

# How Finances Affect College Students

By: Shyann Predmore,  
Dakota White, Sean  
Hankerson

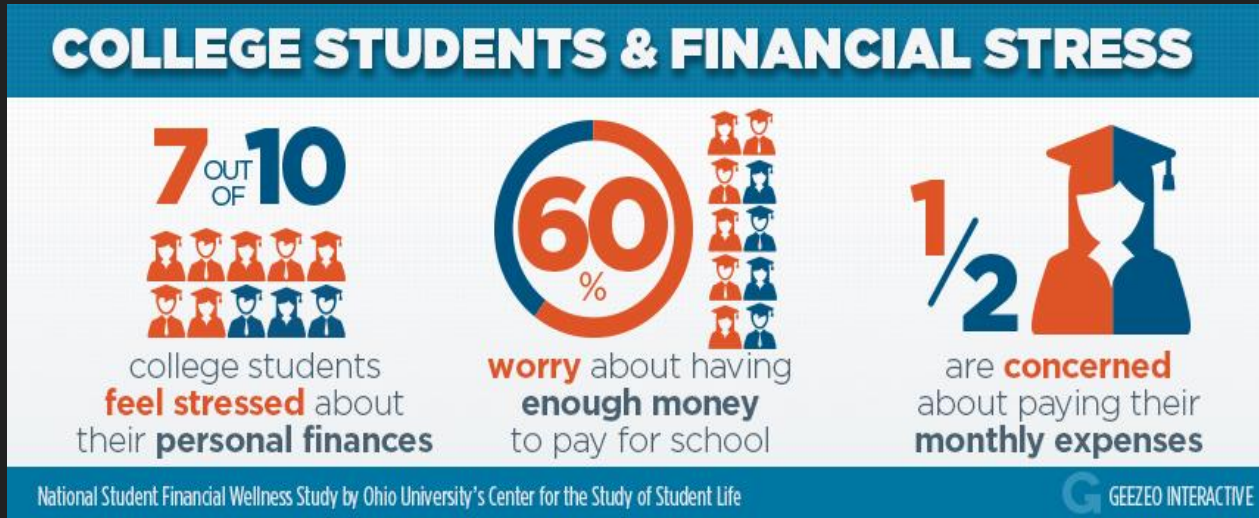


# Picot Question:

How effective is having a part time job v. no job in reducing stress in college students?

- This is significant to college students because it is common to be stressed about finding a way to pay for college. We have read through many studies saying how having a job is effective but can also be more stressful on students. Having a campus job is common between all students, but others look at academics first and maintaining an acceptable GPA. Studies have proven that it depends on the person by how organized and dedicated they are towards their classes but also finding a way to pay for college.

# How effective is having a part time job versus being unemployed in reducing financial stress of college students?



Many college students face financial stress. Many struggle to find ways to pay tuition or even just monthly necessities. We investigated what's the biggest cause of stress financially for college students.

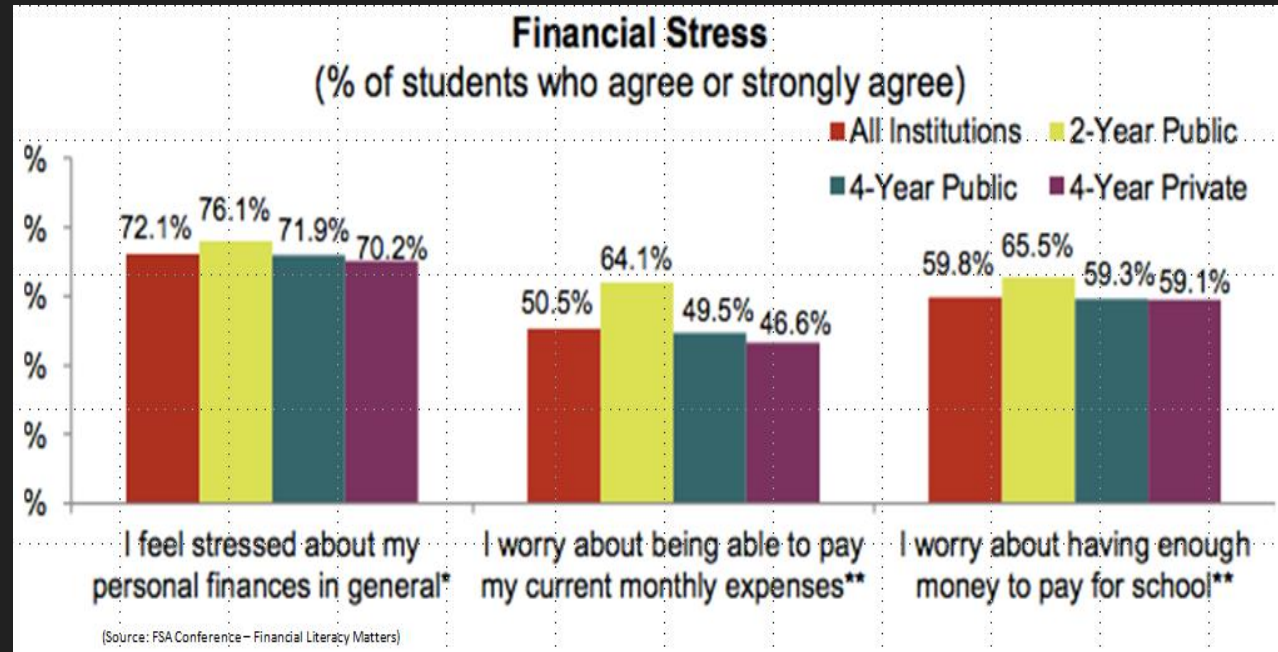
## *“The effect of paid employment on university students’ lives”*

This article investigates the effect of paid employment on college students' lives, study time, social activities and recreation. This article studied eighty three students in New Zealand, who on average worked 14 hours a week. It also showed that they had a decrease in stress relieving activities, such as exercise and socializing with friends. However, also showed that grades did not necessarily suffer from working during the school year.

This article showed us that with a manageable course load working is possible, but stress is increased. It also showed for many working was out of necessity, It showed that most money earned was spent on basic necessities needed to live. There was also a connection with class times and use of supportive services with academic success while working.

# “Field placement and the impact of financial stress on social work and human service students”

This article noted that excessive (or full time work) alongside full time academics is common and seems to cause significant amounts of stress in students. It was also noted that the rise in hours work had a direct relation to students trying to tackle their financial stressors. An interesting statistic in this piece states more than two-thirds of 11,761 students stated that their financial status is of worry to them.



## *“College students financial stress: are the kids alright?”*

This article looks at the subjective well being of college students, based on financial stressors and their perception of their financial status. Those who had more financial stress scored lower in the well being categories. The article also mentioned students psychosocial abilities are diminished when financial strain is present because of the limited number of hours in the day to sleep, do basic necessities, go to class, do homework, go to work, and enjoy social time with peers. It also notes that degree progress is directly related to financial stress. This article also assessed that students' behaviors and attitudes were affected by financial strain, along with their well being. All of those factors can cause academic problems for students.



“70 percent of college students stressed about finances.”

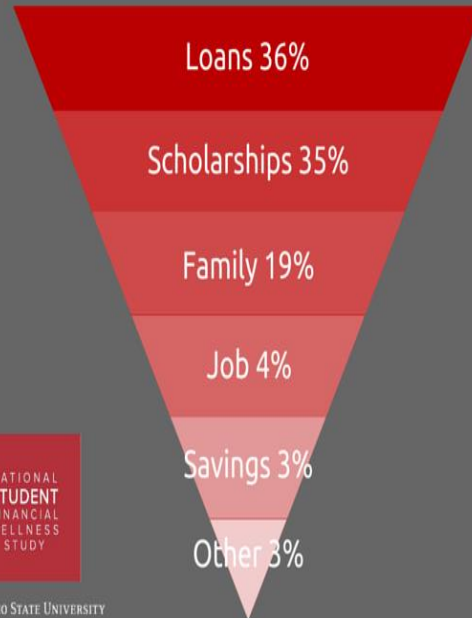


7 out of 10 college students feel stressed about their finances

NATIONAL STUDENT FINANCIAL WELLNESS STUDY

THE OHIO STATE UNIVERSITY

Primary Funding for Tuition



This article was conducted by Jeff Grabmeier which explored the ways how college students were stressed about their finances. This study proves how students receiving loans for college, end up becoming more stressed out on their academic work because of their thoughts about paying their loans. On the other hand, three-quarter of the students believed that going to college is a good investment for their future as well as being able to support themselves when they graduate. The average debt a student owed after graduation was between \$30,000 and \$50,000. The conclusion of this study was that students felt going to college was worth it.

## “What Community College Students Say Impedes Their Progress.”

Figure 3.1 Top ten challenges to student success



### Notes

Percentages do not sum to 100%, because respondents could choose more than one option.  $n = 6,079$ .

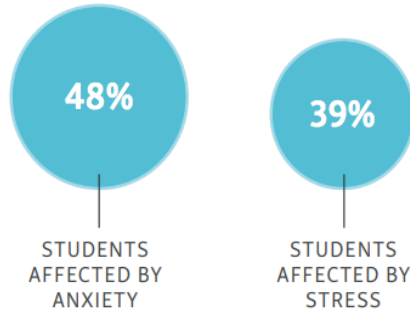
This article surveyed over 6,000 two year college students and asked what were some challenges they had to face for success. Over half of the students stated how working many hours didn't leave them enough time to study for their classes. These students also said how their wages didn't cover what they needed, ex. Books, childcare, tuition. 60 percent of the students went to college full time, while 40 percent attended college part time. The conclusion of this study showed that students were more stressed out by working while attending college for many reasons. The top two reasons were, not having enough time to study, and, their wages not being able to pay for what these students needed.



# “The Effect of Stress on Lives of Emerging Adult College Students.”

## *Mental health in college*

Anxiety is the top concern among college students seeking counseling services



This article contains personal reports and experiences of twenty college students with how stress affects their lives. This study uses qualitative research about how stress affects these students' lives in a positive and in a negative way. Mental health and physical health is also introduced because stress affects the brain and how people react in certain situations. For physical health, the students have an increased heart rate, tremors, appetite changes as well as sleeping problems. For mental health, the students stated how they are also in a negative mood, as well as always feeling hopelessness. There were also counseling sessions provided.

## “The Effects of Stress on the Lives of Emerging Adult College Students”

“Less sleep and binge drinking were associated with working 20 or more hours per week for college students. Employed students had increased anxiety and reported more stress than their non-working peers.” It was also identified in the same text that “work-school conflict was a significant predictor of negative psychological health.” Employed college students felt more overwhelmed, depressed emotions or feeling, lack or less sleep, and less physical activity than unemployed college students. It was also furthermore found that these four effects grew more extreme as the number of hours students worked a week increased.

## “Campus employment as a high-impact practice”

This article discussed the impact of full-time college students working part-time jobs. High stress was related to both class and work absenteeism linked to illness. Specifically, college students who reported more frequent class or work absenteeism had significantly higher perceived stress.” The students in this study that held a job had elevated chances of missing class due to illness. The illness was evaluated to be the product of high-perceived stress. Not only did the students perceive stress from working part-time jobs, stress was perceived from work absenteeism as well.

## “Stress-Related Job Analysis for Medical Students on Surgical Wards in Germany”

In this article medical students in Germany were in their senior student clerkship in surgery. The surgical students reported about their surgical residents “commonly needing to take decisions without having enough information” and “making decisions without having enough knowledge about the consequences”. The article also stated “students sometimes have to work overtime, on weekends, and during holidays. Their involvement in patients’ care is not always easily accepted by the patients and their families.”. With the factors above, this caused a great source of emotional and social stress.

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