EDUCATIONAL STRESS, SOCIAL STRESS AND GENDER DIFFERENCES AMONG UNIVERSITY STUDENTS

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Abstract
Stress is an unavoidable part of our educational life as well as our social life and it is a fact that we have to learn how to cope with it. The aim is to study the relationship of the educational and social stressors among university students according to the year of study and gender. After collecting data via Educational and Social Related Stress Questionnaire, cross-tabs, graphs and independent t-test are carried out by using IBM SPSS Statistics 25. Educational Stress Factors are analysed in the following groups: lack of self-confidence, exams after graduation, difficulty of courses, lack of being good in profession, lack of being a good student. Also, students’ answers to other stress factors like frequency of visiting parents, sleeping routine, living away are analysed. There were interesting differences according to gender. For instance, male students are found to have more stress about “Lack of Confidence about being a Good Student” and “Exams after Graduation” than female students. Implications of the study are discussed in light of the findings and recommendations are given accordingly.

Keywords: Educational stress, social stress, university students, gender.