**Aggregate Male Results:**

High Stress Band (41-60)

Moderate Stress Band (21-40)

No Stress (0-20)

**Results:**

|  |  |
| --- | --- |
| **Stress level** | **Participants** |
| High Stress | 11 |
| Moderate Stress | 29 |
| No stress | 2 |

**Conclusion:** When compared to the Aggregate Female Results; it would seem that there is not much difference. In fact, one could therefore affirm that gender doesn’t play a role when it comes to differences in stress experienced by students in Sabanci University. But, because the sample includes Turkish, Erasmus and International students together, one can therefore not conclude cultural effects of the students’ respective backgrounds on the way they experience stress. So, in order to find a difference and determine if gender really plays a role in how the students experience stress; it is necessary to look at each nationality level separately along with their various academic positions.

**Results According to National and Academic Levels:**

* Turkish

No of Participants: 17

Scores: 17,33,22,27,28,17,24,45,33,28,36,42,25,42,22,42

**Average Score:** 30.47

**Scores according to academic levels:**

|  |  |
| --- | --- |
| **Academic level** | **Scores of Participants (Averages)** |
| Freshman | 35.25 |
| Junior | 34.33 |
| Sophomore | 32.5 |
| Senior | 24 |
| FDY | 24 |

***Conclusion:*** This is a very interesting result, and it doesn’t follow as fixed a pattern as the one found for female Turkish students. Of course, this could be because of the students’ own individual differences and the faculty they belonged to (since one can assume that engineering students would have it more difficult than social science’ ones. The male sample was more diverse than the female one in this sense, so that could have affected the results). But, notice that the average stress score for the Turkish Male Students is 30.47, whereas the average score for female students was 35.42. It would seem that gender did have affect the results for the Turkish students’ group, since the females have a greater stress score than the males, and therefore one can conclude that they feel more pressurized in comparison to them! Another reason as to why the males are less stressed than females could be that being men they feel more care-free, and their disorganized carefree behavior (or perhaps pride?) makes them assume much more control over their academic lives in comparison. The stereotype that men could be strong-willed and less emotional in comparison to the average girl who is emotional seems to be play in here. In my conclusion for Turkish female students; I assumed that language problems play an important role and that is why the higher they move in the academic level, the confidence in their abilities makes them perform better. But, this doesn’t seem the case for the Turkish male students! This could be because of the sample I selected (Most of the freshman and junior male students I chose belonged to engineering, whereas the seniors and FDY were social science students in general). Still, the results are inconclusive since the samples for both male and female group are relatively small and the faculty they belong to plays an important role in determining their stress levels too. A retest of this study needs to be done later.

* Erasmus

No of Participants: 3

Scores: 30, 28, 47

**Average Score:**

* 35

**Scores according to Academic levels:**

|  |  |
| --- | --- |
| **Academic Level** | **Score of Participants (Average)** |
| Senior | 47 |
| Junior | 29 |

***Conclusion:*** The sample is, unfortunately too small to be used for generalizations. The sample for the Erasmus female group was greater, so it gave results that could’ve been concluded properly. However, the pattern that was found for the Erasmus female group holds true for the male group as well; that being that the greater the academic level, the greater the stress, since they feel that being in their last or second last year and coming from all across the continent; they need to concentrate more on studies than parties. Also, it could be that they find the party opportunities in Sabanci as really low, and because they find the studies in Sabanci harder than the courses in their universities; they experience stress to quite a defined extent. A need to make Sabanci much livelier is felt here. It should be kept in mind that since most of these Erasmus people are Europeans; the gender doesn’t cause differentiation in stress levels for the respective samples. The scores show the difference, but this is only because the no of participants for the male group is lower than the female one, and therefore the results for this sample are mainly inconclusive.

* International

No of Participants: 25

Scores: 33,30,47,32,33,23,38,29,34,38,22,29,34,57,14,30,27,33,45,35,22,29,40,48

**Average Score:** 32.08

**Scores according to academic level:**

|  |  |
| --- | --- |
| **Academic level** | **Score of Participants (Average)** |
| PhD | 45 |
| Sophomore | 38.4 |
| Freshman | 32 |
| Masters | 31.43 |
| Junior | 27 |

***Conclusion:*** This result is conclusive to a greater extent, because the sample size is greater than the one that was taken for the Turkish and Erasmus groups respectively. Also, notice that just like the earlier result for the International Students’ female group; this result doesn’t follow any fixed pattern. But, as it is clear, the conclusion that had been made for the female group holds true for the male group too (note that the sophomores have a pretty high stress score. The PhD was just one participant, so we can disregard his score for the sake of ensuring the reliability of the results). Similarly, the freshmen also have a high stress score and are just second to the sophomores. This could be because, as I mentioned for the female group too; they are engineering students and find the courses in freshman and sophomore levels as hard. Therefore, it takes them time to get used to the academic environment (as can be deduced from the score of the juniors). For Masters, again check the conclusion I gave for the female group. On a whole level, the conclusion is exactly the same as the one that was received for the female group!

But, as was the part of the hypothesis ‘does gender play a role in determining academic stress experience?’, since the sample of International Students comprises mainly of Pakistanis; it can be observed that the females experience higher stress in comparison than males (compare female’s average score of 35.14 to male’s 32.08!). So, the result holds true for both Turkish and International Students’ group altogether; and this is because the stereotype for males is same for both Turkish as well as Pakistani cultures. Again, this is just a deduction and in order to test the hypothesis properly; a relatively larger sample is to be taken. Furthermore, if there were students from other parts of the world in the International Student group, the results could’ve been generalized to a more general group of International students. Still, finding the similarity between the Turkish and Pakistani stereotype is most definitely an interesting finding!

**Overall Conclusion:**

The auxiliary hypothesis that gender roles affect stress experience seems to have been validated by looking at the scores of the Turkish and International Students group in a specific manner. This is a very significant finding, but still the questionnaire needs to be taken with a much larger sample, so that the generalization increases in validity and reliability. Furthermore, it should be noted that individual differences may cause anomalies in the results (since not all Turkish and Pakistani females may adhere to their cultural stereotype!). Still, the results should be treated in a macro perspective, and in order to make them more reliable; it is necessary to carry the questionnaire using a larger sample size.

Also, in the case of Erasmus students; the results are not at all conclusive at all! A need to do the test again is necessary!