

**StarTribune.com** | MINNEAPOLIS - ST. PAUL, MINNESOTA

## **AP-mtvU Poll: College men less stressed than women**

**By The Associated Press**, Associated Press

March 18, 2008

Highlights of the AP-mtvU poll:

### **GENDER MATTERS**

Male students reported less stress than women by many measures. Of the students who said they never have sleeping problems, 61 percent were men, and 39 percent were women. Of those reporting that dating and relationships had a major impact on the stress in their daily lives, 55 percent were women and 45 percent men.

### **FAMILIES-RACE**

Some 17 percent of whites said they seldom or never feel understood by their families; 28 percent of blacks, 29 percent of Asians and 31 percent of Hispanics said the same.

### **WHEN IT GETS REALLY BAD**

One in 10 students said they feel life isn't worth living at least sometimes; a third report feeling lonely that often and four in 10 feel depressed sometimes. Of those saying they had tried or considered suicide recently, there was little distinction by sex, age or race.

### **LIFELINES FOR HELP**

Most said they would turn to friends, parents or siblings in that order in an emotional crisis. About a third said they would talk to a boyfriend or girlfriend, a quarter named a clergyman or professor, and about a fifth said they would seek out a school counselor, another relative, a resident adviser, online help or a telephone hotline. A tenth would use a private therapist. Four percent said they wouldn't consult anyone.

### **DRINKING, DRUGS AND PARTYING**

More than a quarter of students said they sometimes think they need to cut down on drinking or going out. A third said that at least sometimes they want to use drugs or alcohol to relax.

### **WHERE THE BOYS AND GIRLS ARE**

Four in 10 said they're taking a trip for spring break, while about the same number said they're going home. More than four in 10 said they're worried about having enough money and being in good enough shape. Fewer than one in five said they were concerned about excessive drinking or casual sex.

—

The survey was conducted by Edison Media Research from Feb. 28-March 6 by having 2,253 undergraduate students fill out confidential forms. The margin of sampling error was plus or minus 3 percentage points. The students, age 18-24, were handed the questionnaires at 40 randomly chosen four-year schools around the country.

© 2008 Star Tribune. All rights reserved.