

Proposal

Title: Resiliency as Moderator of Stress

Program of Study: Psychology-Counseling

Presentation Type: Print Poster

Mentor and Mentor Email: Dr. Kevin Conner. (kconner@liberty.edu)

Student name and email: Alexis Pietruszka (apietruszk@liberty.edu)

Category: Applied Research

Abstract: This study focused on the college student population and the effects of resiliency on stress. College students experience a great deal of stress as they prepare for the transition from adolescence to adulthood. Furthermore the ability to navigate stress and anxiety is challenged due to underdeveloped resiliency skills. Resiliency and well-being can act as a coping technique in building hope, commitment, accountability, and passion. The measurement of these factors can be an indication of how a person responds to stressful events or feelings. The study expected to see an interaction of resiliency as an overall moderator in the perception of stress based on actual stress level. The High Capacity Model of Resiliency Scale (H-CAP) was used for that specific testing of the components of resiliency. Stress was accounted for using the Undergraduate Stress Questionnaire (USQ), designed specifically for college students and typical stressful situations that they experience. Perceived stress was calculated using the Perceived Stress Scale (PSS). There was a positive correlation between actual stress and perceived stress as well as a significant difference in the stress level of the sample in comparison to the

norms of the measures. Each component of resiliency reported a significant main effect with the stress scores, however; only commitment reported a significant interaction.