



Gender Differences in Stress Levels: A Comparative Analysis of Males and Females

Student: Mumu 1083844

Advisor: Prof. Chi-Yang Tsai

1 Introduction

Examining gender differences in stress, our study focuses on societal expectations, work-life balance, and biology. It aims to offer insights into distinct challenges faced by men and women, contributing to a nuanced understanding of well-being.

2 Objective

Understand why stress differs between men and women in areas like society, work, and biology to help create better ways to support well-being.

3 Methodology

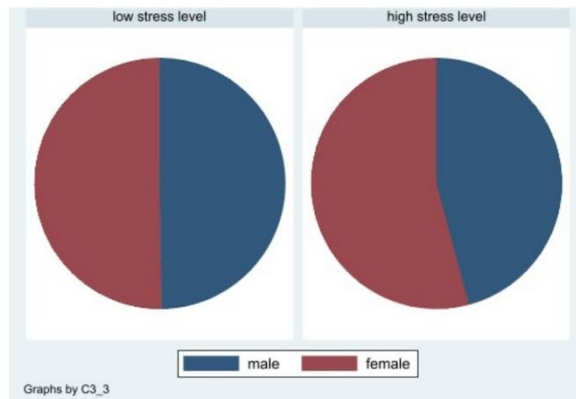
To investigate gender differences in stress, focusing on societal, work, and biological factors, with the aim of informing targeted interventions for well-being.

4 Results

Females consistently report higher stress, stemming from social roles, relationships, and work pressures. This impacts mental health, relationships, and sleep quality. The findings emphasize the need for targeted interventions to address gender-specific stressors.

5 Analysis

Data synthesis affirms: females consistently face higher stress than males. This stems from societal expectations, professional challenges, and physiological differences. For instance, cultural pressures on females contribute to heightened stress. The observed gender disparity is justified by societal leniency toward male irresponsibility, accentuating elevated stress levels in females.



	(1)	(2)	(3)	(4)	(5)
VARIABLESc3_3	c3_3	c3_3	c3_3	c3_3	c3_3
female0.15743**	0.16827**	0.04278	0.36048	0.31986	
(0.080)	(0.082)	(0.199)	(0.262)	(0.264)	
age11g	0.28902***	0.29829***	0.30278***	0.27266***	
	(0.024)	(0.066)	(0.067)	(0.068)	
edu		0.22602	0.27839*	0.27778*	
		(0.143)	(0.146)	(0.147)	
works		-0.36625*	-0.39509**	-0.29528	
		(0.191)	(0.195)	(0.201)	
exercise			-0.13484	-0.06856	
			(0.195)	(0.200)	
smoke			0.47900**	0.46902*	
			(0.239)	(0.240)	
funli				0.78070**	
				(0.358)	
Constant-1.37944***	-2.51427***	-2.78436***	-3.09889***	-3.16290***	
(0.058)	(0.116)	(0.381)	(0.461)	(0.464)	
Observations	3,727	1,121	1,121	1,118	
r2_p0.00100	0.0414	0.0308	0.0365	0.0402	

6 Conclusion

The research confirms gender disparities in stress levels, advocating for an inclusive environment. Recommendations align with previous studies, stressing the importance of funding for research and tailored interventions to deepen our understanding and promote well-being.