

A Quantitative Study of the Sources of Stress of International Students at Northeast Normal University

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Abstract

The study aims to find out the sources of stress of international Students in Northeast Normal University. This study will also provide insights into the experiences and sources of Stress of MOFCOM Scholarship Students and CSC Scholarship Students. Stress scores of MOFCOM Scholarship Students and CSC Scholarship Students were analyzed by looking at total stress scores and five different scales, including academics, interactions, chemical stressors, physical lifestyle, time management, and gender. According to the result of the *t*-test, it can be confirmed that the male students experienced more stress than female students in NENU. In terms of the five sub-scales, including academics, interactions, chemical stressors, physical lifestyle, and time management of the Developmental Inventory of Sources of Stress, were not statistically different between MOFCOM Scholarship Students and CSC Scholarship Students. CSC and MOFCOM Scholarship students can manage their problem effectively without pressure in the present study. In NENU, the university's accommodation, teaching style, and supervising style of professors are charming for international students. There was no significant difference between MOFCOM and CSC Scholarship Students regarding academics, interactions, chemical stressors, and physical lifestyle.

Key words: Stress, International Students, Northeast Normal University

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