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## The Negative Effects of Anxiety in College Students

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# THE NEGATIVE EFFECTS OF ANXIETY IN COLLEGE STUDENTS

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The purpose of this research is to understand and demonstrate the negative effects of anxiety in college students. This study aims to demonstrate the different factors that can increase anxiety in the lives of college students. Factors such as financial stress, academic stress, alcohol usage, family responsibility, future planning, and financial security can all play a role in increasing the levels of anxiety of college students. According to Hamaideh (2017), sleep disruption, weight loss, depression and anxiety are the effects of financial stress (Hamaideh, 2017). Academic stress such as low grades can lead to anxiety (Baghurst & Kelley, 2013). In addition to academic stress and financial stress, commuter college students often also have family responsibilities that they must manage. Four different responsibilities in the lives of some college students are to help in boosting family income, taking care of the elderly, helping the siblings, and expectations to perform well in studies (Tran, Lam, & Legg, 2018). This study aims to demonstrate the different factors that can increase anxiety in the lives of college students. After consenting to participate, participants will be administered the questionnaires for the study using the Qualtrics form. Participants will be asked to complete questionnaires related to financial stress, family responsibilities, future planning, alcohol usage, financial security, and academic stress to the best of their ability by using Likert type scales. The research hypothesizes that there is a significant relationship between anxiety, financial stress, academic stress, family responsibility, alcohol usage, future planning, and financial security in college students at commuter campuses. A Pearson correlation and independent samples t-tests will be performed to examine the relationship between independent variables (high and low on measures of financial stress, academic stress, family responsibility, alcohol usage, future planning and financial security) and anxiety symptoms (dependent variable). Based on the previous research performed on this topic, it is clear that there needs to be more research conducted to identify factors that can increase anxiety in commuter college students. Gathering new data and analyses can be useful in contributing to more support systems. That can help college students that suffer from anxiety symptoms find address the stressors in their lives and possibly identifying the appropriate resources.