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B.S., Georgia Southern University, 2001

M. Ed., Georgia Southern University, 2003

A Dissertation (or Thesis) Submitted to the Graduate Faculty of Georgia Southern University

in Partial Fulfillment of the Requirements for the Degree

DOCTOR OF EDUCATION

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CHAPTER 1

INTRODUCTION

Purpose of the Study

This study seeks to understand the reasons why there is such a large quantity of stress associated with the pursuance of a terminal academic degree. It is widely known that most graduate students report high levels of stress on the Academic Stress Index, especially in the first year of study. The author here has conducted research that hopes to explain the particular sources of this stress, reasons that the level of stress seems amplified, and numerous ways to alleviate the stress. One very successful avenue for stress relief has been the Exercise Method coupled with preventative measures in the final stages of writing the long-awaited dissertation. It is the belief of the author that the findings of this study will provide future students with effective and solid stress relief.

How This Study Is Original

The present study deals with a particular age level in the range of 22 to 35. The author assumed that the largest majority of graduate students fell into this age range and that many other life stressors occurred during this period of the normal human life-span. Each of the participants in the study completed a permission form and was evaluated by a medical professional to ensure overall physical and mental health both before and after the research was conducted. The participants were paid for their time by the researcher and were debriefed immediately following the study. All of the participants were enrolled as full time students and were doing research to support their dissertation.

CHAPTER 2

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¹ Sample, I.G. and U.B. Goodwin. 1999. *Psychology Today*. 1045: 62- 603

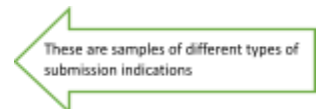
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¹ Sample, I.G. and U.B. Goodwin. Submitted to *Psychology Today*, 12/10/2002.

¹ Sample, I.G. and U.B. Goodwin. To be submitted to *Psychology Today*



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REFERENCES

Jones, R. and S. Smith. 2008. Title of an Excellent Article. Journal of Educational Media. 22(4): 1042-1049.

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APPENDIX A

BROWSING THE COLLEGE OF GRADUATE STUDIES WEBSITE

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