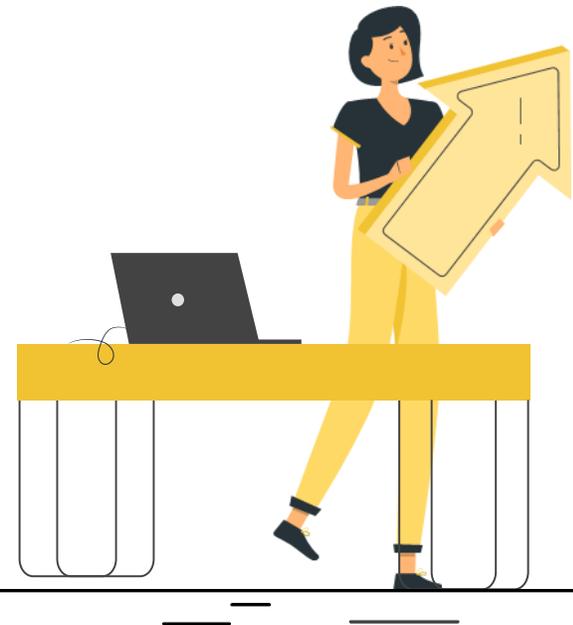


# ANALYSIS OF THE MAIN FACTORS THAT CAUSE STRESS DURING THE EDUCATION AT THE SCHOOL OF ECONOMICS AND BUSINESS UNIVERSITY OF SARAJEVO

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# INTRODUCTION

- STRESS - State of an organism in which we experience a threat to our own existence
- Frequent stressful situations can affect memory and learning ability
- In order to successfully cope with stress, it is necessary to identify the risk factors that are the source of stress



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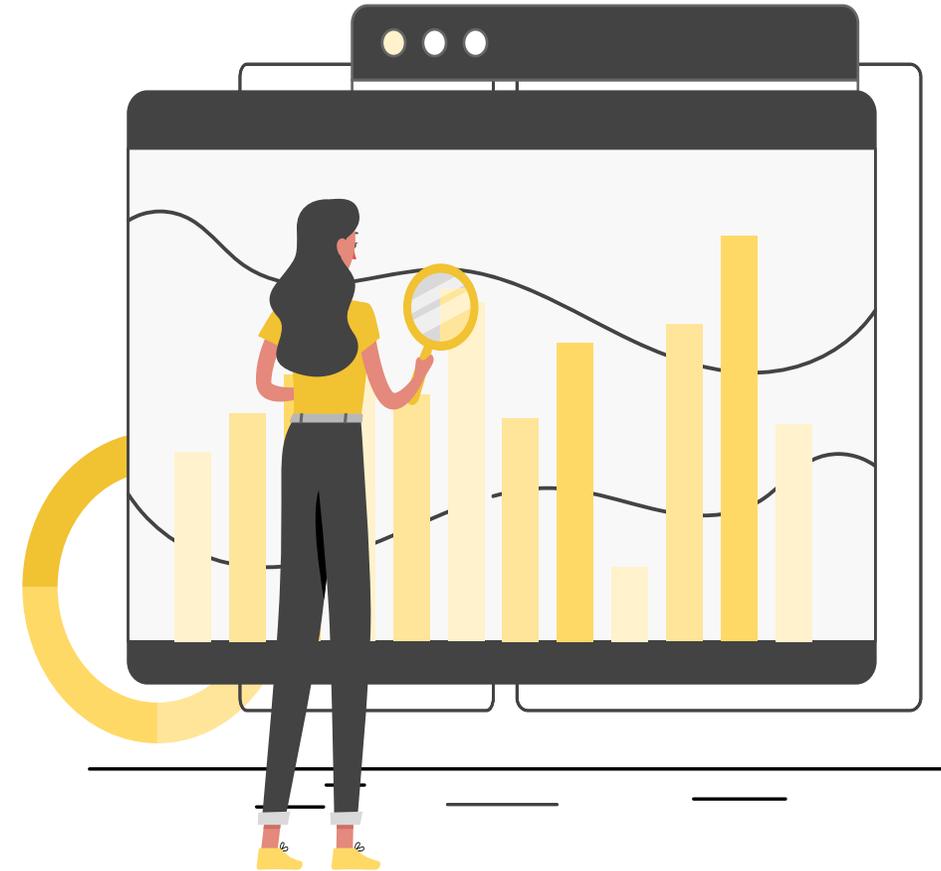
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# 01. Objectives

- The aim of the research is to identify and analyze the factors that influence students' stress at the Faculty of Economics, University of Sarajevo.
- The focus is on identifying the role and importance of some of the identified sources of perceived stress for students at the Faculty of Economics in Sarajevo.



# 02. Literature review

## Gender

Girls achieve higher anxiety scores (Dautovic, 1990; Albano, et al., 1996)

## Public Speaking

Students most often used fear of public speaking as their most common fear because of the inability to predict what would happen when a student made his presentation to other students. (Gottlieb, 2004).

## Marital Status and Employment

Of the 4 options (married and unmarried men, married and unmarried women), married women were most vulnerable to stress, while marriage contributed in a positive way to men (Preston, 1995).

## New environment or dorm

Students living in a dormitory may have additional stress due to sharing a room with strangers, noise, shared bathrooms, food in the canteen(Taylor, Peplau, & Sears, 2000).

# 02. Literature review

## Age

When it comes to the relationship between stress and age, research finds no correlation between these two variables, regardless of the stress factor studied. (Saleh et al. 2017; Koochaki et al. 2011).

## Year of study

Freshmen are particularly prominent because they are first faced with a college environment and various new situations that can be stressful for them (Towbes and Cohen, 1996).

## Sleep

A study at the University of Nevada (2013.) found that students who did not have regular sleep reported more problems with their physical and mental health than those with better sleeping habits.

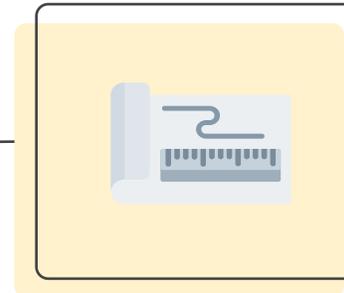
## Nutrition

Research has shown that eating breakfast contributes to improved student discipline and test scores, fewer absences and fewer hospitalizations (Ford, 2013).

# 03. Methodology

## 01. A Questionnaire

For students of 1st, 2nd and 3rd year  
socio-demographic data  
student's lifestyle  
effect of particular source of stress

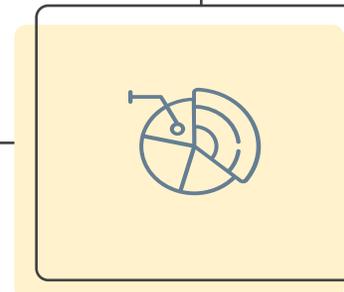
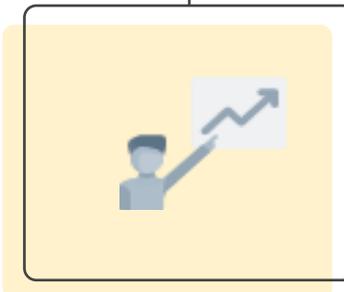


## 02. Description of the variables

Dependent and independent variables

## 04. Logistic Regression

Dependent variable is the probability factor of one or the other case of the dichotomous variable



## 03. Sample structure

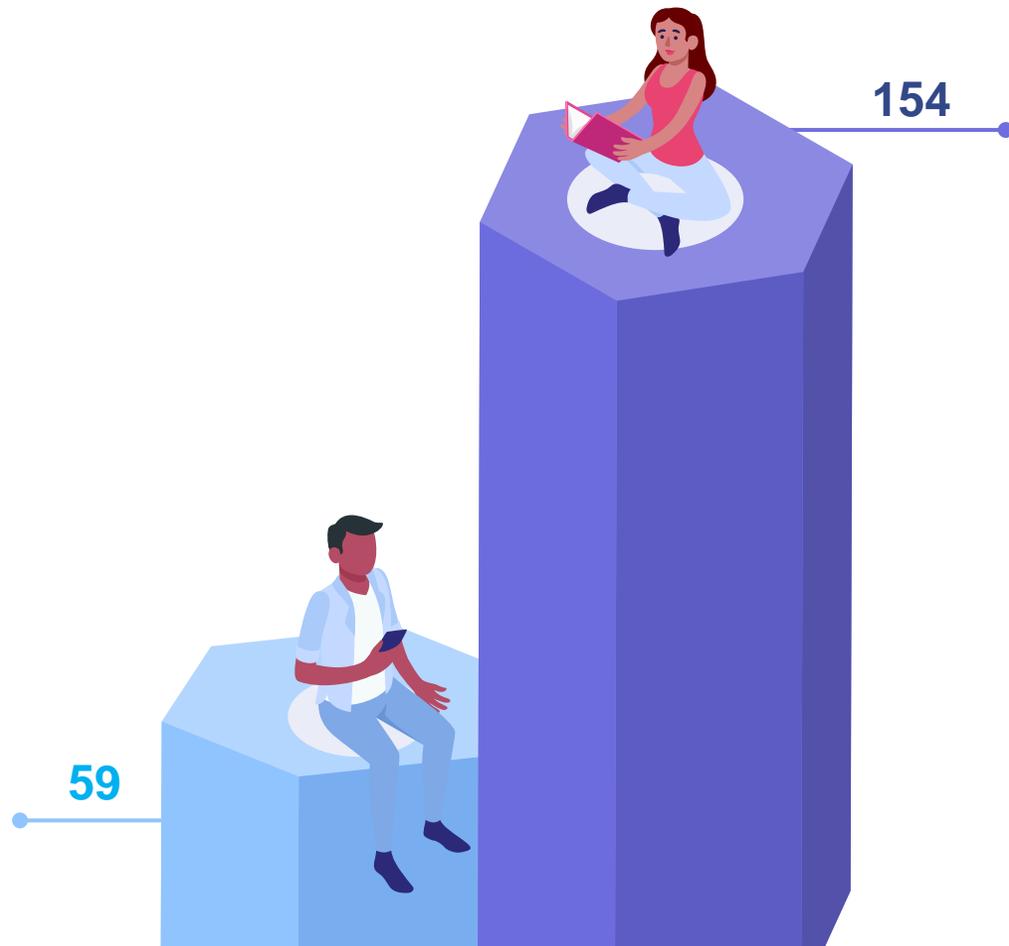
Survey results

# Sample structure

- The ideal sample in the research is a random sample.
- Given that a random sample has the characteristic that each member of the population has the same probability of being selected in the sample, we cannot say that this is a random sample in our study.
- However, the sample size is quite large and has similar characteristics to the population.
- Certainly, the results of the survey should be taken with caution.



# Sample structure



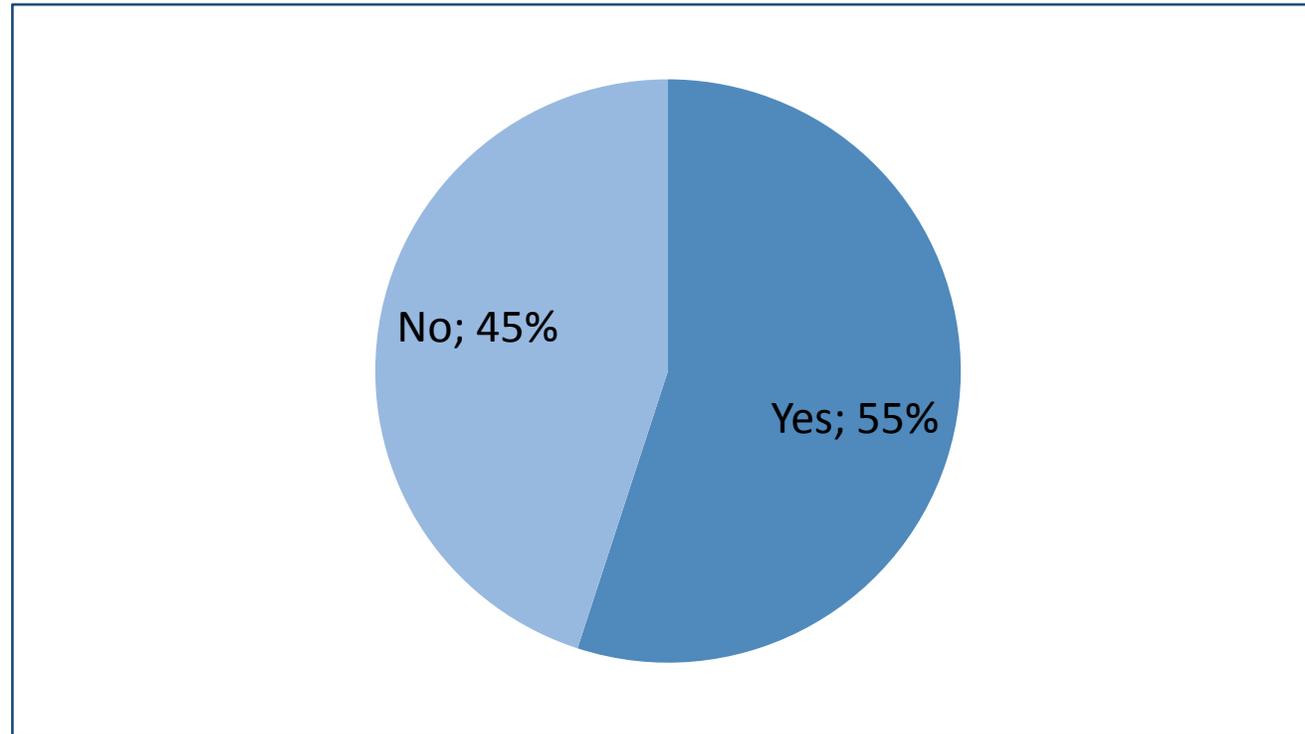
**213 students**

**154 women**

**59 men**

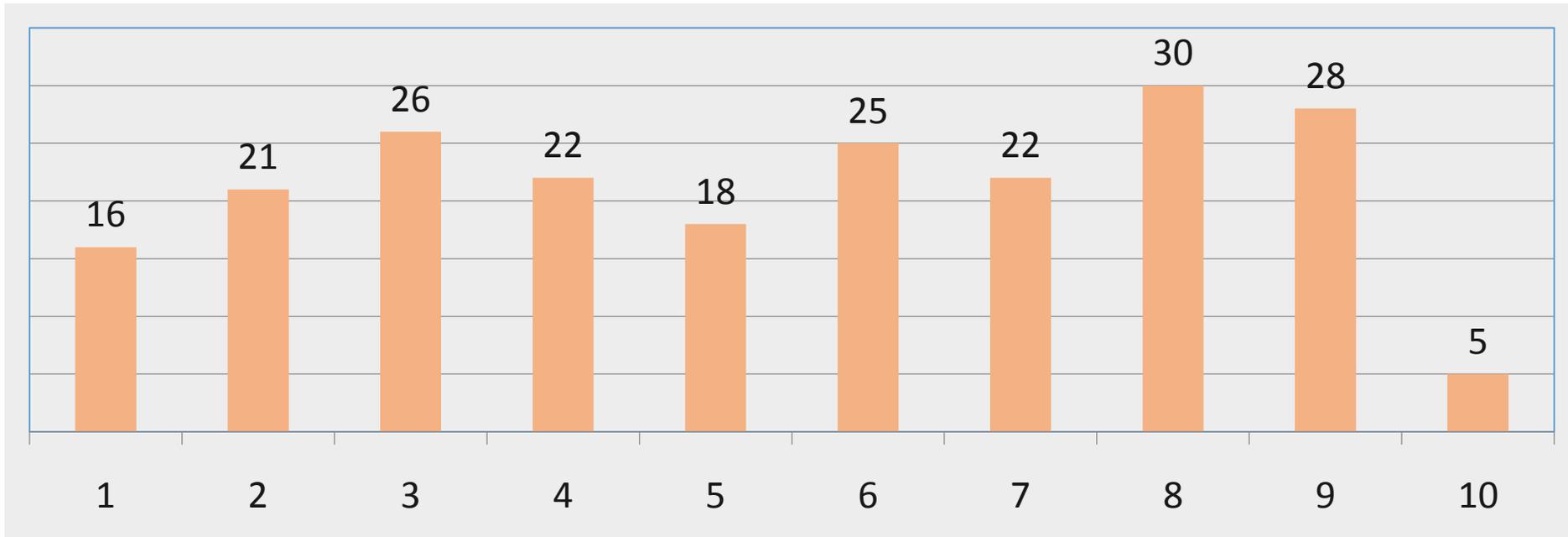
**19 to 35 years**

# Do you find yourself prone to stress?



The majority answered affirmatively, which is 55% of the answers (117 students), and 45% of students think that they are not prone to stress (96 students).

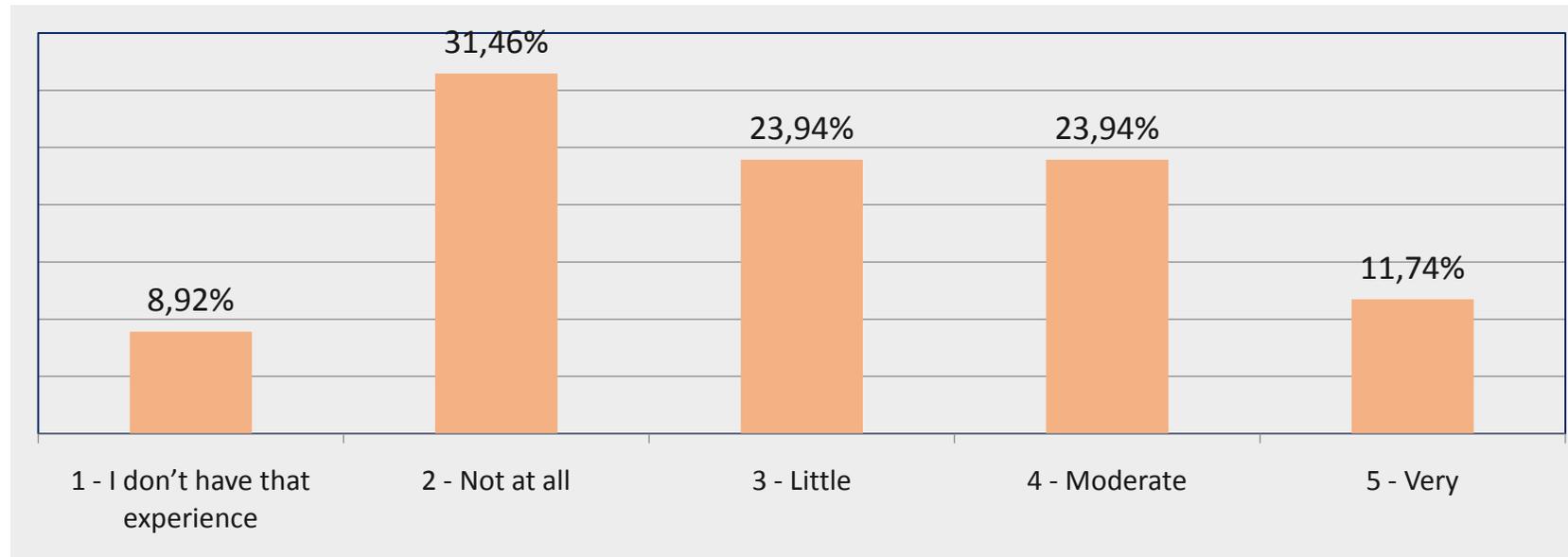
# Rate your stress level while studying on a scale of 1 - 10



The most commonly selected number was 8 with 30 responses, followed by 9 with 28 responses, and 3 with 26 responses. The least selected number is 10 with 5 answers.

# Public appearances

To what extent has public speaking during your studies so far disturbed, burdened you, and limited you in your daily functioning:



Although this is not in accordance with theory, students of the Faculty of Economics are often able to present their seminar papers, projects, etc. in front of colleagues and teachers. It is well known that with experience in performing and speaking in front of an audience, fear decreases, which is probably the reason why students of the Faculty of Economics in Sarajevo are not so stressed during public appearances.

# Logistic regression

## GOAL

- To determine the likelihood that students of the Faculty of Economics will be prone to stress in relation to many demographic characteristics.
- To investigate what are the key factors that are the source of stress for the students of the Faculty of Economics, University of Sarajevo, and whether certain factors affect positively, negatively or have no effect on student stress.



# The Estimated Model

$$\text{logit}(\textit{stress tendency}) = -23.82 - 3.02\textit{female} + 5.46\textit{stresslevel} - 0.08\textit{age} + 5.32\textit{employment during study} - 0.02\textit{attendance}$$

P value = 0.000

0.000 < 0.05  
The model is statistically significantly better than the "empty" model (model without predictor, only with constant)

R Square = 0.9345

93.45% of the variability of the dependent variable *Stress tendency during study* was explained by the variability of the included independent variables in the model.

Statistically insignificant variables

Variables *age* and *attendance* are statistically insignificant in the model (p values of these variables greater than 0.15) and we do not interpret their estimated coefficients.

# The results

<b>Stresstendencytudentpronetostress</b>	<b>Coefficient; (st. error)</b>	<b>P value</b>
Female	-3,018074 (1.729843)	0,081
Stresslevel	5,463597 (1.689787)	0,001
Age	-0,081124 (0.4357131)	0,852
Employmentduring	5,324056 (2.427702)	0,028
Attendance	-0,0220682 (0.040825)	0,589
_cons	-23,8281 (12.21408)	0,051

Coefficients, standard errors, and p values of independent variables

# 04. Conclusions



The results of this research showed that students of the Faculty of Economics in Sarajevo were very upset by their lack of sleep, poor nutrition, insufficient time for recreational activities and last-minute learning during their education so far.



All of these are possible reasons why as many as 55% of sample students find themselves prone to stress. Interestingly, the fear of public speaking, which is considered one of the biggest fears, does not place a great burden on the students of the Faculty of Economics.



Research confirmed that students who were employed during their studies compared to non-employed students, with other unchanged characteristics, are more likely to be prone to stress.



At the end, it is important to note that stress actually  
✦ results from the interaction between stressors and the  
perception and response of individuals to these stressors.  
Our ability to cope effectively with stressful situations and  
events can affect our resilience and perception of stress  
exposure.

# THANKS

Does anyone have any questions?

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