

My study title is “Academic Anxiety and Social Coping”. The purpose of this study is to understand how college students who experience academic anxiety utilize social coping strategies, such as what kind of social coping strategies and how often the coping strategies are used.

By analyzing the study results, we hope to gain insight into the kinds of social support that students gravitate to when experiencing academic anxiety so that colleges may encourage more social support. For example, if in-person peer social support is found to be high in students, it may benefit students more if colleges emphasize encouraging club events that may yield more peer connections in students. While providing counseling is a necessary step towards benefiting student mental health, it may not help every student who needs help, and though colleges cannot enforce social support, there are potential steps to be taken to encourage connections whether that be with peers or family. As such, the results from this study may help guide such steps that will lend towards the continued support of college students.

This study will use a Qualtrics survey in order to gather information. Within the survey will be an Academic Anxiety Scale, questions assessing social coping strategies, and demographic questions. We will be utilizing mean and chi-square analysis, as well as descriptive statistics to analyze the data.

We expect to find that students gravitate most to peer support when experiencing academic anxiety, particularly in older students, whereas younger students may still show a pull to seek support from family.