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Stressed Out? The Effects of School, Extra Curricular Activities, and Work on the Corisol Levels of Teens

Through this study, observers will gain more knowledge on how much stress is actually being placed upon. Twenty-six students will participate within this experiment, each one placed into a category of school (control), students that do 1 - 10 hours of extra-curricular activities after school, and the final students that do 10 or more hours of extra-curricular activities after school. The participants will be depositing three sets of saliva at 30 minute divisions. The first time they walk into the room, a saliva sample is given, after that they receive a survey, State Trait Anxiety Index (STAI), after thirty minutes was up they once again gave another saliva sample. That time period was to be calm and relaxation, the next thirty minutes on the other hand was to be more stressful. The participants were given another survey, Your Current Mood (CEED), and after that was done, they were to discuss questions as a group about their schooling, sports and work. This was to raise their stress level to see the difference between the "calm" state to the "stress" state.