

# The Effect of COVID-19 on High School Student Stress

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Saahas For Cause  
Research



## Introduction:

- Due to drastic changes in the world due to COVID-19 pandemic, many peoples' lives changed.
- We created a survey to assess stress among high school students during the COVID-19 pandemic. Saahas Youth wanted to understand which factors played a role such as:
  - Student age, parental occupation, social media use, gender
- Responses were received up until after the introduction of the Delta Variant
- Roughly 200 highschool students were surveyed (ages 14-19)
- Responses were received from major cities e.g. Los Angeles, Chicago, Cincinnati

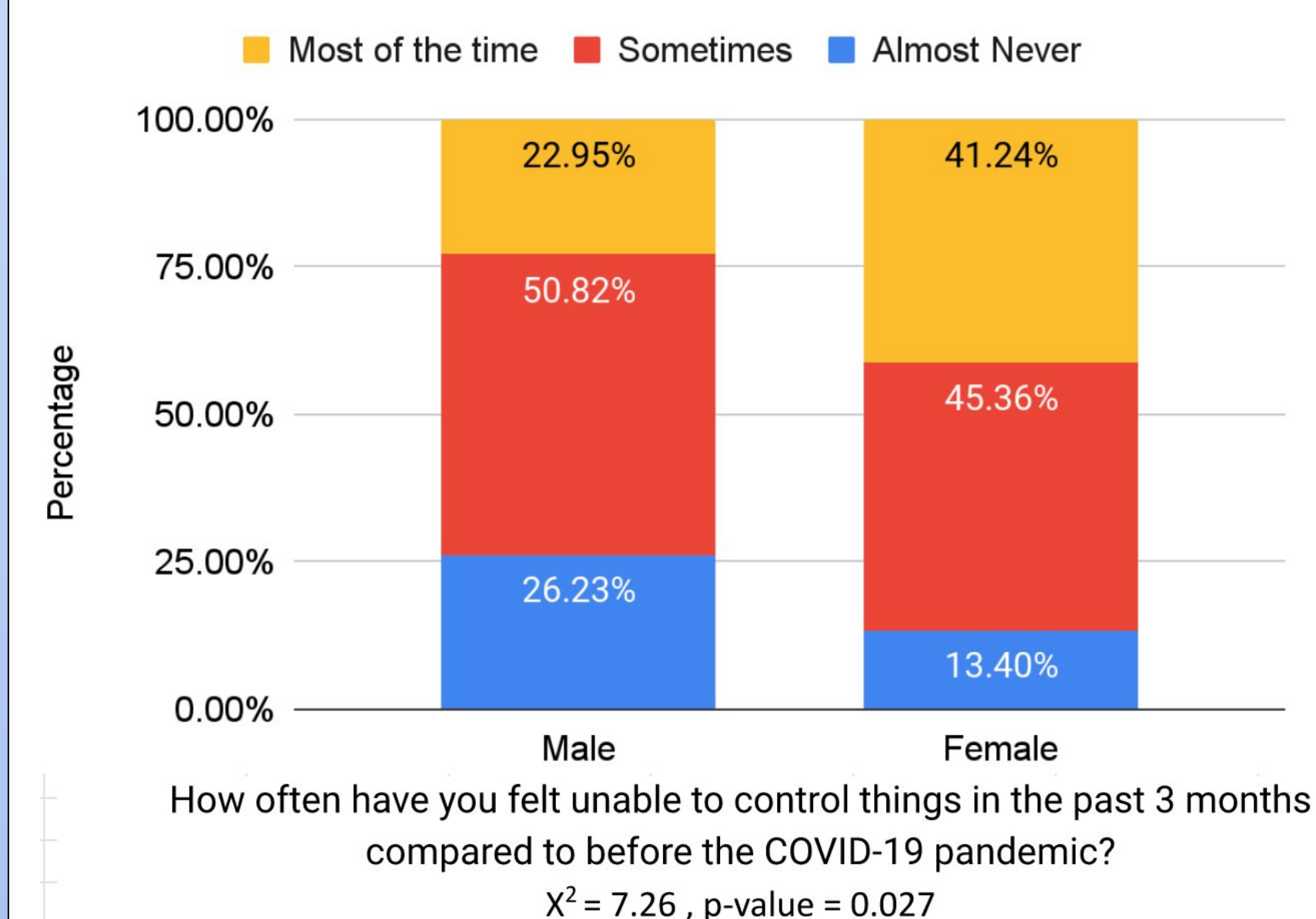
## Methods:

- Questions were designed for responses in the form of:
  - Yes/no questions (or)
  - Likert scales from 1-5 (agree, sometimes agree, neither agree nor disagree, somewhat disagree, and disagree)
- Chi-square analyses used to analyze the relationship between predictors and responses
- The survey was distributed through snowball method

## Limitations:

- Survey was not able to reach a larger population:
  - majority of respondents were Asians
  - most parents were college graduates
- Biases or issues over privacy may have affected the results

## Results:



Survey responses by gender to the question: "How often have you felt unable to control things in the past 3 months compared to before the

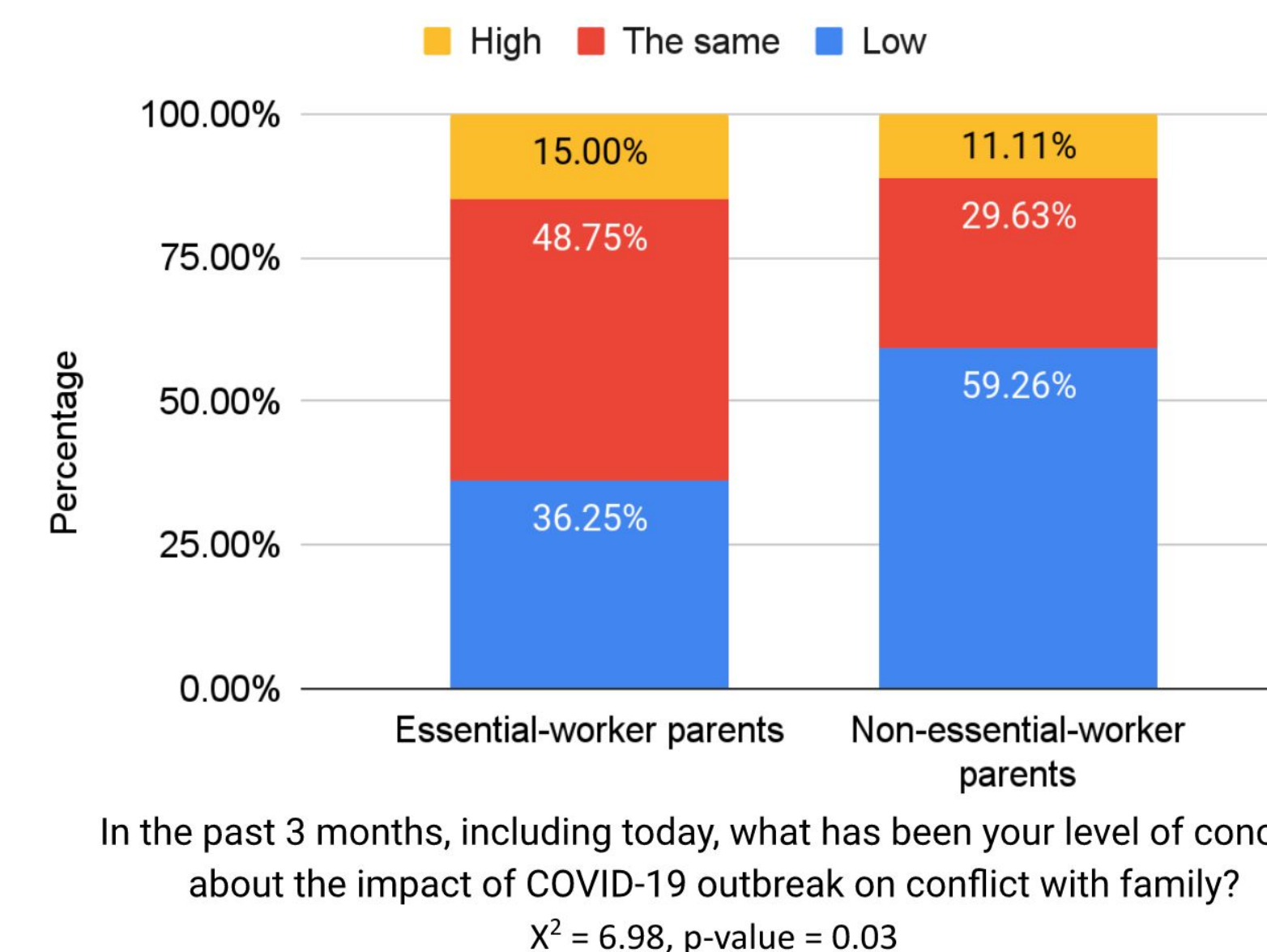


Figure 2: Survey responses, broken down by parental occupation, to the question: "In the past 3 months, including today, what has been your level of concern about the impact of the COVID-19 outbreak on conflict with family?"

## Conclusions:

- Compared to pre-COVID times:
  - Female students were more likely to feel a greater loss of control over their lives during the COVID-19 pandemic than male students
  - Students whose parents were essential workers were more concerned about the effect of COVID-19 on conflicts within the family

## Achievements & Future Directions:

- IRB approval for our preliminary survey
- We have completed a manuscript and submitted it to a peer reviewed journal
- Spread our findings to professionals, school districts, and general population
- As a group, we will continue to do research together and grow our skills