

### Results

After all the participants had completed and submitted the questionnaires, I combined and analyzed the results. According to the study, it was hypothesized there would be a direct relationship between optimism and stress management. The mean value for the population used to test this hypothesis was 28.77 ( $SD = 6.25$ ). The results from Pearson correlation analysis ( $p = 0.006$ ) indicated that there is a positive correlation between optimism and stress management. An increase in optimism would suggest that the ability to manage stress would also increase.

It was hypothesized that resilience would influence stress management, that is, there would have a direct relationship. The hypothesis was supported with relevant scores; that, ( $M = 26.55$ ,  $SD = 1.6$ ). The findings supported this hypothesis. About 65% of the participants provided information that depicted accurate correlation amid these variables. Pearson correlation analysis was  $p < 0.004$  showing a significant relationship between resilience and stress management. From the study, a high resilience indicated a high-stress management ability.

It was hypothesized in the study that individuals whose identity is men would have higher abilities to manage stress compared to individuals whose identity would either be women or non-binary. The findings of a Pearson correlation analysis showed a significant positive correlation between gender identity in men and women; for men ( $M = 20.54$ ,  $SD = 1.3$ ) and women ( $M = 21.32$ ,  $SD = 2.17$ ), with a Pearson correlation coefficient of  $p = .005$ . As such, about 70% of male subjects were found to be less affected by stress and they illustrated high chances for managing stress, unlike their female counterparts.

A one-factor analysis of variance was used to provide testing of the last hypothesis that was focused on identifying whether the difference in gender identity influenced stress management ability. One of the participants did not provide their genders and therefore, they

Commented [PW1.1]: We are NOT assessing individuals' stress management.

Commented [PW1.2]: I don't know what you mean by this. There are no means or standard deviations in AY of the data that I provided for this project. Where are these numbers coming from?

Commented [PW1.3]: These data do not match the data for the gender identity or the sex assigned at birth variables in our research.

were excluded from the analysis. The results of ANOVA showed a positive difference between gender identity levels in consideration of stress management.