



Research Article

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Differences in stress levels between Albanian and German students

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Abstract

This study was conducted to determine and compare the factors influencing the increase in stress levels of students at German and Albanian universities. In addition to descriptive statistics to analyze the data, the authors used factor analysis, the Independent Samples t-Test, and bivariate correlation among others in the study. An online questionnaire divided into three sections was used as a tool for data collection. The description of statistics expressed in percentages and the data analysis were performed using SPSS software, Version 16. The results showed that students experienced a high level of stress, 44.1214, with some variations among them. The results confirmed a higher level of stress among Albanian students compared to German students. On the other hand, the results indicated that the "Fear of failing exams" factor had a greater impact on increasing stress levels among German students compared to Albanian students.

Keywords: academic stress, failure, attendance, employment, stress level.

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