



Academic Pressure Found on Reddit: A Content Analysis of Posts and Comments

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INTRODUCTION

- There are many students daily that feel pressured to do well in school. The academic pressure that students face is far too high. Students can also feel stressed out and have the urge to do well in school due to academic pressure. All of this can be tiring and impact one's mental health tremendously
- There are many studies that have concluded that social media is one way that negativity is shared between students. Students face a great amount of negativity through social media

The purpose of this study was to evaluate how academic pressure and stress was being discussed on Reddit.

METHODS

Design:

A content analysis with LIWC of posts and comments found on reddit about academic pressure and stress was conducted.

Subjects:

Reddit posts and comments that self populated under the search term "Academic Pressure" were evaluated.

- Searched up "Academic Pressure"
- Looked at posts with "academic pressure" on them
- Looked to see if they had over seven comments
- Looked to see if there were up votes and down votes, and over 1k of members in the community

Measures:

- Content of post and comments
- Upvotes/Downvotes
- Members in a Community
- Post type
 - Posts were categorized into three different themes.
 - Advice
 - Personal Story
 - Other

Data Analysis:

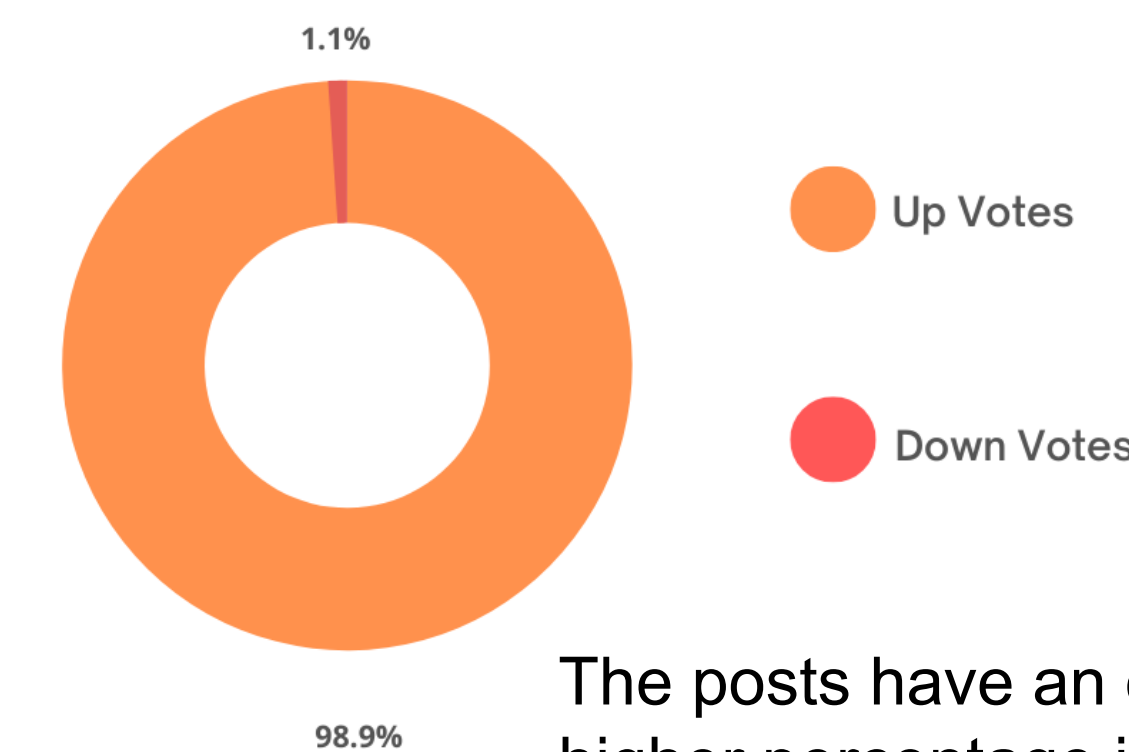
- LIWC, a validated text analysis software, was used to compare the presence of positive emotion, negative emotion, anxiety, anger, and sadness on posts and comments
- Descriptive statistics were used to calculate the proportion of upvotes and downvotes and frequency of post types.
- A T-test was run to look at the difference of language and tone between posts about advice and posts about a personal story

RESULTS

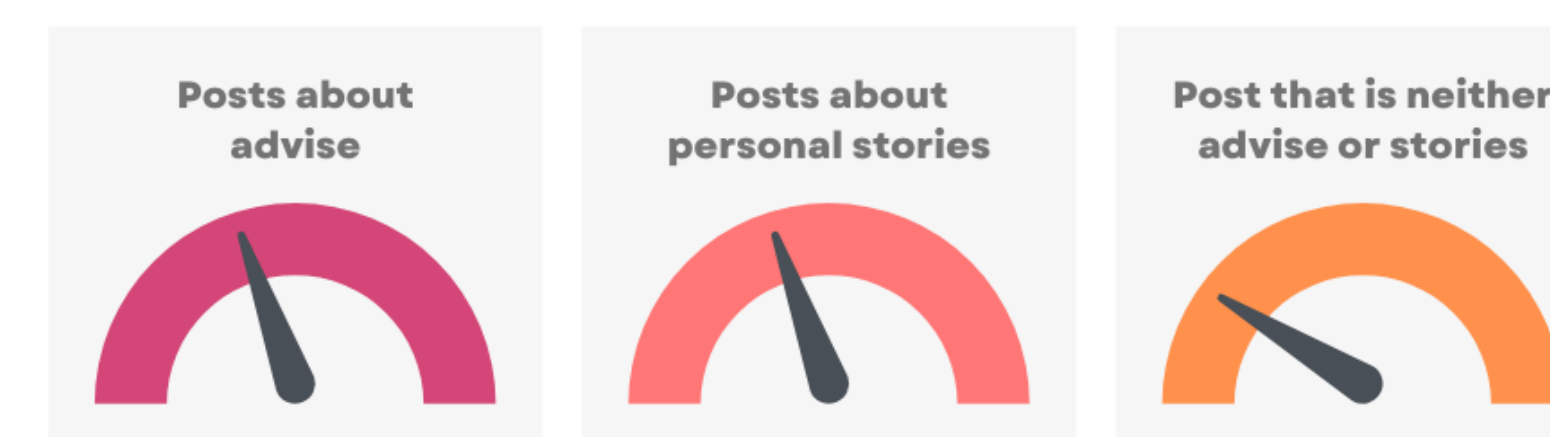
DEMOGRAPHICS

There are 53 total subjects. 48 out of 53 being comments under 5 different posts found on Reddit

Upvotes vs Downvotes

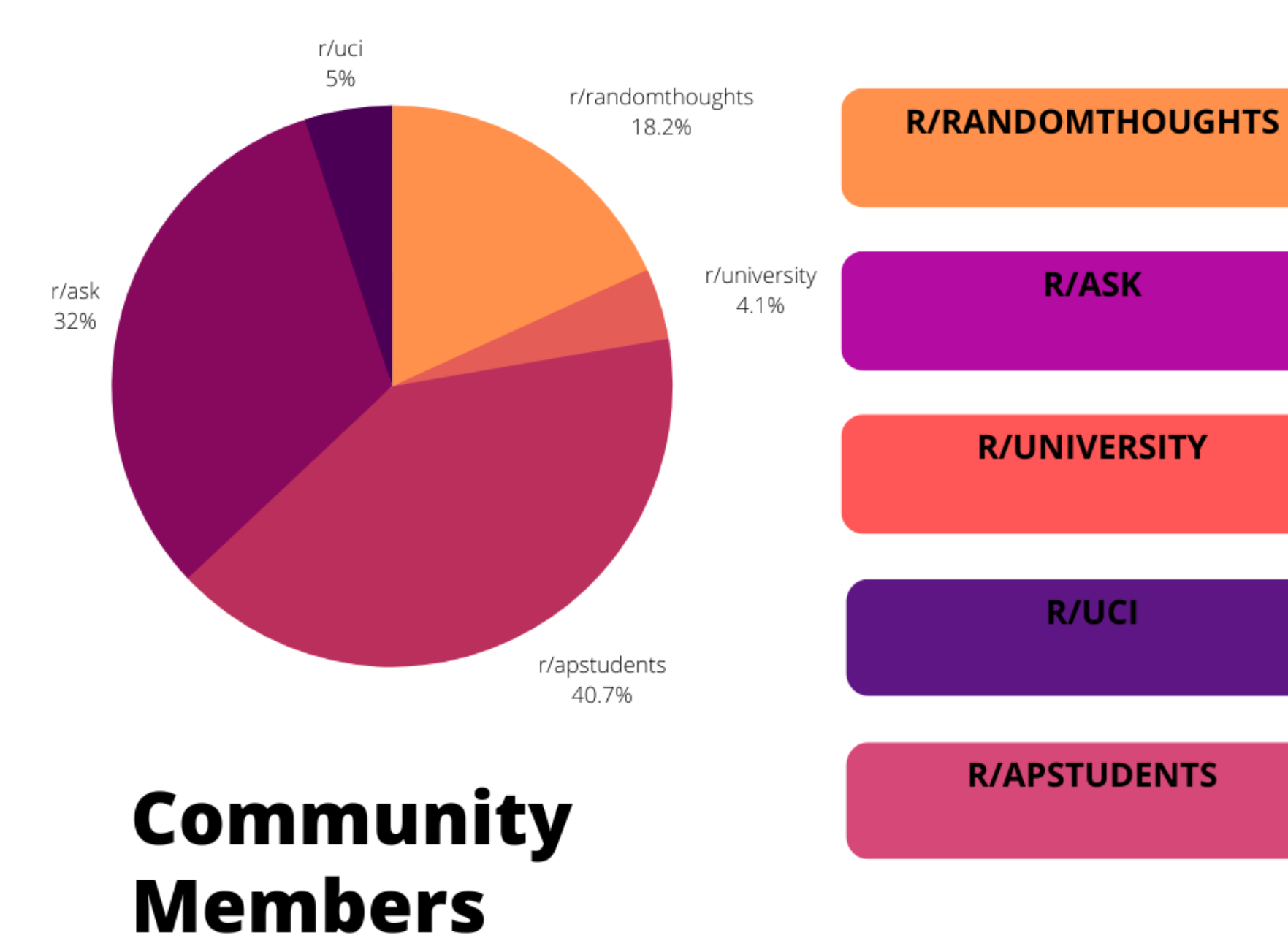
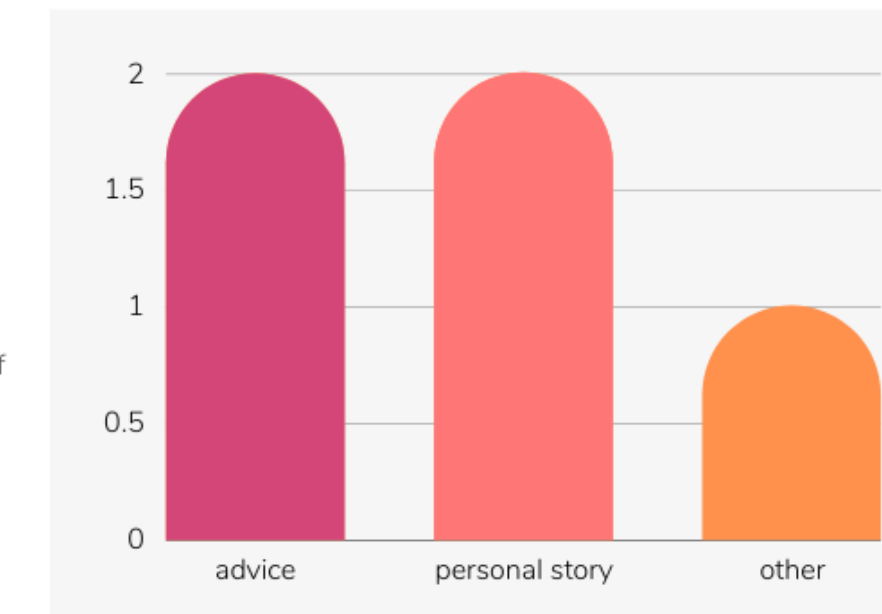


The posts have an overall higher percentage in up votes than they do in down.



TYPE OF POSTS

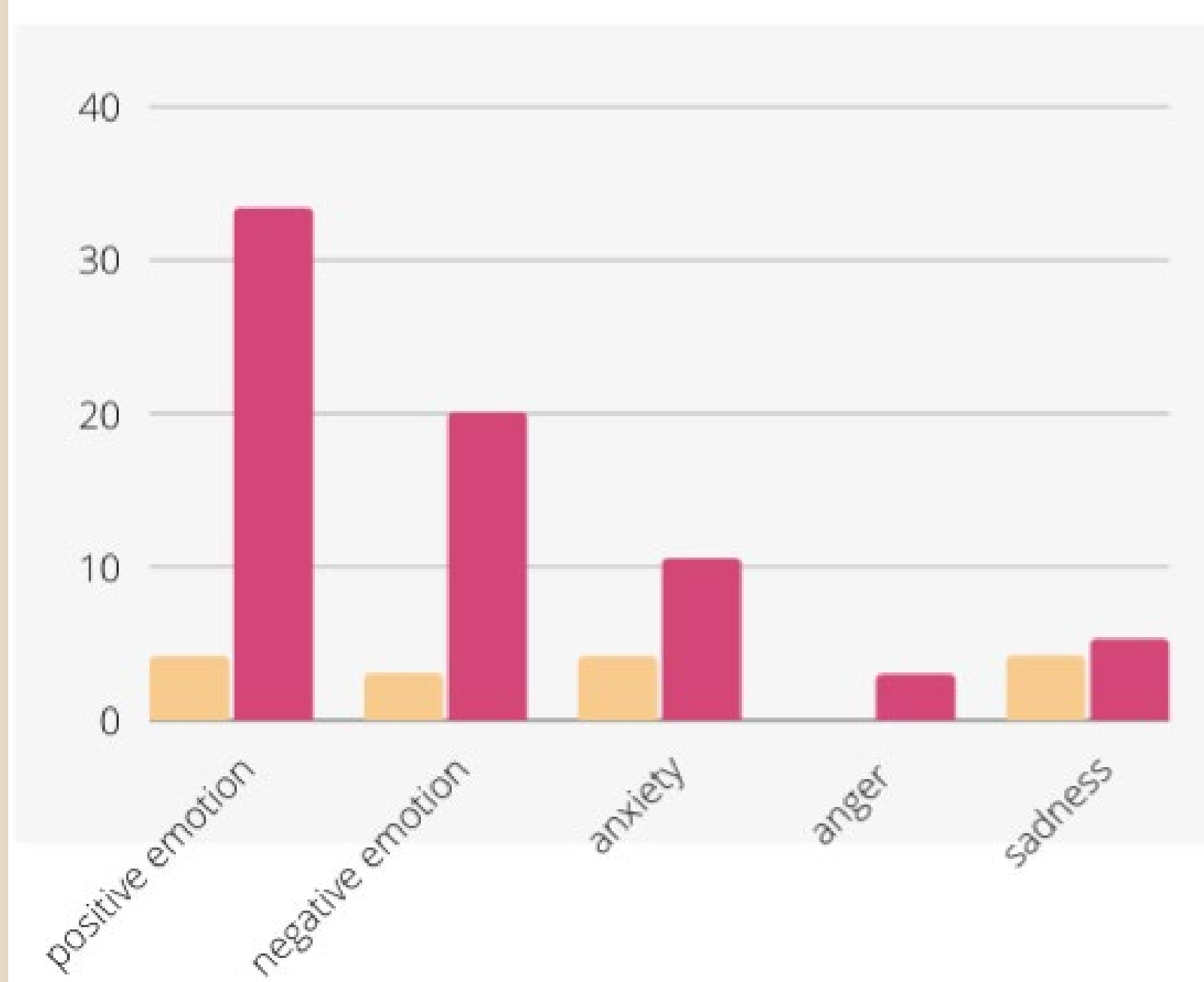
Two out of the five posts are posts giving advice to others on how to deal with academic pressure and stress. Another two of the five posts are about personal stories that one has had about academic pressure and stress. The last post out of the five posts fall under neither advice nor is a personal story.



RESULTS

- The prevalence of positive emotion words on posts were 4.17, negative emotion words were 3.08, anxiety related words were 4.17, anger related words were zero, and sadness related words were 4.17
- The prevalence of positive emotion words on comments were 33.33, negative emotion words were 20.0, anxiety related words were 10.53, anger related words were 2.90, and sadness related words were 5.26
- There was a higher proportion of anger-related words in the comments posted on advice posts than personal posts ($p < .05$)

PREVALENCE OF LIWC VARIABLES



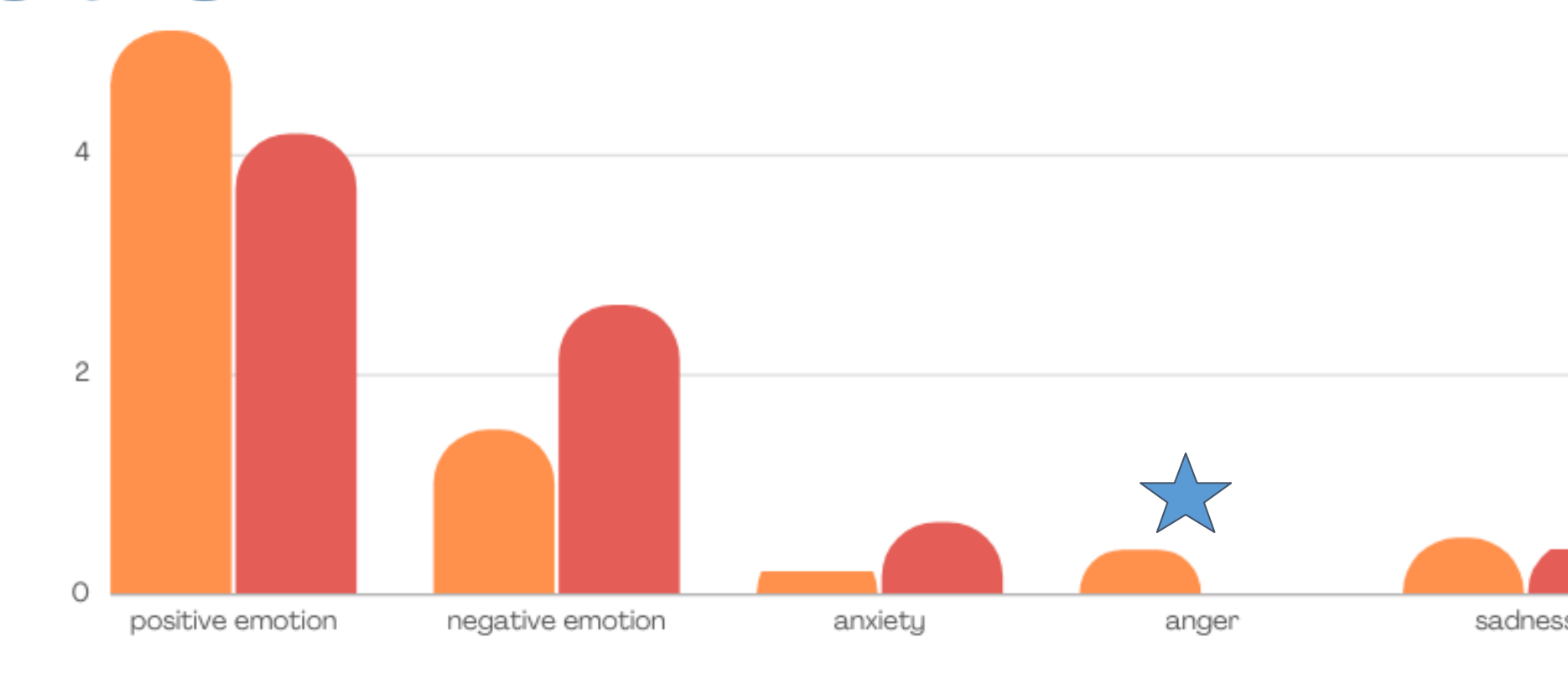
Posts

There is less prevalence of LIWC variables on comments than on posts

Comments

There is a higher prevalence of LIWC variables on posts than on comments

PRESENCE OF LIWC VARIABLES ON COMMENTS OF POSTS ABOUT ADVICE VS POSTS ABOUT PERSONAL STORIES



There is a significance in anger related words on advice posts versus on personal story posts

CONCLUSIONS

Major Findings:

- The average number of words associating with positive emotion, negative emotion, and sadness were all the same on all posts
 - This may suggest that that reddit has posts about academic pressure that are positive and negative. The posters on academic pressure view it either in a positive, negative, or sad way
- There was a more significant number of positive emotion words in comments than compared to negative emotion, anxiety, anger, and sadness
 - This may suggest that reddit commenters have a more positive response to the five posts about academic pressure and stress
- There was a higher proportion of anger-related words in the comments posted on advice posts than personal posts ($p < .05$). There are more positive emotion related words on comments compared to negative emotion, anxiety, anger, and sadness related words
 - This may suggest that reddit users have more positive things to say about academic pressure than they do about negative, anxiety, anger, and sadness things about academic pressure

Future Studies

From these results, futures studies can be conducted to explain if an individual can benefit or deteriorate because of a post consisting of advice or of a post consisting of personal stories and see which type of post is more beneficial for teen's mental health

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