmacy	27	18.8	20.8	98.5
	College of Public Health	2	1.4	1.5	100.0
	Total	130	90.3	100.0	
Missing	System	14	9.7		
Total		144	100.0		

Education Level

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Undergraduate	20	13.9	15.3	15.3
	Graduate	111	77.1	84.7	100.0
	Total	131	91.0	100.0	
Missing	System	13	9.0		
Total		144	100.0		

Student Loans?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	86	59.7	64.7	64.7
	No	47	32.6	35.3	100.0
	Total	133	92.4	100.0	
Missing	System	11	7.6		
Total		144	100.0		

Employment Status

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Employed FT	59	41.0	45.0	45.0
	Employed PT	35	24.3	26.7	71.8
	Self-Employed	4	2.8	3.1	74.8
	Unemployed Looking	5	3.5	3.8	78.6
	Unemployed Not Looking	27	18.8	20.6	99.2
	Retired	1	.7	.8	100.0
	Total	131	91.0	100.0	
Missing	System	13	9.0		
Total		144	100.0		

Children under 18 in home?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	45	31.3	33.8	33.8
	No	88	61.1	66.2	100.0
	Total	133	92.4	100.0	
Missing	System	11	7.6		
Total		144	100.0		

Marital Status

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Single	44	30.6	33.1	33.1
	Married	78	54.2	58.6	91.7
	Separated	2	1.4	1.5	93.2
	Divorced	9	6.3	6.8	100.0
	Total	133	92.4	100.0	
Missing	System	11	7.6		
Total		144	100.0		

It is important for my family to be involved in my educational experience.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	2	1.4	1.6	1.6
	Disagree	10	6.9	7.9	9.5
	Somewhat Disagree	6	4.2	4.8	14.3
	Neither Agree nor Disagree	10	6.9	7.9	22.2
	Somewhat Agree	39	27.1	31.0	53.2
	Agree	37	25.7	29.4	82.5
	Strongly Agree	22	15.3	17.5	100.0
	Total	126	87.5	100.0	
Missing	System	18	12.5		
Total		144	100.0		

Having a campus environment that fosters family involvement is important to me.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	6	4.2	4.8	4.8
	Disagree	16	11.1	12.7	17.5
	Somewhat Disagree	3	2.1	2.4	19.8
	Neither Agree nor Disagree	34	23.6	27.0	46.8
	Somewhat Agree	22	15.3	17.5	64.3
	Agree	26	18.1	20.6	84.9
	Strongly Agree	19	13.2	15.1	100.0
	Total	126	87.5	100.0	
Missing	System	18	12.5		
Total		144	100.0		

I am satisfied with the level of involvement my family has on campus.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	4	2.8	3.2	3.2
	Disagree	8	5.6	6.3	9.5
	Somewhat Disagree	9	6.3	7.1	16.7
	Neither Agree nor Disagree	43	29.9	34.1	50.8
	Somewhat Agree	18	12.5	14.3	65.1
	Agree	34	23.6	27.0	92.1
	Strongly Agree	10	6.9	7.9	100.0
	Total	126	87.5	100.0	
Missing	System	18	12.5		
Total		144	100.0		

Family engagement with other individuals/families on campus appeals to me.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	12	8.3	9.5	9.5
	Disagree	21	14.6	16.7	26.2
	Somewhat Disagree	10	6.9	7.9	34.1
	Neither Agree nor Disagree	40	27.8	31.7	65.9
	Somewhat Agree	25	17.4	19.8	85.7
	Agree	16	11.1	12.7	98.4
	Strongly Agree	2	1.4	1.6	100.0
	Total	126	87.5	100.0	
Missing	System	18	12.5		
Total		144	100.0		

It is important for the university to provide family activities.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	18	12.5	14.3	14.3
	Disagree	11	7.6	8.7	23.0
	Somewhat Disagree	7	4.9	5.6	28.6
	Neither Agree nor Disagree	35	24.3	27.8	56.3
	Somewhat Agree	20	13.9	15.9	72.2
	Agree	25	17.4	19.8	92.1
	Strongly Agree	10	6.9	7.9	100.0
	Total	126	87.5	100.0	
Missing	System	18	12.5		
Total		144	100.0		

Have you recently been able to concentrate on what you're doing?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Better than usual	9	6.3	6.9	6.9
	Same as usual	60	41.7	45.8	52.7
	Less than usual	58	40.3	44.3	96.9
	Much less than usual	4	2.8	3.1	100.0
	Total	131	91.0	100.0	
Missing	System	13	9.0		
Total		144	100.0		

Have you recently lost much sleep over worry?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	12	8.3	9.2	9.2
	No more than usual	70	48.6	53.4	62.6
	Rather more than usual	37	25.7	28.2	90.8
	Much more than usual	12	8.3	9.2	100.0
	Total	131	91.0	100.0	
Missing	System	13	9.0		
Total		144	100.0		

Have you recently felt that you are playing a useful part in things?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	More so than usual	24	16.7	18.3	18.3
	Same as usual	75	52.1	57.3	75.6
	Less so than usual	26	18.1	19.8	95.4
	Much less than usual	6	4.2	4.6	100.0
	Total	131	91.0	100.0	
Missing	System	13	9.0		
Total		144	100.0		

Have you recently felt capable of making decisions about things?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	More so than usual	16	11.1	12.2	12.2
	Same as usual	92	63.9	70.2	82.4
	Less so than usual	21	14.6	16.0	98.5
	Much less than usual	2	1.4	1.5	100.0
	Total	131	91.0	100.0	
Missing	System	13	9.0		
Total		144	100.0		

Have you recently felt constantly under strain?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	3	2.1	2.3	2.3
	No more than usual	38	26.4	29.0	31.3
	Rather more than usual	61	42.4	46.6	77.9
	Much more than usual	29	20.1	22.1	100.0
	Total	131	91.0	100.0	
Missing	System	13	9.0		
Total		144	100.0		

Have you recently felt you couldn't overcome your difficulties?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	29	20.1	22.3	22.3
	No more than usual	68	47.2	52.3	74.6
	Rather more than usual	29	20.1	22.3	96.9
	Much more than usual	4	2.8	3.1	100.0
	Total	130	90.3	100.0	
Missing	System	14	9.7		
Total		144	100.0		

Have you recently been able to enjoy your normal day to day activities?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	More so than usual	8	5.6	6.1	6.1
	Same as usual	63	43.8	48.1	54.2
	Less so than usual	55	38.2	42.0	96.2
	Much less than usual	5	3.5	3.8	100.0
	Total	131	91.0	100.0	
Missing	System	13	9.0		
Total		144	100.0		

Have you recently been able to face up to your problems?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	More so than usual	8	5.6	6.1	6.1
	Same as usual	98	68.1	74.8	80.9
	Less so than usual	22	15.3	16.8	97.7
	Much less than usual	3	2.1	2.3	100.0
	Total	131	91.0	100.0	
Missing	System	13	9.0		
Total		144	100.0		

Have you recently been feeling unhappy or depressed?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	37	25.7	28.2	28.2
	No more than usual	49	34.0	37.4	65.6
	Rather more than usual	39	27.1	29.8	95.4
	Much more than usual	6	4.2	4.6	100.0
	Total	131	91.0	100.0	
Missing	System	13	9.0		
Total		144	100.0		

Have you recently been losing confidence in yourself?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	49	34.0	37.4	37.4
	No more than usual	47	32.6	35.9	73.3
	Rather more than usual	31	21.5	23.7	96.9
	Much more than usual	4	2.8	3.1	100.0
	Total	131	91.0	100.0	
Missing	System	13	9.0		
Total		144	100.0		

Have you recently been thinking of yourself as a worthless person?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	86	59.7	66.2	66.2
	No more than usual	32	22.2	24.6	90.8
	Rather more than usual	11	7.6	8.5	99.2
	Much more than usual	1	.7	.8	100.0
	Total	130	90.3	100.0	
Missing	System	14	9.7		
Total		144	100.0		

Have you recently been feeling reasonably happy, all things considered?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	More so than usual	20	13.9	15.3	15.3
	Same as usual	79	54.9	60.3	75.6
	Less so than usual	30	20.8	22.9	98.5
	Much less than usual	2	1.4	1.5	100.0
	Total	131	91.0	100.0	
Missing	System	13	9.0		
Total		144	100.0		



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OU Student Affairs
Graduate Students and Stress, Survey 2007