

Hi, Ebtisam;

I will *not* be marking absolutely every error that I see: I will be marking exemplars of errors that I find. Part of the learning process is for the student to be shown examples of errors and then for the student to find other errors themselves. So, if I indicate that you have done something wrong with the formatting of an in-text reference, fix that example that I marked, then look for other mistakes like it. I will expect *all* examples of such errors to be correct in subsequent assignment submissions.

There should be a running head in the upper left corner of each page.

Our research project will not be able to directly make statements about stress management and how resilience, optimism, or sex differences may relate to it. You can certainly discuss possible influences in the Discussion section, but be sure to NOT make cause-and-effect attributions and be sure not to suggest that we are collecting data on things that we are not.

See my lengthy note on page 4, you might consider switching one of your variables out for the stress variable to be better able to talk about your topic of stress management.

There's no overview of how this research is to be done.

I have added some notes in the right-hand margin about formatting errors or other issues that I found in the paper. Remember that I only mark exemplars, there may be other, similar errors that you need to identify.

Dr. Lenz

Rubric – Introduction section

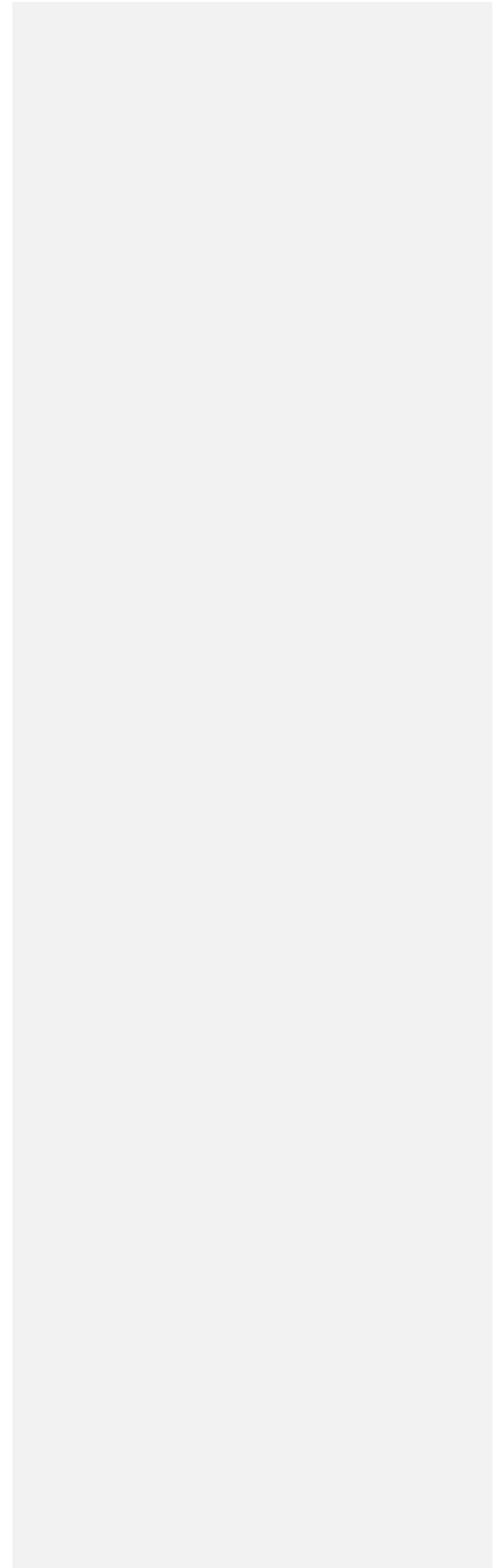
Grading Criteria	Possible Point range	Points Earned
Content		
Introduction paragraph with statement of the purpose of the study.	0 – 6	5
Discussion of relevant literature (minimum of five sources, at least three of these being less than 10 years old) providing a rationale for the study.	0 – 50	50
Overview of research method	0 – 12	0
State the three hypotheses	0 – 12	4
Writing		
Style and Mechanics: Paper is clearly written. Free of grammatical, spelling and punctuation errors. Meets the <i>minimum</i> of 650 words or more (not counting title or references page material; not counting quoted material).	0 – 10	10
APA Style: Formatted correctly using APA style; uses both in-text references and a complete reference section at the end of the assignment.	0 – 10	6
BONUS (if applicable) (if submitted by Friday before due date: +5%)		5
TOTAL	100	80

<p>An explanation of the points earned, as well as where the assignment could be strengthened will be included with your grade.</p>		
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Psychological and Demographic Factors on Stress Management

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Psychological and Demographic Factors on Stress Management

Introduction

Stress management refers to the process through which individuals strive to break the hold that stress might have on their lives. The primary purpose of stress management is to help individuals to be more productive, healthier, and happier. Stress management is essential in the workplace because it helps employees be more positive and maintain a healthy and robust culture in the organization. Stress management creates a more conducive environment, which creates an opportunity for the employees to be more creative and productive hence a motivation factor. The level of absenteeism in the organization decreases when a firm has employees who have good stress management abilities. Stress management is also important because it boosts the health of individuals, especially mental health (Liao et al., 2021). People can get enough sleep which increases their productivity level. Through stress management, people can have good moods, interact freely and have strong relationships among themselves. Stress management is vital to students because it helps them avoid anxiety, low self-esteem, and depression. As a result, students can have better performance in school. Exercise and self-organization are techniques that can help manage stress. This study focuses on factors that relate and contribute to stress management.

Literature Review

Previous studies have been done about stress management to identify the various factors that can contribute to stress management. According to Rosenberg et al. (2019), resilience contributes to stress management. People often face a lot of stress which may be due to financial, health, or social issues. Parents are highly affected by situations that lead them to have stress in their lives. Resilience is essential because it helps people have more ability to face stress by understanding the situations they are in, accepting them, and finding ways to manage the situations. People can effectively and efficiently manage stress when

Commented [PWL1]: The title of the paper should appear in bold and centered at the top of this first page, as you have done. However, the word "Introduction" should NOT be used.

Commented [PWL2]: As the instructions clearly indicated, by the end of this first paragraph the reader should know what the research project is focusing on: optimism, resilience, and SAAB.

This is a lot about stress management, but there's nothing here about how *optimism* may affect stress management, nor how *resilience* might do the same and why you would be looking at a possible correlation between *optimism* and *resilience*.

It would make far more sense to use either *optimism* or *resilience* as one of your variables and the *stress* variable option as the other. You could then focus on the relationship between stress levels and *either* resilience OR optimism (not both).

If you wish to drop one of those two (*optimism* or *resilience*) and use *stress* as your second behavioral variable, you may do that.

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they have more resilience. Resilience is important since it contributes to setting goals and making meaning to situations essential to stress management (Yi-Frazier et al., 2017).

According to Pathak and Lata. (2018), optimism and resilience have a significant contribution towards stress management. Optimism and resilience are psychological factors that help individuals to understand and have the ability to control stress. Optimism is a factor that helps individuals have positive expectations about an outcome from an event or activity during an evaluation. Optimism also helps people have the capability to accept situations and create an adaptation to maintain a positive and better life. People can easily be flexible and persistent in achieving certain goals, which is contributed by being optimistic and resilient (Pathak & Lata, 2018). Optimism and resilience affect people's behavior, which contributes to stress management despite the situation.

Gender difference (between male and female) has been identified as an important factor in managing stress. According to Seo et al. (2017), men can manage stress compared to women. Women appear to have more stress compared to men and thus have different responses towards stress management. Women have a more emotional reaction due to their hormonal system, which is different in the case of men. Men put little effort and show less concern towards managing stress compared to the case in women. However, men are reported to have more chronic physical diseases connected to lifestyle and behaviors such as heart diseases and high blood pressure than women, which shows that gender difference affects stress management. Mostly a greater number of women develop strategies to manage stress than men (Kamalakaran, 2017).

Hypothesis

I developed various hypotheses that are essential to help me effectively carry out the study.

These hypotheses involve;

1. The contribution of psychological and demographic factors in stress management

Commented [PWL4]: You indicated in your Brief Proposal and Hypothesis document that you wanted to use sex-assigned-at-birth (SAAB). You can switch it to Gender Identity (GI) if you want, but you need to pick one and stick with it, using the appropriate terminology for them: SAAB- sex assigned at birth, biological sex, male, female, other
GI- gender identity, woman, man, nonbinary.

Commented [PWL5]: So, females cannot manage stress at all? Or do males manage it better?

Commented [PWL6]: You would need to make a clearer connection between these physical health issues and stress management... might the sex differences in health issues be related to any (many) other possible influences?

Commented [PWL7]: This is not a part of APA formatted research reports. Remove.

2. Does optimism contribute to stress management?
3. Is gender difference a contributing factor in stress management?
4. Does resilience influence stress management?
5. I expect optimism to help manage stress.
6. I expect males and females have different responses towards stress management.
7. I expect resilience to contribute to stress management.

Commented [PWL8]: The instructions document was clear that this was not to be a list, but a written part of the paper, and this was illustrated in the sample document.

The instructions were to state the THREE hypotheses you would use for this research: hypothesis 1 would involve a prediction about the two behavioral variables: optimism and resilience. Hypothesis 2 and 3 would make predictions about each of those and their relationship with SAAB. Three hypotheses; the ones from that Brief Proposal and Hypotheses document.

Hypotheses are specific predictions. That means that instead of saying "I expect differences" you would say "I expect this group to score higher than that group" or that there will be a positive relationship between variables: if one is higher, the other is likely to be higher.

Of the ones listed here, our research study will not be able to directly address none of them: we are NOT collecting any information on stress management and so can draw no definitive conclusions about that topic.

References

Kamalakannan, V. (2019). Gender Difference in Emotional Intelligence and its Component Traits in Medical Students. *International Journal of Physiology*, 7(4), 85-88.

Commented [PWL9]: Article titles should use *sentence capitalization*: only the first word and proper nouns should be capitalized.

Liao, C., Guo, L., Zhang, C., Zhang, M., Jiang, W., Zhong, Y., ... & Liu, Y. (2021). Emergency stress management among nurses: A lesson from the COVID-19 outbreak in China—a cross-sectional study. *Journal of clinical nursing*, 30(3-4), 433-442.

Commented [PWL10]: If there are up to 20 authors, *all* authors are listed in a full reference. This article has eight authors.

Commented [PWL11]: Journal titles should use *title capitalization*: all words except small connector words (and, a, an, the) should be capitalized.

Pathak, R., & Lata, S. (2018). Optimism in Relation to Resilience and Perceived Stress. *Journal of Psychosocial Research*, 13(2), 359-367.

Rosenberg, A. R., Bradford, M. C., Junkins, C. C., Taylor, M., Zhou, C., Sherr, N., ... & Joyce, P. (2019). Effect of the promoting resilience in stress management intervention for parents of children with cancer (PRISM-P): A Randomized Clinical Trial. *JAMA Network Open*, 2(9), e1911578-e1911578.

Commented [PWL12]: Nine authors

Seo, D., Ahluwalia, A., Potenza, M. N., & Sinha, R. (2017). Gender Differences in Neural Correlates of Stress-Induced Anxiety. *Journal of Neuroscience Research*, 95(1-2), 115-125.

Yi-Frazier, J. P., Fladeboe, K., Klein, V., Eaton, L., Wharton, C., McCauley, E., & Rosenberg, A. R. (2017). Promoting Resilience in Stress Management for Parents (PRISM-P): An intervention for caregivers of youth with serious illness. *Families, Systems, & Health*, 35(3), 341.