

# Financial Insecurity and Academic Stress



Herbert Wertheim  
School of Public Health and  
Human Longevity Science

Jacqueline May Sudthivongse, Daisy Zepeda, Carolina Jauregui | UCSD | June 2024

## Background

- **87%** of college students have reported their education as their primary source of stress.
- Academic stress is likely to affect **10-30%** of students throughout their whole academic career.
- Those in higher education are affected more

## Objective

To determine the relationship between **financial insecurity** and levels of **academic stress** among college students.

## Methods

- 14- item cross sectional** anonymous survey (n=45) distributed via instagram, text message, and student groups
- Exposure:** Financial Insecurity questions adapted from Financial Problems and Students' Academic Performance scale
- Outcome:** Academic Stress questions adapted from The Perception of Academic stress scale (PAS)
- Pearson correlation via SPSS**

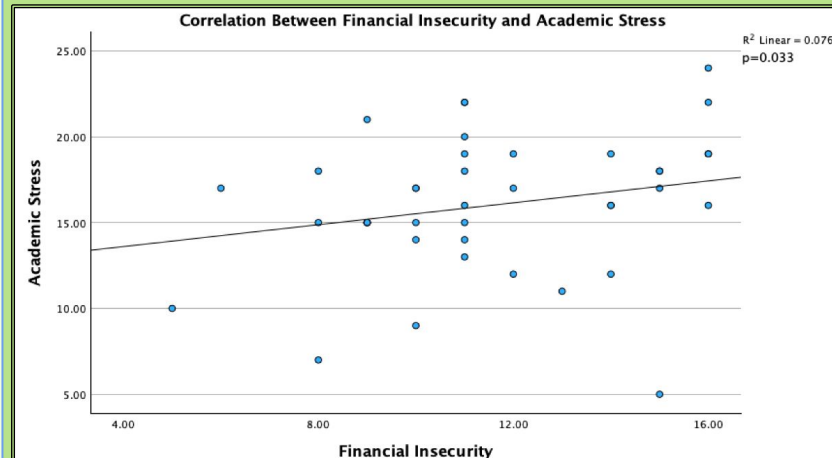


## RESULTS

Majority of participants were reported as:



<b>55.6%</b> 4th years	<b>66.7%</b> Women	<b>64.4%</b> Latino/Hispanic	<b>57.8%</b> 20-21 year olds
---------------------------	-----------------------	---------------------------------	---------------------------------



Pearson's correlation demonstrated a **weak but positive relationship** given that our p-value (0.033) is less than 0.05.

## Conclusion

In college students, there is an **association** between financial insecurity and academic stress.

## Policy Implementation Suggestions for Research:

- Targeting populations who are **directly affected** by the **two main variables**.
- Targeting a **diverse demographic** (college year, gender, race, etc)

## Public Health Implications:

- Increase financial aid resources** (scholarship programs such as CASP)
- **Increase in financial counselors**
- Assistance finding jobs** and careers that work with school

## Meet the Team!



Carolina

Daisy

Jackie