

# The Nature of Stress:

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**Abstract:**

*There is a high incidence of*





academic impacts, violence, abusive relationships and personal safety, alcohol, tobacco and other drug use, sexual behavior, nutrition and exercise, mental health, and sleep. Their findings were startling and present the issue of mental health as one that is dramatically underaddressed in our nation. The most telling findings showed that in 2010 around 43% of students felt things were hopeless, 84% felt overwhelmed by ever









possibilities of auditory stimulation having similar effects. Albarsson (2010) designed an experiment where the participant would be exposed to nature sounds and then noisye

This theory explains that environments with “inherently fascinating stimuli” like sunsets turn on involuntary attention modestly that allows directed attention to replenish. Urban environments grab attention dramatically and require direct attention to avoid dang







76). Wilderness therapy, as Russell defines it, is an intensive program that includes trip or group





Our research focuses on the student population of Skidmore

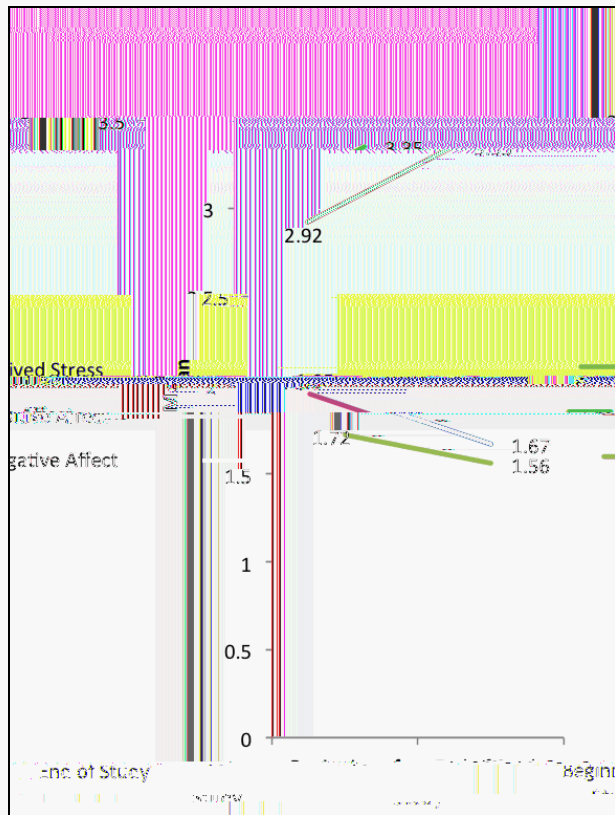




focus group was digitally recorded. The focus group findings were used to further qualitatively validate the data collected

participants in Falstaff's--a community-gathering space on Skidmore's campus--before and/or after their respective walks. Participants did not p

Figure 2. Perceived Stress and Positive and Negative Affect levels at the beginning and end of the three-week study period



To test the effects of group nature walks on pa

The findings gathered in the first two repeated measures ANOVAs supported our first two hypotheses that weekly nature walks would lead







supports that weekly group nature walks decrease stress levels, but rather further informs the nature of this decrease in stress levels. It suggests that the stress-reducing impact of nature walks may only be short term.

With general trends in our `

participants will see greater decreases in stress from the nature walks than low stress participants.

Instead, it suggests that stress levels change consistently, in the same direction across the two groups. Although high stress participants experienced decreased stress levels





these thoughts that were bugging me and they never really came back. Its as if they left my head when I







participants had thr











order to see more significant eff









## **Appendices**

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### **Perceived Stress Scale- 10 Item**

Instructions: The questions in this scale ask you about your feelings and thoughts during the last month. In each case, pl

Appendix 2

Positive and Negative Affect Scale:

