































# YouGov Survey Results

Sample Size: 1061 Students (unweighted)

Total	Social grade		Age					Gender		Sexuality					
	ABC1	C2DE	18-24	25-34	35-44	45-54	55+	Male	Female	Straight	Gay	Bisexual	Other	Don't know	Not Straight

What are your main sources of stress? (Select all that apply)

	Base	1061	394	667	629	270	74	49	39	524	537	770	86	97	26	33	209
Work from university	71%	67%	74%	77%	74%	50%	43%	31%	68%	75%	70%	70%	86%	81%	58%	78%	
			A	MNO	MNO	*	*	*		P		*	RSV*	**	*	RV	
Family	35%	33%	35%	35%	31%	43%	39%	33%	27%	42%	32%	40%	47%	50%	39%	45%	
						L*	*	*		P		*	R*	**	*	R	
Friends	22%	16%	25%	27%	17%	11%	10%	5%	19%	24%	19%	26%	36%	31%	36%	31%	
			A	LMNO		*	*	*		P		*	R*	**	R*	R	
A romantic relationship	23%	22%	23%	24%	26%	18%	14%	8%	24%	22%	21%	28%	29%	19%	27%	27%	
				O	O	*	*	*				*	*	**	*		
A job or internship	23%	22%	23%	23%	26%	23%	20%	8%	21%	25%	23%	26%	23%	19%	33%	23%	
				O	O	O*	*	*				*	*	**	*		
Employment prospects after university	39%	34%	42%	41%	44%	30%	18%	13%	38%	40%	37%	41%	44%	42%	42%	43%	
			A	NO	MNO	O*	*	*				*	*	**	*		
Other	15%	18%	13%	11%	18%	24%	20%	23%	11%	18%	13%	23%	20%	35%	12%	23%	
			B		K	K*	K*	K*		P		R*	*	**	*	R	
I don't get stressed	4%	4%	4%	3%	1%	7%	14%	15%	5%	2%	5%	1%	-	-	3%	0%	
						L*	KL*	KL*	Q		TW	*	*	**	*		
Don't know	5%	5%	5%	5%	5%	7%	6%	5%	6%	4%	5%	6%	3%	4%	9%	4%	
						*	*	*				*	*	**	*		

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### How do you cope with stress?

	Base	1061	394	667	629	270	74	49	39	524	537	770	86	97	26	33	209
Talk to friends	47%	48%	46%	47%	53%	42%	35%	41%	46%	49%	45%	55%	54%	65%	45%	56%	
					N	*	*	*				*	*	**	*	R	
Talk to parents	25%	24%	27%	28%	29%	15%	6%	3%	21%	30%	28%	21%	18%	19%	18%	19%	
				MNO	MNO	O*	*	*		P	TW	*	*	**	*		
Talk to other family members	11%	14%	10%	9%	14%	11%	18%	28%	9%	14%	12%	10%	9%	15%	9%	11%	
		B		K	*	K*	KLM*		P		*	*	**	*			
A romantic partner	33%	38%	31%	30%	43%	35%	27%	31%	27%	40%	34%	30%	39%	54%	18%	37%	
		B		KN	*	*	*		P		*	V*	**	*	V		
Professional help through other means	13%	17%	10%	10%	16%	19%	24%	18%	11%	15%	10%	20%	23%	27%	15%	22%	
		B		K	K*	K*	*		P		R*	R*	**	*	R		
Other	20%	24%	18%	16%	23%	35%	39%	26%	20%	20%	19%	23%	23%	15%	33%	22%	
		B		K	KL*	KL*	*				*	*	**	R*			
I don't get stressed	5%	5%	5%	4%	3%	5%	12%	15%	7%	2%	5%	2%	1%	-	6%	1%	
						*	KL*	KL*	Q		W	*	*	**	*		
Don't know	14%	10%	17%	17%	13%	11%	2%	5%	16%	12%	14%	15%	11%	8%	12%	12%	
			A	N	N	*	*	*			*	*	**	*			

### Do you have a fear of failure?

	Base	1061	394	667	629	270	74	49	39	524	537	770	86	97	26	33	209
Yes	77%	75%	78%	79%	80%	68%	57%	64%	72%	81%	76%	77%	84%	92%	76%	82%	
				MNO	MNO	*	*	*		P		*	*	**	*		
No	18%	22%	17%	16%	15%	28%	41%	36%	22%	15%	20%	22%	10%	4%	9%	14%	
		B				KL*	KL*	KL*	Q		T	T*	*	**	*		
Don't know	5%	3%	6%	5%	5%	4%	2%	-	6%	4%	4%	1%	6%	4%	15%	4%	
						*	*	*			*	*	**	RSW*			



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How prevalent is this fear in your day-to-day life?

	Base	814	296	518	494	217	50	28	25	378	436	585	66	81	24	25	171
Very prevalent	21%	21%	22%	20%	24%	20%	32%	24%	18%	24%	19%	20%	31%	17%	32%	25%	
						*	**	**		P		*	R*	**	**		
Somewhat prevalent	44%	45%	43%	42%	48%	52%	43%	32%	42%	46%	43%	44%	48%	58%	44%	48%	
						*	**	**				*	*	**	**	**	
Not very prevalent	33%	32%	33%	35%	28%	26%	25%	44%	38%	28%	36%	36%	21%	25%	20%	27%	
				L		*	**	**	Q		TW	T*	*	**	**		
Prefer not to say	1%	0%	1%	1%	-	-	-	-	0%	1%	1%	-	-	-	-	-	
						*	**	**				*	*	**	**		
Don't know	1%	1%	1%	1%	1%	2%	-	-	2%	1%	1%	-	-	-	4%	-	
						*	**	**				*	*	**	**		

Cell Contents (Column Percentage, Statistical Test Results), Statistics (Column Proportions/Mean, (5%): A/B, C/D/E/F/G/H/I/J, K/L/M/N/O,