

Appendix 1.5, Cont.

5	4	5	4	2	5	5	4	3	2	5	4	1	1	4	5	5	1	5	4	4	5	1	1	1	1	1	1	1	1	1	5
2	1	1	1	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
3	2	1	1	1	1	1	1	1	3	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	3
4	4	4	1	4	1	2	5	4	1	1	5	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	4
5	3	5	4	4	3	5	5	5	5	5	4	4	5	4	5	3	3	5	2	5	5	5	5	4	1	1	1	1	1	1	4
4	2	5	2	3	1	1	1	2	3	3	3	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	2
2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
3	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	3
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
5	3	5	4	5	4	5	5	5	4	5	4	5	5	3	4	3	4	5	2	5	4	5	4	3	2	2	4	3	2	2	4
3	3	5	2	5	1	1	5	3	4	4	4	1	3	4	3	3	3	4	4	3	4	3	3	2	1	2	1	2	1	1	3
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
2	2	5	2	5	1	2	4	4	2	1	1	1	4	3	3	3	2	1	2	4	2	2	2	2	1	1	1	1	1	1	4
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1	1	4	4	4	4	2	3	4	4	2	4	4	4	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	3
4	3	4	3	4	3	2	2	4	2	4	2	2	2	2	2	2	2	2	2	3	3	3	2	2	1	1	1	1	2	2	3
2	2	2	2	2	2	2	2	2	1	1	3	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
2	1	4	2	3	1	1	1	1	1	1	1	1	1	3	1	1	1	3	4	1	3	3	2	4	4	5	4	1	1	2	3
5	4	5	4	5	4	5	5	4	4	4	4	4	5	5	5	5	5	5	5	5	5	5	5	5	4	4	3	2	1	5	
4	4	4	4	4	2	1	3	4	3	2	3	1	2	2	2	2	2	2	2	2	2	2	2	3	1	1	2	1	2	1	3

Appendix 1.6 Raw Google Forms Data (Mental Health)

MH1	MH2	MH3	MH4	MH5	MH6	MH7	MH8
3	4	2	3	2	2	2	3
1	1	1	1	2	1	2	1
1	1	1	2	1	2	1	1
4	4	2	3	4	2	2	3
4	4	4	4	4	3	4	4
3	3	3	3	3	2	3	3
4	4	3	3	2	3	3	4
1	1	1	1	1	1	1	1
4	4	3	4	3	2	3	4
5	5	3	4	3	5	3	5
4	4	5	5	4	4	4	4
2	2	1	3	3	1	3	3
4	3	3	4	3	3	3	3
4	4	2	3	3	2	3	4
3	4	3	4	4	4	4	4
3	3	3	3	2	2	3	2
2	1	1	1	3	1	1	1
5	5	4	4	5	3	4	5
4	3	2	4	3	3	4	2
5	5	3	5	4	4	4	5
5	5	3	5	5	5	3	3
5	4	5	5	4	5	5	5
4	5	1	2	4	1	2	2
2	1	3	3	2	1	1	2
2	2	2	2	1	2	1	2
2	1	1	2	2	1	1	1
4	4	3	3	4	4	3	4
3	4	1	1	3	2	2	1
2	2	2	2	2	2	2	2
4	5	5	5	4	4	4	4
3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4
1	1	1	1	1	1	1	3
2	2	3	2	1	1	1	2
5	5	3	5	3	4	4	4
3	4	3	3	2	2	1	1
5	5	5	5	5	5	4	5
1	1	1	1	1	1	1	1
1	1	1	1	4	1	1	1
2	2	2	3	2	2	3	2
1	1	2	3	2	1	1	2
5	5	5	5	5	5	5	5
2	2	2	2	2	2	2	2
3	2	1	3	2	1	2	2
3	1	1	4	2	2	2	3
5	5	2	2	2	2	2	2
4	5	4	4	4	1	4	5
3	3	3	3	3	3	3	4
1	3	2	3	2	3	2	3

Appendix 1.6, Cont.

2	1	2	2	2	1	2	2
2	1	1	5	1	1	3	1
3	4	1	3	3	3	3	3
4	4	2	4	3	2	3	3
3	4	3	3	3	2	4	4
1	3	2	1	3	3	1	1
4	3	3	3	4	4	3	4
3	3	3	3	3	3	3	3
4	3	1	1	3	1	2	2
2	2	2	2	3	2	2	3
5	5	5	5	5	5	5	5
3	2	3	1	3	1	1	2
2	2	2	2	2	2	2	3
4	4	3	3	2	3	3	4
5	5	3	4	3	3	5	5
4	4	3	3	4	4	3	4
4	2	1	3	1	1	1	1
2	2	2	2	2	2	2	2
2	3	3	3	3	3	3	3
3	3	3	5	4	5	5	5
2	2	2	2	2	2	2	2
2	3	1	3	2	1	1	1
4	4	4	4	4	4	4	4
2	2	2	2	1	1	1	1
5	5	4	4	4	3	4	5
1	1	1	1	2	1	1	1
1	3	1	1	2	1	1	1
5	5	4	4	4	4	4	4
2	3	1	3	1	1	1	1
3	2	1	1	2	1	2	1
3	2	1	1	1	1	1	1
5	4	5	5	4	5	5	4
2	2	1	2	1	1	1	1
4	2	3	2	4	2	2	2
4	4	1	2	2	2	2	2
5	5	3	5	4	4	4	4
3	2	1	1	1	1	1	3
3	3	1	1	1	1	1	2
1	1	1	5	3	1	1	1
3	3	1	2	1	1	1	2
5	5	4	5	4	4	5	5
2	3	2	3	4	4	3	4
2	2	1	1	1	1	1	1
5	4	2	2	2	2	4	3
2	2	2	2	2	1	2	1
4	3	1	2	2	2	2	2
3	2	4	4	2	3	4	2
2	2	2	2	2	2	2	2
2	4	2	2	2	3	1	2
5	5	4	5	4	4	5	5
4	5	3	4	3	2	4	4

Appendix 1.7 Raw Google Forms Data (Academic Performance)

AP1	AP2	AP3	AP4
2	3	3	4
3	3	4	4
3	4	5	5
4	5	4	4
2	5	5	5
4	2	3	3
4	3	3	4
4	5	5	4
4	5	4	4
4	5	5	3
5	5	5	5
3	3	3	3
3	3	3	5
4	3	4	5
2	2	2	2
3	3	3	3
3	3	3	3
3	5	4	4
3	3	4	5
2	2	2	2
3	2	2	4
5	5	4	5
4	4	4	5
4	3	3	3
5	5	5	5
3	4	4	5
4	3	3	4
4	5	4	4
2	2	2	2
2	2	2	3
3	3	3	3
2	3	2	2

Appendix 1.7, Cont.

4	4	4	4
3	4	3	3
2	2	2	3
4	3	3	3
4	5	5	5
2	5	5	5
5	5	2	4
3	5	5	4
4	5	5	5
4	4	4	4
5	5	5	5
3	5	4	3
2	5	5	5
5	5	5	5
4	4	3	3
3	3	3	3
2	2	2	3
3	3	4	3
4	5	5	3
3	4	4	4
2	3	3	4
2	3	3	5
4	5	5	5
3	3	3	3
3	3	3	3
4	4	4	4
3	4	4	5
2	3	3	3
3	5	4	4
5	5	5	5
4	4	3	3
2	3	3	3
3	5	4	4
2	2	2	3
4	4	4	4
3	5	5	5
5	5	2	3

Appendix 1.7, Cont.

2	2	2	2
3	4	3	4
4	5	5	5
3	5	5	5
4	5	5	5
5	4	5	4
3	2	2	4
3	3	3	3
4	3	3	3
4	4	4	4
5	5	5	5
2	4	4	5
4	5	5	5
3	3	3	3
5	5	5	5
2	3	3	3
3	5	5	5
3	3	3	3
3	5	5	5
3	5	5	5
3	3	4	5
4	5	4	4
5	5	5	5
2	4	4	3
2	3	2	2
3	3	3	3
3	4	3	3
3	3	3	3
2	3	4	4
2	3	3	3
3	4	3	5

Appendix 1.8 Pilot Validity Test (Academic Stressors)

		Correlations																
		AS1	AS2	AS3	AS4	AS5	AS6	AS7	AS8	AS9	AS10	AS11	AS12	AS13	AS14	AS15	AVGAS	
AS1	Pearson Correlation	1	.782**	.398**	.507**	.537**	.389**	.298*	.284*	.466**	.240	.268	.357*	-.009	.314*	.153	.574**	
	Sig. (2-tailed)		.000	.004	.000	.000	.005	.035	.045	.001	.093	.060	.011	.948	.026	.288	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
AS2	Pearson Correlation	.782**	1	.491**	.475**	.657**	.342*	.299*	.215	.411**	.185	.158	.215	-.114	.149	.045	.500**	
	Sig. (2-tailed)	.000		.000	.000	.000	.015	.035	.133	.003	.199	.275	.135	.429	.302	.758	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
AS3	Pearson Correlation	.398**	.491**	1	.800**	.686**	.309*	.403**	.398**	.399**	.251	.322*	.387**	.211	.283*	.034	.631**	
	Sig. (2-tailed)	.004	.000		.000	.000	.029	.004	.004	.004	.079	.022	.006	.142	.046	.816	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
AS4	Pearson Correlation	.507**	.475**	.800**	1	.566**	.398**	.357*	.431**	.531**	.391**	.338*	.416**	.239	.250	.124	.677**	
	Sig. (2-tailed)	.000	.000	.000		.000	.004	.011	.002	.000	.005	.016	.003	.095	.080	.391	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
AS5	Pearson Correlation	.537**	.657**	.686**	.566**	1	.438**	.568**	.237	.452**	.362**	.379**	.527**	.248	.277	.131	.691**	
	Sig. (2-tailed)	.000	.000	.000	.000		.001	.000	.097	.001	.010	.007	.000	.083	.052	.364	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
AS6	Pearson Correlation	.389**	.342*	.309*	.398**	.438**	1	.427**	.517**	.517**	.485**	.501**	.309*	.275	.446**	.429**	.676**	
	Sig. (2-tailed)	.005	.015	.029	.004	.001		.002	.000	.000	.000	.000	.029	.053	.001	.002	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
AS7	Pearson Correlation	.298*	.299*	.403**	.357*	.568**	.427**	1	.615**	.562**	.676**	.664**	.665**	.565**	.388*	.290*	.790**	
	Sig. (2-tailed)	.035	.035	.004	.011	.000	.002		.000	.000	.000	.000	.000	.000	.005	.041	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
AS8	Pearson Correlation	.284*	.215	.398**	.431**	.237	.517**	.615**	1	.631**	.451**	.551**	.413**	.316*	.366**	.434**	.699**	
	Sig. (2-tailed)	.045	.133	.004	.002	.097	.000	.000	.000	.000	.001	.000	.003	.025	.009	.002	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
AS9	Pearson Correlation	.466**	.411**	.399**	.531**	.452**	.517**	.562**	.631**	1	.504**	.554**	.542**	.396**	.518**	.553**	.806**	
	Sig. (2-tailed)	.001	.003	.004	.000	.001	.000	.000	.000		.000	.000	.000	.004	.000	.000	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
AS10	Pearson Correlation	.240	.185	.251	.391**	.362**	.485**	.675**	.451**	.504**	1	.573**	.478**	.590**	.198	.193	.671**	
	Sig. (2-tailed)	.093	.199	.079	.005	.010	.000	.000	.001	.000		.000	.000	.000	.168	.179	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
AS11	Pearson Correlation	.268	.158	.322*	.338*	.379**	.501**	.664**	.551**	.554**	.573**	1	.610**	.551**	.630**	.337*	.758**	
	Sig. (2-tailed)	.060	.275	.022	.016	.007	.000	.000	.000	.000	.000		.000	.000	.000	.017	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
AS12	Pearson Correlation	.357*	.215	.387**	.416**	.527**	.309*	.665**	.413**	.542**	.478**	.610**	1	.681**	.436**	.371**	.751**	
	Sig. (2-tailed)	.011	.135	.006	.003	.000	.029	.000	.003	.000	.000	.000		.000	.001	.008	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
AS13	Pearson Correlation	-.009	-.114	.211	.239	.248	.275	.565**	.316*	.396**	.590**	.551**	.681**	1	.391**	.317*	.587**	
	Sig. (2-tailed)	.948	.429	.142	.095	.083	.053	.000	.025	.004	.000	.000	.000		.005	.025	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
AS14	Pearson Correlation	.314*	.149	.283**	.250	.277	.446**	.388**	.366**	.518**	.198	.630**	.439**	.391**	1	.631**	.636**	
	Sig. (2-tailed)	.026	.302	.046	.080	.052	.001	.005	.009	.000	.168	.000	.001	.005		.000	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
AS15	Pearson Correlation	.153	.045	.034	.124	.131	.429**	.290*	.434**	.553**	.193	.337*	.371**	.317*	.631**	1	.514**	
	Sig. (2-tailed)	.288	.758	.816	.391	.364	.002	.041	.002	.000	.179	.017	.008	.025	.000		.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
AVGAS	Pearson Correlation	.574**	.500**	.631**	.677**	.691**	.678**	.790**	.699**	.806**	.671**	.758**	.751**	.587**	.636**	.514**	1	
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000		
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Appendix 1.9 Pilot Validity Test (Work Stressors)

		Correlations																
		WS1	WS2	WS3	WS4	WS5	WS6	WS7	WS8	WS9	WS10	WS11	WS12	WS13	WS14	WS15	AVGWS	
WS1	Pearson Correlation	1	.791**	.589**	.709**	.355*	.308*	.401**	.350*	.382**	.494**	.396**	.434**	.335*	.189	.335*	.674**	
	Sig. (2-tailed)		.000	.000	.000	.011	.029	.004	.013	.006	.000	.004	.002	.017	.189	.017	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
WS2	Pearson Correlation	.791**	1	.624**	.602**	.386**	.259	.369**	.594**	.505**	.536**	.554**	.463**	.512**	.453**	.411**	.760**	
	Sig. (2-tailed)	.000		.000	.000	.006	.069	.008	.000	.000	.000	.000	.001	.000	.001	.003	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
WS3	Pearson Correlation	.589**	.624**	1	.682**	.594**	.668**	.591**	.478**	.395**	.611**	.347**	.392**	.327**	.409**	.300*	.773**	
	Sig. (2-tailed)	.000	.000		.000	.000	.000	.000	.000	.005	.000	.013	.005	.020	.003	.034	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
WS4	Pearson Correlation	.709**	.602**	.682**	1	.597**	.659**	.511**	.339*	.548**	.557**	.382**	.398**	.378**	.270	.305*	.768**	
	Sig. (2-tailed)	.000	.000	.000		.000	.000	.000	.016	.000	.000	.006	.004	.007	.058	.031	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
WS5	Pearson Correlation	.355*	.386**	.594**	.597**	1	.798**	.460**	.472**	.459**	.417**	.336*	.387**	.453**	.286*	.109	.700**	
	Sig. (2-tailed)	.011	.006	.000	.000		.000	.001	.001	.001	.003	.017	.006	.001	.044	.450	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
WS6	Pearson Correlation	.308*	.259	.668**	.659**	.798**	1	.580**	.299*	.408**	.421**	.252	.304*	.297*	.153	.078	.644**	
	Sig. (2-tailed)	.029	.069	.000	.000	.000		.000	.042	.003	.002	.078	.032	.036	.288	.590	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
WS7	Pearson Correlation	.401**	.369**	.591**	.511**	.460**	.580**	1	.345*	.221	.423*	.265	.451**	.309*	.349*	.329*	.639**	
	Sig. (2-tailed)	.004	.008	.000	.000	.001	.000		.014	.123	.002	.063	.001	.029	.013	.020	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
WS8	Pearson Correlation	.350*	.594**	.478**	.339*	.472**	.289*	.345*	1	.554**	.571**	.602**	.469**	.610**	.551**	.486**	.722**	
	Sig. (2-tailed)	.013	.000	.000	.016	.001	.042	.014		.000	.000	.000	.001	.000	.000	.000	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
WS9	Pearson Correlation	.382**	.505**	.395**	.548**	.459**	.408**	.221	.554**	1	.573**	.641**	.369**	.564**	.250	.380**	.685**	
	Sig. (2-tailed)	.006	.000	.005	.000	.001	.003	.123	.000		.000	.000	.010	.000	.080	.007	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
WS10	Pearson Correlation	.494**	.536**	.611**	.557**	.417**	.421**	.423**	.571**	.573**	1	.573**	.666**	.529**	.469**	.474**	.784**	
	Sig. (2-tailed)	.000	.000	.000	.000	.003	.002	.002	.000	.000		.000	.000	.000	.001	.001	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
WS11	Pearson Correlation	.396**	.554**	.347**	.382**	.336*	.252	.265	.602**	.641**	.573**	1	.668**	.754**	.470**	.538**	.725**	
	Sig. (2-tailed)	.004	.000	.013	.006	.017	.078	.063	.000	.000	.000		.000	.000	.001	.000	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
WS12	Pearson Correlation	.434**	.463**	.392**	.398**	.387**	.304*	.451**	.469**	.369*	.666**	.666**	1	.718**	.481**	.499**	.722**	
	Sig. (2-tailed)	.002	.001	.005	.004	.006	.032	.001	.001	.010	.000	.000		.000	.000	.000	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
WS13	Pearson Correlation	.335*	.512**	.327**	.378**	.453**	.297*	.309*	.610**	.564**	.529**	.754**	.718**	1	.571**	.508**	.735**	
	Sig. (2-tailed)	.017	.000	.020	.007	.001	.036	.029	.000	.000	.000	.000	.000		.000	.000	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
WS14	Pearson Correlation	.189	.453**	.409**	.270	.286*	.153	.349*	.551**	.250	.469**	.470**	.481**	.571**	1	.617**	.602**	
	Sig. (2-tailed)	.189	.001	.003	.058	.044	.288	.013	.000	.080	.001	.001	.000	.000		.000	.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
WS15	Pearson Correlation	.335*	.411**	.300*	.305*	.109	.078	.329*	.486**	.380**	.474**	.538**	.499**	.508**	.617**	1	.578**	
	Sig. (2-tailed)	.017	.003	.034	.031	.450	.590	.020	.000	.007	.001	.000	.000	.000	.000		.000	
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	
AVGWS	Pearson Correlation	.674**	.760**	.773**	.768**	.700**	.644**	.639**	.722**	.685**	.784**	.725**	.722**	.735**	.602**	.578**	1	
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000		
	N	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Appendix 1.10 Pilot Validity Test (Physical Health)

[illegible]

Appendix 1.10, Cont.

[illegible]^{***} Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

Appendix 1.11 Pilot Validity Test (Mental Health)

		Correlations								
		MH1	MH2	MH3	MH4	MH5	MH6	MH7	MH8	AVGMH
MH1	Pearson Correlation	1	.891**	.666**	.766**	.718**	.722**	.767**	.738**	.900**
	Sig. (2-tailed)		.000	.000	.000	.000	.000	.000	.000	.000
	N	50	50	50	50	50	50	50	50	50
MH2	Pearson Correlation	.891**	1	.659**	.680**	.702**	.695**	.719**	.714**	.874**
	Sig. (2-tailed)	.000		.000	.000	.000	.000	.000	.000	.000
	N	50	50	50	50	50	50	50	50	50
MH3	Pearson Correlation	.666**	.659**	1	.791**	.618**	.733**	.763**	.760**	.853**
	Sig. (2-tailed)	.000	.000		.000	.000	.000	.000	.000	.000
	N	50	50	50	50	50	50	50	50	50
MH4	Pearson Correlation	.766**	.680**	.791**	1	.655**	.784**	.824**	.800**	.897**
	Sig. (2-tailed)	.000	.000	.000		.000	.000	.000	.000	.000
	N	50	50	50	50	50	50	50	50	50
MH5	Pearson Correlation	.718**	.702**	.618**	.655**	1	.639**	.740**	.656**	.814**
	Sig. (2-tailed)	.000	.000	.000	.000		.000	.000	.000	.000
	N	50	50	50	50	50	50	50	50	50
MH6	Pearson Correlation	.722**	.695**	.733**	.784**	.639**	1	.761**	.722**	.865**
	Sig. (2-tailed)	.000	.000	.000	.000	.000		.000	.000	.000
	N	50	50	50	50	50	50	50	50	50
MH7	Pearson Correlation	.767**	.719**	.763**	.824**	.740**	.761**	1	.824**	.910**
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000		.000	.000
	N	50	50	50	50	50	50	50	50	50
MH8	Pearson Correlation	.738**	.714**	.760**	.800**	.656**	.722**	.824**	1	.887**
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000		.000
	N	50	50	50	50	50	50	50	50	50
AVGMH	Pearson Correlation	.900**	.874**	.853**	.897**	.814**	.865**	.910**	.887**	1
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	
	N	50	50	50	50	50	50	50	50	50

** . Correlation is significant at the 0.01 level (2-tailed).

Appendix 1.12 Pilot Validity Test (Academic Performance)

		Correlations				
		AP1	AP2	AP3	AP4	AVGAP
AP1	Pearson Correlation	1	.514**	.414**	.431**	.699**
	Sig. (2-tailed)		.000	.003	.002	.000
	N	50	50	50	50	50
AP2	Pearson Correlation	.514**	1	.807**	.604**	.894**
	Sig. (2-tailed)	.000		.000	.000	.000
	N	50	50	50	50	50
AP3	Pearson Correlation	.414**	.807**	1	.724**	.895**
	Sig. (2-tailed)	.003	.000		.000	.000
	N	50	50	50	50	50
AP4	Pearson Correlation	.431**	.604**	.724**	1	.826**
	Sig. (2-tailed)	.002	.000	.000		.000
	N	50	50	50	50	50
AVGAP	Pearson Correlation	.699**	.894**	.895**	.826**	1
	Sig. (2-tailed)	.000	.000	.000	.000	
	N	50	50	50	50	50

** . Correlation is significant at the 0.01 level (2-tailed).

Appendix 1.13 Pilot Reliability Test (Academic Stressors)

Reliability Statistics

Cronbach's Alpha	N of Items
.910	15

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
AS1	42.16	134.749	.511	.908
AS2	42.16	137.688	.438	.910
AS3	42.68	130.630	.561	.906
AS4	42.38	129.547	.615	.904
AS5	42.90	132.010	.642	.904
AS6	42.80	129.878	.619	.904
AS7	43.30	124.255	.742	.899
AS8	43.26	128.033	.638	.903
AS9	43.34	125.739	.766	.899
AS10	42.98	128.510	.605	.905
AS11	43.04	127.060	.710	.901
AS12	43.44	126.170	.698	.901
AS13	43.38	132.200	.516	.908
AS14	43.46	130.009	.566	.906
AS15	43.56	134.823	.435	.910

Appendix 1.14 Pilot Reliability Test (Work Stressors)

Reliability Statistics

Cronbach's Alpha	N of Items
.925	15

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
WS1	35.62	145.628	.617	.921
WS2	35.84	143.158	.716	.918
WS3	35.50	141.684	.729	.917
WS4	35.40	141.959	.723	.918
WS5	35.02	140.673	.633	.921
WS6	34.82	144.191	.574	.923
WS7	35.50	145.888	.573	.922
WS8	36.06	145.894	.675	.919
WS9	35.92	145.463	.630	.920
WS10	36.02	143.693	.746	.917
WS11	36.32	144.222	.675	.919
WS12	36.08	143.953	.671	.919
WS13	36.30	145.847	.692	.919
WS14	36.62	149.057	.540	.923
WS15	36.86	151.919	.524	.923

Appendix 1.15 Pilot Reliability Test (Physical Health)

Reliability Statistics

Cronbach's Alpha	N of Items
.975	33

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
PH1	77.26	967.380	.630	.975
PH2	77.80	975.184	.559	.975
PH3	77.10	967.031	.656	.975
PH4	78.44	970.741	.686	.975
PH5	77.70	952.745	.849	.974
PH6	78.50	977.969	.600	.975
PH7	78.46	964.580	.786	.974
PH8	77.34	969.821	.663	.975
PH9	77.62	957.016	.764	.974
PH10	77.78	957.849	.747	.975
PH11	78.36	952.807	.835	.974
PH12	77.92	959.463	.681	.975
PH13	78.16	962.668	.738	.975
PH14	77.90	953.276	.783	.974
PH15	78.02	953.000	.791	.974
PH16	77.96	951.304	.772	.974
PH17	77.84	967.035	.671	.975
PH18	78.54	962.784	.775	.974
PH19	78.42	955.800	.789	.974
PH20	78.02	947.979	.842	.974
PH21	78.62	976.322	.746	.975
PH22	77.52	954.540	.825	.974
PH23	78.06	955.160	.851	.974
PH24	78.46	959.029	.748	.975
PH25	77.88	951.210	.801	.974
PH26	78.50	966.255	.751	.975
PH27	78.56	963.027	.800	.974
PH28	77.76	971.247	.634	.975
PH29	78.56	971.272	.720	.975
PH30	79.06	990.221	.552	.975
PH31	78.78	984.257	.596	.975
PH32	78.88	975.700	.702	.975
PH33	77.50	962.704	.756	.974

Appendix 1.16 Pilot Reliability Test (Mental Health)

Reliability Statistics

Cronbach's Alpha	N of Items
.955	8

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
MH1	19.40	62.653	.865	.947
MH2	19.42	61.351	.824	.951
MH3	19.98	65.244	.808	.951
MH4	19.44	63.966	.864	.947
MH5	19.66	67.168	.762	.954
MH6	20.06	63.935	.821	.950
MH7	19.92	64.687	.883	.947
MH8	19.62	63.302	.849	.948

Appendix 1.17 Pilot Reliability Test (Academic Performance)

Reliability Statistics

Cronbach's Alpha	N of Items
.850	4

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
AP1	11.20	8.204	.506	.880
AP2	10.82	6.191	.782	.768
AP3	10.94	6.466	.796	.762
AP4	10.72	7.308	.694	.809

Appendix 1.18 Validity Test (Academic Stressors)

		Correlations																
		AS1	AS2	AS3	AS4	AS5	AS6	AS7	AS8	AS9	AS10	AS11	AS12	AS13	AS14	AS15	AVGAS	
AS1	Pearson Correlation	1	.662**	.335**	.429**	.435**	.266**	.193	.087	.354**	.143	.213*	.265**	.046	.189	.065	.465**	
	Sig. (2-tailed)		.000	.001	.000	.000	.008	.054	.388	.000	.157	.034	.008	.650	.060	.518	.000	
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
AS2	Pearson Correlation	.662**	1	.520**	.505**	.494**	.258**	.277**	.173	.278**	.174	.251*	.285**	-.029	.027	.108	.497**	
	Sig. (2-tailed)	.000		.000	.000	.000	.009	.005	.086	.005	.084	.012	.004	.777	.788	.283	.000	
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
AS3	Pearson Correlation	.335**	.520**	1	.713**	.581**	.337**	.503**	.451**	.410**	.269**	.393**	.454**	.268**	.266**	.213*	.690**	
	Sig. (2-tailed)	.001	.000		.000	.000	.001	.000	.000	.000	.007	.000	.000	.007	.007	.033	.000	
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
AS4	Pearson Correlation	.429**	.505**	.713**	1	.552**	.341**	.368**	.479**	.441**	.336**	.406**	.450**	.180	.200*	.170	.675**	
	Sig. (2-tailed)	.000	.000	.000		.000	.001	.000	.000	.000	.001	.000	.000	.073	.046	.090	.000	
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
AS5	Pearson Correlation	.435**	.494**	.581**	.552**	1	.401**	.433**	.286**	.424**	.231*	.448**	.522**	.262**	.272**	.212*	.664**	
	Sig. (2-tailed)	.000	.000	.000	.000		.000	.000	.004	.000	.021	.000	.000	.008	.006	.034	.000	
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
AS6	Pearson Correlation	.266**	.258**	.337**	.341**	.401**	1	.405**	.452**	.516**	.432**	.485**	.359**	.335**	.436**	.527**	.669**	
	Sig. (2-tailed)	.008	.009	.001	.001	.000		.000	.000	.000	.000	.000	.000	.001	.000	.000	.000	
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
AS7	Pearson Correlation	.193	.277**	.503**	.368**	.433**	.405**	1	.522**	.436**	.442**	.528**	.492**	.484**	.315**	.272**	.689**	
	Sig. (2-tailed)	.054	.005	.000	.000	.000	.000		.000	.000	.000	.000	.000	.000	.001	.006	.000	
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
AS8	Pearson Correlation	.087	.173	.451**	.479**	.286**	.452**	.522**	1	.559**	.361**	.518**	.486**	.374**	.324**	.443**	.682**	
	Sig. (2-tailed)	.388	.086	.000	.000	.004	.000	.000		.000	.000	.000	.000	.000	.001	.000	.000	
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
AS9	Pearson Correlation	.354**	.278**	.410**	.441**	.424**	.516**	.436**	.559**	1	.528**	.553**	.585**	.397**	.554**	.506**	.779**	
	Sig. (2-tailed)	.000	.005	.000	.000	.000	.000	.000	.000		.000	.000	.000	.000	.000	.000	.000	
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
AS10	Pearson Correlation	.143	.174	.269**	.336**	.231*	.432**	.442**	.361**	.528**	1	.541**	.491**	.470**	.357**	.195	.620**	
	Sig. (2-tailed)	.157	.084	.007	.001	.021	.000	.000	.000	.000		.000	.000	.000	.000	.052	.000	
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
AS11	Pearson Correlation	.213*	.251*	.393**	.406**	.448**	.485**	.528**	.518**	.553**	.541**	1	.659**	.469**	.520**	.404**	.763**	
	Sig. (2-tailed)	.034	.012	.000	.000	.000	.000	.000	.000	.000	.000		.000	.000	.000	.000	.000	
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
AS12	Pearson Correlation	.265**	.285**	.454**	.450**	.522**	.359**	.492**	.486**	.585**	.491**	.659**	1	.593**	.486**	.435**	.781**	
	Sig. (2-tailed)	.008	.004	.000	.000	.000	.000	.000	.000	.000	.000	.000		.000	.000	.000	.000	
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
AS13	Pearson Correlation	.046	-.029	.268**	.180	.262**	.335**	.484**	.374**	.397**	.470**	.469**	.593**	1	.438**	.364**	.583**	
	Sig. (2-tailed)	.650	.777	.007	.073	.008	.001	.000	.000	.000	.000	.000	.000		.000	.000	.000	
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
AS14	Pearson Correlation	.189	.027	.266**	.200*	.272**	.436**	.315**	.324**	.554**	.357**	.520**	.486**	.438**	1	.437**	.607**	
	Sig. (2-tailed)	.060	.788	.007	.046	.006	.000	.001	.001	.000	.000	.000	.000	.000		.000	.000	
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
AS15	Pearson Correlation	.065	.108	.213*	.170	.212*	.527**	.272**	.443**	.506**	.195	.404**	.435**	.364**	.437**	1	.553**	
	Sig. (2-tailed)	.518	.283	.033	.090	.034	.000	.006	.000	.000	.052	.000	.000	.000	.000		.000	
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	
AVGAS	Pearson Correlation	.465**	.497**	.690**	.675**	.664**	.669**	.689**	.682**	.779**	.620**	.763**	.781**	.583**	.607**	.553**	1	
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000		
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Appendix 1.19 Validity Test (Work Stressors)

		Correlations															
		WS1	WS2	WS3	WS4	WS5	WS6	WS7	WS8	WS9	WS10	WS11	WS12	WS13	WS14	WS15	AVGWS
WS1	Pearson Correlation	1	.770**	.623**	.670**	.299*	.326**	.460**	.473**	.380**	.488**	.362**	.493**	.481**	.245	.206*	.696**
	Sig. (2-tailed)		.000	.000	.000	.003	.001	.000	.000	.000	.000	.000	.000	.000	.014	.040	.000
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
WS2	Pearson Correlation	.770**	1	.633**	.629**	.321**	.252*	.438**	.652**	.430**	.504**	.498**	.544**	.589**	.420**	.255*	.752**
	Sig. (2-tailed)		.000	.000	.000	.001	.011	.000	.000	.000	.000	.000	.000	.000	.000	.010	.000
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
WS3	Pearson Correlation	.623**	.633**	1	.732**	.469**	.512**	.577**	.544**	.373**	.473**	.388**	.478**	.492**	.443**	.262**	.768**
	Sig. (2-tailed)		.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.008	.000
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
WS4	Pearson Correlation	.670**	.629**	.732**	1	.522**	.573**	.526**	.447**	.444**	.417**	.413**	.468**	.503**	.345**	.240*	.765**
	Sig. (2-tailed)		.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.016	.000
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
WS5	Pearson Correlation	.299**	.321**	.469**	.522**	1	.740**	.507**	.417**	.358**	.291**	.318**	.417**	.453**	.292**	.118	.644**
	Sig. (2-tailed)		.003	.001	.000	.000	.000	.000	.000	.000	.003	.001	.000	.000	.003	.243	.000
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
WS6	Pearson Correlation	.326**	.252*	.512**	.573**	.740**	1	.601**	.333**	.351**	.364**	.238*	.402**	.321**	.187	.099	.625**
	Sig. (2-tailed)		.001	.011	.000	.000	.000	.000	.001	.000	.000	.017	.000	.001	.062	.329	.000
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
WS7	Pearson Correlation	.460**	.438**	.577**	.526**	.507**	.601**	1	.482**	.254*	.504**	.376**	.613**	.510**	.408**	.299**	.728**
	Sig. (2-tailed)		.000	.000	.000	.000	.000	.000	.000	.011	.000	.000	.000	.000	.000	.002	.000
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
WS8	Pearson Correlation	.473**	.652**	.544**	.447**	.417**	.333**	.482**	1	.540**	.534**	.683**	.595**	.693**	.584**	.403**	.785**
	Sig. (2-tailed)		.000	.000	.000	.000	.001	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
WS9	Pearson Correlation	.380**	.430**	.373**	.444**	.358**	.351**	.254*	.540**	1	.558**	.570**	.362**	.485**	.259**	.282**	.628**
	Sig. (2-tailed)		.000	.000	.000	.000	.000	.011	.000	.000	.000	.000	.000	.000	.009	.004	.000
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
WS10	Pearson Correlation	.488**	.504**	.473**	.417**	.291**	.364**	.504**	.534**	.558**	1	.499**	.649**	.541**	.391**	.344**	.712**
	Sig. (2-tailed)		.000	.000	.000	.003	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
WS11	Pearson Correlation	.362**	.498**	.388**	.413**	.318**	.238*	.376**	.683**	.570**	.499**	1	.659**	.731**	.596**	.465**	.723**
	Sig. (2-tailed)		.000	.000	.000	.000	.001	.017	.000	.000	.000	.000	.000	.000	.000	.000	.000
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
WS12	Pearson Correlation	.493**	.544**	.478**	.468**	.417**	.402**	.613**	.595**	.382**	.649**	.659**	1	.763**	.537**	.451**	.792**
	Sig. (2-tailed)		.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
WS13	Pearson Correlation	.481**	.589**	.492**	.503**	.453**	.321**	.510**	.693**	.485**	.541**	.731**	.763**	1	.598**	.391**	.802**
	Sig. (2-tailed)		.000	.000	.000	.000	.000	.001	.000	.000	.000	.000	.000	.000	.000	.000	.000
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
WS14	Pearson Correlation	.245*	.420**	.443**	.345*	.292**	.187	.408**	.584**	.259**	.391**	.596**	.537**	.598**	1	.607**	.631**
	Sig. (2-tailed)		.014	.000	.000	.000	.003	.062	.000	.000	.009	.000	.000	.000	.000	.000	.000
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
WS15	Pearson Correlation	.206*	.255*	.262**	.240*	.118	.099	.299**	.403**	.282**	.344**	.465**	.451**	.391**	.607**	1	.478**
	Sig. (2-tailed)		.040	.010	.008	.016	.243	.329	.002	.000	.004	.000	.000	.000	.000	.000	.000
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
AVGWS	Pearson Correlation	.696**	.752**	.768**	.765**	.644**	.625**	.728**	.785**	.628**	.712**	.723**	.792**	.802**	.631**	.478**	1
	Sig. (2-tailed)		.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Appendix 1.20 Validity Test (Physical Health)

[illegible]

Appendix 1.20, Cont.

PH18	Pearson Correlation	503	387	428	502	562	518	680	487	512	535	661	528	568	618	591	667	662	1	545	581	572	584	638	685	485	568	581	395	617	555	523	557	527	780
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
PH19	Pearson Correlation	473	353	513	434	511	462	621	450	443	414	524	432	448	564	531	547	487	545	1	722	570	586	693	697	644	681	623	594	384	538	521	725		
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	
PH20	Pearson Correlation	614	471	647	500	669	484	681	655	636	591	678	591	576	651	644	692	643	681	722	1	635	784	773	712	758	789	725	532	616	331	437	440	649	
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	
PH21	Pearson Correlation	468	458	481	362	538	398	674	485	534	565	597	470	564	600	598	616	604	772	570	635	1	537	665	585	444	560	595	295	563	525	639	584	497	741
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	
PH22	Pearson Correlation	581	457	597	533	696	540	525	646	636	621	638	618	621	706	641	683	652	584	588	784	537	658	1	658	636	741	684	610	489	481	277	327	384	685
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	
PH23	Pearson Correlation	582	440	607	623	706	614	634	550	725	681	725	618	616	681	668	681	636	638	598	773	565	668	1	689	753	707	701	485	630	402	511	470	678	868
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	
PH24	Pearson Correlation	512	322	546	461	608	516	688	524	581	591	633	538	638	635	635	582	583	665	687	712	586	638	488	1	862	872	705	395	755	468	444	478	507	802
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	
PH25	Pearson Correlation	528	344	545	537	550	440	614	562	596	572	626	551	555	535	598	527	565	485	544	758	444	741	753	682	1	888	749	525	589	259	312	331	607	773
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	
PH26	Pearson Correlation	484	419	600	565	580	564	578	521	551	551	543	488	616	578	588	628	544	568	581	789	550	664	507	672	686	1	100	100	100	100	100	100	100	100
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	
PH27	Pearson Correlation	461	419	528	493	592	496	651	466	570	582	602	484	553	597	615	589	578	681	623	725	659	618	701	705	709	697	1	397	641	432	570	603	539	791
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	
PH28	Pearson Correlation	373	280	370	433	483	348	425	476	524	440	428	345	413	356	519	512	376	362	423	532	256	489	485	335	325	424	397	1	419	092	381	214	500	580
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	
PH29	Pearson Correlation	420	307	520	441	462	418	658	443	516	553	543	390	591	462	593	481	543	617	504	618	563	481	638	755	509	574	641	419	1	583	495	526	507	712
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	
PH30	Pearson Correlation	284	314	276	368	316	478	457	181	325	386	445	364	419	484	418	376	353	555	384	331	525	277	402	488	258	485	432	392	502	1	562	617	265	527
	Sig. (2-tailed)	.004	.001	.005	.000	.001	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	
PH31	Pearson Correlation	302	329	384	325	402	393	519	357	481	484	488	398	421	427	448	486	348	528	623	437	639	337	611	484	312	488	579	281	458	563	1	789	381	605
	Sig. (2-tailed)	.002	.001	.000	.001	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	
PH32	Pearson Correlation	305	320	362	411	432	401	435	250	368	451	519	374	458	471	462	480	394	653	538	440	684	384	478	406	374	529	693	214	528	617	768	1	437	605
	Sig. (2-tailed)	.002	.001	.009	.000	.000	.000	.000	.012	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	
PH33	Pearson Correlation	563	525	589	524	628	481	526	592	640	514	505	583	632	611	592	687	566	527	527	648	487	686	518	507	607	637	538	500	567	265	387	433	1	772
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	
AGDH	Pearson Correlation	686	568	715	695	864	658	767	724	803	776	787	727	777	781	787	823	760	768	725	885	741	822	858	802	773	864	791	580	712	527	605	772	1	
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	
	N	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

Appendix 1.21 Validity Test (Mental Health)

		Correlations								
		MH1	MH2	MH3	MH4	MH5	MH6	MH7	MH8	AVGMH
MH1	Pearson Correlation	1	.826**	.628**	.619**	.616**	.631**	.729**	.715**	.838**
	Sig. (2-tailed)		.000	.000	.000	.000	.000	.000	.000	.000
	N	100	100	100	100	100	100	100	100	100
MH2	Pearson Correlation	.826**	1	.623**	.588**	.645**	.671**	.693**	.727**	.840**
	Sig. (2-tailed)	.000		.000	.000	.000	.000	.000	.000	.000
	N	100	100	100	100	100	100	100	100	100
MH3	Pearson Correlation	.628**	.623**	1	.711**	.692**	.767**	.776**	.765**	.861**
	Sig. (2-tailed)	.000	.000		.000	.000	.000	.000	.000	.000
	N	100	100	100	100	100	100	100	100	100
MH4	Pearson Correlation	.619**	.588**	.711**	1	.620**	.714**	.790**	.710**	.834**
	Sig. (2-tailed)	.000	.000	.000		.000	.000	.000	.000	.000
	N	100	100	100	100	100	100	100	100	100
MH5	Pearson Correlation	.616**	.645**	.692**	.620**	1	.723**	.720**	.709**	.824**
	Sig. (2-tailed)	.000	.000	.000	.000		.000	.000	.000	.000
	N	100	100	100	100	100	100	100	100	100
MH6	Pearson Correlation	.631**	.671**	.767**	.714**	.723**	1	.776**	.769**	.876**
	Sig. (2-tailed)	.000	.000	.000	.000	.000		.000	.000	.000
	N	100	100	100	100	100	100	100	100	100
MH7	Pearson Correlation	.729**	.693**	.776**	.790**	.720**	.776**	1	.841**	.917**
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000		.000	.000
	N	100	100	100	100	100	100	100	100	100
MH8	Pearson Correlation	.715**	.727**	.765**	.710**	.709**	.769**	.841**	1	.906**
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000		.000
	N	100	100	100	100	100	100	100	100	100
AVGMH	Pearson Correlation	.838**	.840**	.861**	.834**	.824**	.876**	.917**	.906**	1
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	
	N	100	100	100	100	100	100	100	100	100

** Correlation is significant at the 0.01 level (2-tailed).

Appendix 1.22 Validity Test (Academic Performance)

		Correlations				
		AP1	AP2	AP3	AP4	AVGAP
AP1	Pearson Correlation	1	.551**	.452**	.392**	.711**
	Sig. (2-tailed)		.000	.000	.000	.000
	N	100	100	100	100	100
AP2	Pearson Correlation	.551**	1	.806**	.617**	.899**
	Sig. (2-tailed)	.000		.000	.000	.000
	N	100	100	100	100	100
AP3	Pearson Correlation	.452**	.806**	1	.737**	.903**
	Sig. (2-tailed)	.000	.000		.000	.000
	N	100	100	100	100	100
AP4	Pearson Correlation	.392**	.617**	.737**	1	.820**
	Sig. (2-tailed)	.000	.000	.000		.000
	N	100	100	100	100	100
AVGAP	Pearson Correlation	.711**	.899**	.903**	.820**	1
	Sig. (2-tailed)	.000	.000	.000	.000	
	N	100	100	100	100	100

** Correlation is significant at the 0.01 level (2-tailed).

Appendix 1.23 Reliability Test (Academic Stressors)

Reliability Statistics

Cronbach's Alpha	N of Items
.902	15

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
AS1	40.78	120.699	.389	.902
AS2	40.69	119.650	.422	.901
AS3	41.17	113.213	.628	.894
AS4	40.92	113.327	.610	.894
AS5	41.46	115.382	.606	.895
AS6	41.33	115.637	.613	.895
AS7	41.82	112.998	.627	.894
AS8	41.59	111.679	.612	.894
AS9	41.74	111.063	.733	.890
AS10	41.40	114.424	.545	.897
AS11	41.59	112.042	.716	.891
AS12	41.83	110.042	.734	.889
AS13	41.85	117.442	.517	.898
AS14	41.93	114.207	.527	.898
AS15	42.06	117.107	.476	.899

Appendix 1.24 Reliability Test (Work Stressors)

Reliability Statistics

Cronbach's Alpha	N of Items
.926	15

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
WS1	33.93	136.854	.641	.921
WS2	34.12	135.602	.706	.919
WS3	34.01	134.192	.722	.919
WS4	33.79	134.430	.719	.919
WS5	33.63	135.306	.568	.925
WS6	33.33	137.961	.554	.924
WS7	34.04	134.524	.672	.920
WS8	34.51	136.414	.748	.918
WS9	34.36	139.586	.566	.923
WS10	34.47	137.484	.661	.921
WS11	34.78	136.860	.674	.920
WS12	34.59	135.315	.754	.918
WS13	34.77	135.391	.766	.918
WS14	35.06	141.734	.578	.923
WS15	35.39	147.836	.426	.927

Appendix 1.25 Reliability Test (Physical Health)

Reliability Statistics

Cronbach's Alpha	N of Items
.974	33

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
PH1	75.22	931.527	.660	.974
PH2	75.84	943.691	.538	.974
PH3	75.09	928.042	.692	.973
PH4	76.23	939.694	.633	.974
PH5	75.48	922.939	.788	.973
PH6	76.58	946.387	.638	.974
PH7	76.44	934.087	.751	.973
PH8	75.24	930.447	.703	.973
PH9	75.54	920.089	.786	.973
PH10	75.85	923.280	.758	.973
PH11	76.28	925.093	.780	.973
PH12	75.80	924.485	.704	.973
PH13	76.14	926.505	.759	.973
PH14	75.93	924.066	.763	.973
PH15	76.07	919.237	.779	.973
PH16	76.02	920.080	.805	.973
PH17	75.89	927.978	.741	.973
PH18	76.54	931.766	.764	.973
PH19	76.44	935.441	.705	.973
PH20	76.00	915.273	.854	.973
PH21	76.65	944.129	.725	.973
PH22	75.58	919.620	.807	.973
PH23	75.91	920.871	.846	.973
PH24	76.29	922.612	.786	.973
PH25	75.74	922.114	.754	.973
PH26	76.38	930.541	.790	.973
PH27	76.51	934.192	.777	.973
PH28	75.78	943.668	.551	.974
PH29	76.50	938.293	.692	.973
PH30	77.02	962.464	.507	.974
PH31	76.80	954.869	.585	.974
PH32	76.87	953.831	.585	.974
PH33	75.43	929.722	.755	.973

Appendix 1.26 Reliability Test (Mental Health)

Reliability Statistics

Cronbach's Alpha	N of Items
.950	8

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
MH1	18.79	61.339	.785	.946
MH2	18.82	60.654	.785	.946
MH3	19.52	61.828	.819	.944
MH4	18.98	61.252	.780	.946
MH5	19.19	63.529	.775	.947
MH6	19.52	60.454	.835	.943
MH7	19.34	59.560	.889	.939
MH8	19.14	58.930	.871	.940

Appendix 1.27 Reliability Test (Academic Performance)

Reliability Statistics

Cronbach's Alpha	N of Items
.856	4

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
AP1	11.38	7.571	.518	.885
AP2	10.85	5.967	.799	.771
AP3	10.99	6.030	.811	.767
AP4	10.79	6.875	.683	.823

Appendix 1.28 Regression Output (on Physical Health)

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	.271	.308		.880	.381
	AVGAS	.403	.156	.322	2.578	.011
	AVGWS	.372	.143	.325	2.602	.011

a. Dependent Variable: AVGPB

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	33.323	2	16.661	28.507	.000 ^b
	Residual	56.694	97	.584		
	Total	90.017	99			

a. Dependent Variable: AVGPB

b. Predictors: (Constant), AVGWS, AVGAS

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.608 ^a	.370	.357	.76451

a. Predictors: (Constant), AVGWS, AVGAS

Appendix 1.29 Regression Output (on Mental Health)

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	.033	.343		.097	.923
	AVGAS	.605	.174	.415	3.482	.001
	AVGWS	.373	.159	.280	2.351	.021

a. Dependent Variable: AVGMH

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	52.369	2	26.184	36.312	.000 ^b
	Residual	69.946	97	.721		
	Total	122.315	99			

a. Dependent Variable: AVGMH

b. Predictors: (Constant), AVGWS, AVGAS

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.654 ^a	.428	.416	.84917

a. Predictors: (Constant), AVGWS, AVGAS

Appendix 1.30 Regression Output (on Academic Performance)

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	3.856	.340		11.334	.000
	AVGAS	-.001	.173	-.001	-.007	.995
	AVGWS	-.075	.158	-.075	-.479	.633

a. Dependent Variable: AVGAP

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	.402	2	.201	.283	.754 ^b
	Residual	68.980	97	.711		
	Total	69.382	99			

a. Dependent Variable: AVGAP

b. Predictors: (Constant), AVGWS, AVGAS

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.076 ^a	.006	-.015	.84329

a. Predictors: (Constant), AVGWS, AVGAS