

**FACTORS CONTRIBUTING TO STRESS AMONG  
FIRST YEAR PSYCHOLOGY AND SOCIOLOGY AND  
SOCIAL WORK STUDENTS AT JIMMA UNIVERSITY  
OF THE ACADEMIC YEAR 1999 E.**

**A SENIOR PAPER SUBMITTED FOR THE  
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## **ABSTRACT**

A cross sectional study was conducted to assess the factors contributing to stress among first year psychology and sociology and social work department students of Jimma University.

From the total number of 246 FHUSS students, 82 were sampled for this study with the purpose of assessing the factors contributing to stress.

After the data was collected using questionnaire, it was analyzed using hand tally and calculator and presented with cross tabulation, frequency tables and percentage.

Out of the total 82 students who participated in the study 74.39% were male, most of the respondents found between the age group 18-20, 56.09% were the followers of orthodox religion. The most common causes of stress were: poor environmental hygiene 81.7%, dissatisfaction with the daily food service 64.63%, being disturbed by light and noise 64.63%, worriness about family 71.95% and getting low scores from exams 60.97%.

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## **Acronyms**

- **FHUSS** – Faculty of humanities and social sciences.
- **CBTP**- Community based training programme
- **TTP Team** Training programme
- **SRP**- Student research programme
- **GPA**- Average grade point

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