

Life Events and Stress

Rank the following events in order of the amount of stress that you experience. Put the most stressful as 10 and the least stressful as 1.

Work with other members of your study group and find their results.

Find a group pattern for the stress experienced by each of these events.

	You	1	2	3	4	5	All
Being dumped by your partner							
Death of pet							
Dumping your partner							
Loss of mobile phone							
Being told off by teacher/boss/lecturer							
Arguing with family members							
Social events such as parties							
Examinations							
Having a hangover							
Getting up in the morning							

Discussion points

1. What are the main differences between you and your study partners?
2. What are the main similarities between you and your partners?
3. Do people find all life events equally stressful?
4. Is the stress experienced by each individual necessarily distress in each scenario?
5. Why would a very large sample frame be necessary for a study based on a questionnaire such as this?
6. What are the strengths and weaknesses of this questionnaire design?