Are stress levels and confidence related?

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Introduction

Stress

- Stress is defined as the demand for an individual to adjust, adapt or cope (Holinka, 2015).
- Prolonged stress can affect adjustment capacity, mood, ability to experience pleasure, and physical health (Holinka, 2015).

Effects of Stress

- It may affect an individuals’ motivation and control over their negative emotions (Bhanji, Kim, and Delgado, 2016).

Confidence

- Confidence is related to a prolonged response (Elfering & Grebner, 2011).
- Previous research has used public speaking as a stressor to determine how stress levels increase the longer the participant is in front of a crowd.

Hypothesis

- It is hypothesized that participants’ with a higher confidence score will have lower reactivity to stress from the electrical shock.
- Participants with a higher GSR mean, tend to experience stress quicker and longer than participants with a lower GSR mean.

Method

Participants

- N=10 student from Eastern Connecticut State University
- 40% Male (n = 4), 60% Female (n = 6)
- 10% Freshman (n = 1), 40% Sophomore (n = 4), 20% Junior (n = 2), 30% Senior (n = 3)
- 90% Caucasian (n = 9), 10% Hispanic/Latino(a) (n = 1)
- Mean Age: 19.75 (SD = 1.4386)

Procedure

- First, a demographic collection from the participants was made
- The participants took a Confidence test online
- Participants were taken to a room and asked to wash hands up to elbows
- Then, the EKG reader, GSR, along with the electrical shock were attached to the participant
- We asked participants to sit still for 5 minutes to create a baseline of their heart rate and GSR
- Later, the participants experienced unannounced electrical shocks while undergoing other stressors such as; a mirror tracing task, a Stroop test, and a breathing exercise

Results

- IBM SPSS 22
- Mean values: Online Survey, M = 52.2 (SD = 5.39), Galvanic Skin Response, M = .06 (SD = .06)
- A Spearman’s rho correlation coefficient was calculated
- No correlation was found between confidence and GSR , rs (N = 10) = -.56, p = .09
- No correlation was found between GSR and heart rate, rs (N = 10) = - .29, p = .40
- No relation was found between GSR and confidence
- No difference between participants with high confidence levels and low confidence levels on means of dealing with stress

Limitations

- Small sample size
- Measures were short timed

Future Directions

- Larger sample size

Discussion

Summary

- No relation was found between GSR and confidence
- No difference between participants with high confidence levels and low confidence levels on means of dealing with stress

References