Key Factors which Cause the Anxiety among the University Students: A Case Study Based on an Event Happened in Peshawar Campus

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Abstract
The main purpose of the study is to analyze the effects of stressed environment which creates anxiety amongst the students of university campus due to clashes amongst the student’s federations. The results of questionnaire base survey about the event happened on the 14th march 2010; say that 60% of the participants needs psychiatric to overcome fear and anxiety. The after effect of such events is that 61% males and 80% females were reluctant to come to the campus, once the university was reopened. Further, the anxiety level among the urban area students was found to be higher than the rural area. The question about the family background revealed that 21% of the student’s belonged to rural areas have clashed with the other families and they have weapons.

The analysis suggested that canteen and male’s hostels are the primitive source of political jamboree and affect the studies of the students which creates exams anxiety among the students. 12% of the students are in favor of closing the canteens on the campus and 64% exclaim that canteens should be the center of social activities rather than political activities. Whereas 70% of the participants are in favor of deploying more police force on the campus so as to avoid such events.

Keywords: Students, anxiety, weapons, political federations, hostel, canteen, rural, urban.

Introduction
Anxiety disorder is a basic human mental agitation comprises of fear and continuous worry with no solid motive for harassment in daily life. Persons having the indications of anxiety always anticipate for disaster and can not stop worrying regarding their health, family, education or children etc. the state of feeling dread is very unsubstantial in people having the disease of anxiety and at last it overcomes
the thinking power of the person and interfere in his everyday life. However anxiety disorder is associated with the emotions of human beings and effect the thinking power but it derive the individuals to physical problems as well. Some of the physical symptoms of anxiety are excessive tension, unusual sweating, muscle tension and restlessness. In supplementary to these symptoms the people with anxiety disorder may have some other dread such as panic disorder, phobias, depression etc. moreover several factors are considered that causes the anxiety among the people, but genetics, brain chemistry and stressed environment are considered more prevalent. Previous research work intimate that anxiety is a genetic problem and this tendency of trepidation may passed on in families. Secondly there are neurotransmitters in the brain that transfer information from one nerve cell to another. If the neurotransmitters does not work properly it causes anxiety in the individual. Thirdly the stressed environment may also lead to the anxiety disorder. In certain circumstances anxiety may be proved very helpful such as avoiding dangerous situations. However in most of the cases it may produce very radical results. In this day and age one of the primitive factor of anxiety is the nervousness of failure, achievement bears a gigantic significance particularly in competitive society and thirst of success causing anxiety in the individuals. Consequently one of the prevalent phases of anxiety is the hesitation of poor performance or failure on a particular assessment test.

The most hostile circumstance that causes the anxiety at the present time is testing. The student that built-up supreme dread of bad performance on a particular examination, they face test anxiety. This test anxiety causes very pessimistic affects on the students such as mental stress, underachievement, failure and lack of confidence. Particular students do have many cognitive abilities and can perform extraordinary on a particular examination but they may not produce such results because of the test anxiety. Test anxiety may decrease the potentialities of the students by a great deal. The anxious students are not capable to reroute their competence and actions into gleaming work because the sky-scraping level of nervousness may affect their capabilities. In extension to these affects it originates very self insulting and self focusing thoughts amongst the students and obstructs the self proficiency and due to these negative feelings the students can not gain full compensation from their studies. Several authors disclose that the test anxiety in the midst of the students is pessimistically correlated to the performance of the students, and up to some extent effects the cognitive abilities of the students. Although numerous research work has been carried out to show the relation between the anxiety and the performance but only a few authors show that anxiety may not affect the performance of the students its effects are surpass by the influential association among cognitive test anxiety and test performance. The olden times validate that the leading cause of anxiety amongst the apprentice is the pressure of assignments. The fear of time limits for the completion of assignments and confusions about the assignments causes the anxiety by a great deal. Some psychoanalysts also identify the public embarrassment after the failure at a particular test as a factor of anxiety among the students. In supplement some psychoanalysts declare that the physical and environmental triggers combines together to create the anxiety disorder. Environment may also grounds the anxiety disorder in a person for instance mislay some one very Adore or a natural disaster may create a depression or experiencing a traumatic event in the early age may drive the individual to the stat of anxiety disorder.

Students are the spinal column of the financial system of any nation and they add a lot in the advancement of any homeland and their active participation in the politics may be necessary for the advancement of the nation. Their sharing in the politics may give confidence to them to become the efficient planner and may lead them to organize an institution which may be proved very vital in the future. For a long time the student’s actions were regarded as the necessary factors that brings some societal changes in the society and in some nations the students achieve something in collapsing various governments and bring changes in the strategies of government. In several nations the student’s participation in the politics brings many artistic developments and provides excellent leadership to the nation. Besides this there are some negative aspects of the student’s politics because some students join the political affairs just to gaze and attract the eyes of the public and become an indiscipline student. Many private leaders hire them and offering those higher positions and then
misguides them as result they start taking part in the destructive activities. And several times such students unions commandeering the academic discipline and administration and this downbeat politics is one of the key features of violence on the campus. As a result the university administration starts losing control on the part of student’s federations leading to an unstable situation and many shocking events start taking place on the educational institutes. A similar incident took place on the campus of Peshawar University on 14th march 2010, when one of the political groups succumbed one of the students (Adnan Khan) of University of Engineering and Technology Peshawar to injuries. On the day he could not tolerate his wounds and his soul departed to rest, a protest and violence by the students on the campus was followed to show their anger for the political activities on the campus and solidarity with the parents of late Adnan khan. The university administration call an emergency meeting in the evening on Friday 19th march 2010 and decided to keep the campus closed till further order. All the boys’ hostels were vacated and only two hostels were allocated to the students belonging to the terrorism affected areas. Although the girls were given permission to stay at their hostels if they want and display of any political cryptogram were bane on the campus to bring the life back to standard. As many students’ unions starts involving in the state of affairs and tries to use the position in their favor and to catch the attention and attitude of the students in their goodwill. This divides the students into several clusters and a competition for the power starts among them, destroying their mental and physical abilities and they diverge towards the intimidation in the institute. This terrorization on the part of students union generates a pressurizing atmosphere for the students and they lose their potentialities and curiosity in the studies. Since as mentioned earlier the harassed surroundings causes anxiety amongst the students as well as the terrorism activities are also connected with the mental stress. On investigating the studies it illustrate that the terrorism activities are connected with the strain, depression and physical sickness among the students and the terrorism linked activities affects the intellectual conditions of the students. Some members of the general public suffer momentous stress despite the fact that neither they are directly affected by the terrorist attacks not their love ones.

Need of the Study
Pakistan has endured the terrorist activities for the precedent so many years that incorporate suicide attacks, target killing and brutality. These activities are witnessed and recorded by so many people, but yet no research work in Pakistan is conceded out to perceive the psychological and mental affects on people in general and students in particular and the surviving victims of these attack. So this at hand study is carried out to test out the reverberations affects of that poignant event that took place on the campus of Peshawar University on 19th march 2010. The foremost objective of the study is to monitor psyche of the students after re-opening the campus and to investigate whether the students mug any anxiety or fear on coming to the institute and whether this event affects their potentialities. Besides it is to be investigated whether these violence and protests on the campus will have any impact on the exam schedule and on the program schedule in which these students are enrolled.

Methods
University of Peshawar (UOP) is amongst one of the leading universities of Pakistan and is considered as the Mother University of all other Universities of the province Khyber-Pakhtunkhwa and is ranked amongst the best universities of Pakistan. It was initially part of Islamia college but was upgraded to university in late 1950’s and its foundation was laid by the first Prime Minister of Pakistan Mr. Liaqat Ali khan. The total build up area of the university is over 1024 acres. The University endow with better-quality and comprehensive educational prospect to the students from nursery up to the Ph.D. The forty education departments are divided into six faculties, these are Faculty of Arts & Humanities, Faculty of Islamic & Oriental Studies, Faculty of Life & Environmental Sciences, Faculty of Management & Information Sciences, Faculty of Numerical & Physical Sciences, and Faculty of
Social Sciences. Peshawar University started functioning as a solitary unit and in a mean while in 1952 and 1957 two colleges with the names Engineering College and College of Agriculture were setup respectively as the constituent colleges of university of Peshawar and start working under the supervision of Peshawar University. Later on, in 1980 Engineering College was given the status of an independent engineering university named as university of Engineering and Technology Peshawar (UET). Similarly, College of Agriculture was upgraded to the faculty of Agriculture in 1974 and to Agriculture University (AU) in 1981. Islamia College which was a very glowing and esteem ingredient college of Peshawar University, in 2008 it was activated as an independent chartered university named as Islamia chartered university (ICU). Khyber Medical College was established in 1954 under the umbrella of Peshawar University which was then upgraded to Khyber Medical University (KMU) in 2007. The campus of Peshawar University is situated 10 Km of North West at the city center of grand trunk road headed towards Torkham boarder. The campus contains these five sister universities and the contributor of the study are the students of these universities.

The part takers of this study were the students of Peshawar University, Pakistan, University of Engineering and Technology Peshawar, Islamia University Peshawar, Khyber Medical University and Agriculture University Peshawar, Pakistan. At the outset a total of 386 students were consule whose responses were recorded through a questionnaire. Primarily the education levels were alienated into three clusters undergraduates, graduates, and postgraduates. The first category cover the students who are studying in Bachelors of Science/Art (BCS or B.Sc/B.A (hons)) and they have done their Higher Secondary School Certificate (H.S.S.C), the second category comprises the students who are studying in the Master of Science/Arts (M.A/M.Sc) and already accomplished the degree of B.Sc and the third category includes the scholars of M.Phil/Ph.D.

The data was collected by using the different sampling procedures, from the students of five sister universities, essentially the departments were clustered in the above six faculties. First two faculties, i.e. Life & Environmental and Social Sciences were randomly selected and then by using the convenience sampling technique the researcher visits these departments 12:00 pm to 2:00 pm and recruit only those students to the survey who were conveniently accessible at the time of visit of the researcher. The data was collected during the month of April and May 2010. Among the 386 students, 231 males and 153 females were categorized into three categories according to their level of education. Out of these, (figure 2) 17 students have completed intermediate and are studying in the B.Sc (hons) and 221 are graduates students studying at the M.Sc level, 117 are post graduate students enrolled either in M.Phil/Ph.D.

**Data Analysis**

Statistical techniques were used to investigate the records. Descriptive statistics were used to illustrate the joint distribution of the gender and Department/institute of the respondent and the distribution of the origin of birth. Component bar chart was used for place of origin and family. To scrutinize the connection amongst the attachment with any political alliance and awareness with the use of any sorts of weapon, and for the associations, chi-square test is used. Similarly the chi-square procedure is used to analyze the connection between expertise of weapons and affiliation with the political alliances. The backward stepwise (wald) technique is used to get the best model, which best fit the data. Initially, we consider a model where anxiety is considered as the response variable and affiliation with the political federation of the student, affiliation of the family with political alliance, education level of the respondent, family setup of the respondent, and conflict/clashes of the family of respondent with other families/tribes as explanatory variables. After applying the backward elimination procedure we select the parsimonious model i.e. model which is the simplest amongst all models but which adequately represent the data set. Then a binary logistic regression was fitted by considering the scared as response variable and affiliation with the political federation of the student, affiliation of the family with political alliance, and conflict of family with other tribes as explanatory variables.
Questionnaire
Formerly the questionnaire was divided into five sections; personal information of respondent, family background of the respondent, information about the event occurred on dated 19/03/2010, effects of that event, and suggestions for improving the environment of the university. The family background consists of the queries about family history, family setup, and family have some conflict with any other tribe, and family of the respondent has affiliation with the political coalition. The family history was categorized into five categories namely landlords, businessmen, farmer, government servants and others. To analyze their family impact on their minds, the information about their family setup were collected, which is divided into two groups' joint family system and individual system. In personal information the place of origin is divided into two categories rural area and urban area. In this section their age and the education level were considered and information about weapons expertise and political milieu were collected. The faculty is categorized into five categories UOP, UET, KMC, AU, and UOP while the UOP category is further categorizes into two categories namely social sciences and life and environmental sciences.

Results
An unpleasant incident on the campus of Peshawar University took place in which quite a few students were injured and one student of UET who endure a head injury and respire last on Friday 19th march 2010. Contained by these 386 students, the view of 81% students was that the event took place due to the political interruption on the campus and the political scenario interferes in the educational activity on the campus. On responding to the question of favoring of political activities only 8% of the students were in favor of students politics. 79% students verbalized that such events affects their potentialities and they can not study effectively in such unstable situation and 60% articulated the need of a psychiatric to overcome the psychological fear and state of anxiety after the occurrence of terrified events.

Anxiety Analysis
This study is carried out to determine the feelings of the students and their level of anxiety after that shocking incident. Figure 1 demonstrate that 61% males and 80% of the females experienced terrified while coming to the campus once the universities were reopened after a break of almost three weeks. To scrutinize the relationship between the gender and nervousness level the $\chi^2 = 6.68$, ($p<0.05$) disclose that the anxiety level is considerably connected with the sexual category differences, the odds ratio of 0.53 propose that the male students are 0.53 times less terrified than the female students. The main reason of this is that females spent most of the time at their homes while the males go out and experiences different types of situations. On investigating the study to uncover the various attributes that causes the anxiety among the students we come across that the place of origin is significantly interrelated with the anxiety $\chi^2 = 7.382$, ($p<0.05$). The odds ratio of 1.88 is an indication that the intensity of anxiety amongst the students belonging to rural area is 1.88 times superfluous than the students belonging to urban areas. The cause of these different levels of anxiety among the students of different regions is that the most of the people in the rural areas have conflicts with other families and tribes so most of the time they witnessed murders, clash and exchange of blows. To assess the association between anxiety status and awareness with the use of weapons is also noteworthy with the $\chi^2 = 13.24$, ($p<0.05$). From the odds ratio it is evident that the students’ familiar with the use of weapons are 0.423 times less anxious than the students who have no knowledge of using the weapons.
Since the response variable of anxiety is a dichotomous variable so we fit a logistic regression model. Initially we select the full model and run the backward stepwise (wald) procedure to select a significant parsimonious model. The full model that is considered at initial stage is

\[ \ln(p/(1-p)) = \beta_0 + \beta_1 X_1 + \beta_2 X_2 + \beta_3 X_3 + \beta_4 X_4 + \beta_5 X_5 + \beta_6 X_1 \times X_2 \]

Where

- \( X_1 = \) affiliation with federation.
- \( X_2 = \) affiliation of the family of student with political alliance.
- \( X_3 = \) family of the respondent have conflict with other tribe/families.
- \( X_4 = \) education level of the respondent.
- \( X_5 = \) family set up of respondent.

By applying the stepwise backward (wald) procedure to abolish the factors of no consequence from the model we select a parsimonious model which adequately fit the data. From table 3 the simplest logistic regression model that adequately represents the data is given by

\[ \ln(p/(1-p)) = -2.244 + 4.277X_1 + 1.195X_2 + 1.563X_3 - 1.778X_1 \times X_2 \]

Where

- \( X_1 = \) affiliation with federation.
- \( X_2 = \) affiliation of the family of student with political alliance.
- \( X_3 = \) family of the respondent have conflict with other tribe/families.

From the logistic regression model, the slope 4.227 means that the affiliation with the federation of the students increases the log odds of anxiety among the students by 4.227 times and the affiliation of the family with political alliance increases the log odds of anxiety by 1.195 times. Their interaction term is also included in the model and the coefficient -1.778 is an indication that if the family of the student has a political background then the intention of that student is also bent towards the student’s politics and the level of anxiety among these students are low as compare to other student. This is an indication of the fact that the political scenario in Pakistan has a very negative impact and the political workers of different alliances are very much expose to the events alike that occurs on the campus of Peshawar university. Most of the political workers of these political alliances take part in different violent activities and argue with each others. This is reasonably noticeable from the chi-square analysis the \( \chi^2 = 20.896, (p<0.05) \) is a clue that the acquaintance with the armaments, is drastically associated with the attachment of any political alliance. The students allied with the political alliance are 3.03 times more exploit to the use of weapons. The log odds ratio of anxiety is increased by 1.563 with the factor of family clashes with other families and tribes.

**Effects of the Event**

To evaluate the influence of that outrageous affair on the students and educational activities on the campus different trait of students psyche and atmosphere of the campus were observed. Almost 95% students claim that it would have a negative impact the students and it would depart the students mind from education to other negative measures such as abusive language, and 96% exclaim that such proceedings build abhorrence (hatred) among the students because they would be divided into strata and each strata would represent a different political federation and they would try to capture the maximum resources of the university. 29% says that female should not come up to the campus in such an unbalanced state of affairs and 34% say that the parents will not consent the female students to come to the campus because their parents think that the female child has not enough potentials to protect themselves in such unsecured situation. One of the reasons can be that the parents attain the maximum level of harassment during stay of their child in campus in such situation. More or less 93% students exclaim that exams schedule would inflated as the university campus remained closed for more than three weeks and the classes were off during that duration.
Suggested Suggestions

45% counsel that such event happen due to insecure situation of Khyber-Pakhtunkhwa cuasing a political instability in the province and the residence of the province passes through a uncertain situation. The peoples are very anxious about various factors and the most harased factor is the problem of security. 90% students are in favour of bane on political federation to overcome the problem of students stratification and the students totlay concentrate on their study. To avoid such political gathering 70% participants of the study conclude that the authority should deploy more police force on the campus so their fear relating to the security may be reduced and will easily prepare themselves for the upcoming exams. As canteens are one of the major source of the political gathering on the campus so about 12% are in favour of closing the canteens on the campus 64% students says that canteen should be the center of social activities and recreation and the political gatherings should be baned in the canteens on the campus so the students will be far away from the politics. Similarly the political federations try to keep holds on the males hostels and most of their political activiteis were caried out in the hostels and about 52% students variefeid that the males hostels are the main source of politics in the universtiy. So the authority should search the males hostel on regular basis and 80% students were agreed with the proper searching and keeping the check and balance of the males hostels.

Discussion

The prime intention of the present study is to investigate the major factors that are the root causes of anxiety amongst the students of University of Peshawar and its surrounding sister universities i.e. University of Engineering and Technology, Khyber Medical University, Agriculture University, Islamia Chartered University. A huge number of students think that the canteens and the male hostels are the major source of political gatherings. The students that are affiliated with any political federations gathered there and arrange their political activities. But as these are the places of social gathering all students spent there superfluous time in canteens for refreshments and the boarder students staying at these hostels are affected by these activities. 89% students conclude that these gathering waste the time of students and causing test / exam anxiety among the students. The major factors that affect the anxiety among the students are the native land of their birth, familiarity with the use of weapons and the gender differences. The students that belong to the urban areas are more anxious after the occurrence of such shocking event. As the residence of rural areas is much exposed to the violence events (figure 1). 21% of the students belonging to the rural area have conflicts with other tribes while only 5% of resident of urban area have family conflict. So the students of rural areas are more use to these conditions so the level of anxiety among theme is relatively smaller. As the residents of urban areas in Pakistan mostly spent their time at their houses so they feel more anxiety when a violent event or any mishap occurs. The results of this event conclude that this anxiety can be controlled by deploying more security forces and take some serious security measures, by doing so the students can feel more relax and they can concentrate on their study effectively. Secondly the political rallies and gatherings in one of the primitive factor of anxiety, the students who are affiliated with these federations or whose families have a political background does not feel any anxiety but they waste most of their time in such activities. On the other hand these activities distract the mind of the students who are not taking part in any political gathering and cause an unsecured stat of mind because 89% students think that taking part in a political alliance is the waste of time.
References


Tables 1: Logistic Regression model for stress.

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Tables 2: Chi-square and odd ratios table for testing the association of depression/anxiety with different factors.

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**Figure 1:** Component bar graph for stress by gender

**Figure 2:** Cluster bar chart for education by gender.

**Figure 3:** Component bar graph for place of birth by family conflict