

Title : Factors Associated with Stress Levels among First-Year Students in the Faculty of Science, Chiang Mai University, during the 2025 academic year

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## ABSTRACT

This study aimed to examine stress levels and the factors associated with stress among first-year undergraduate students in the Faculty of Science, Chiang Mai University, during the 2025 academic year. Data were collected from 150 participants selected through simple random sampling. A structured questionnaire was used as the data collection instrument. The data were analyzed using descriptive statistics and the chi-square test of independence.

The results revealed that 60.67% of the participants experienced high to severe levels of stress. Factors significantly associated with stress levels included gender, average hours of sleep per day, ability to understand course content, appropriateness of class schedules, academic performance not meeting expectations, adequacy of rest time, satisfaction with current accommodation, family expectations or pressure regarding academic performance, feelings of abandonment or loneliness, difficulty adjusting to new peers, and lack of access to counseling or emotional support.

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