

DOCUMENT



EMERGE YOUTH

Unlocking Potential, One Breath at a Time

Empowering the Next Generation of Entrepreneurs through Stress Management Education in Youth

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Analysis of Survey Results on Stress Management Guide 04/04/2025



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Analysis of Survey Results on Stress Management Guide

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Executive Summary

The survey results indicate that the Stress Management Guide is well-received, with high satisfaction rates for its content, design, and usefulness. Most respondents found it informative and engaging, particularly favouring digital formats like podcasts and social media. However, key areas for improvement include making the guide more interactive, adding real-life testimonials, and refining country-specific content. This report outlines the findings and recommendations in detail.

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1 Introduction

This analysis presents the results of a survey conducted to evaluate the effectiveness of a Stress Management Guide. The survey aimed to determine whether the guide provided new and valuable information, assess user satisfaction, and gather suggestions for improvement.

2 Demographics

Total responses: 72

- **Countries represented:** France, Greece, Cyprus, United Kingdom, Ireland, Poland, Czech Republic, Slovakia, Hungary.
- **Age range:** 18-30 years old.
- **Professional status:**
 - Students: 31 (43.1%)
 - Employees: 26 (36.1%)
 - Entrepreneurs / Self-employed: 7 (9.7%)
 - Not in employment, education, or training: 7 (9.7%)
 - Other (store worker, teacher, trainee, volunteer): 7 (9.7%)

3 Information Gained

- **5 ("Wow, I discovered a lot!"): 14 (19.4%)**
- **4 ("I got some new information"): 36 (50%)**
- **3 (Neutral): 15 (20.8%)**
- **2 ("I already knew a lot"): 5 (6.9%)**
- **1 ("I am an expert, I learned nothing at all"): 2 (2.8%)**

Most respondents (69.4%) found the guide informative, indicating that it successfully introduces new concepts. Only 9.7% felt they gained little or no new information, which suggests minor refinements might be needed to cater to those already familiar with stress management practices.

4 Most Interesting Types of Practices

- **Social media:** 25 (34.7%)
- **Podcasts:** 21 (29.2%)
- **Student well-being centres:** 12 (16.7%)
- **Community initiatives:** 12 (16.7%)
- **Apps:** 9 (12.5%)
- **Games:** 6 (8.3%)
- **Websites:** 6 (8.3%)
- **Governmental bodies:** 3 (4.2%)

Social media and podcasts stand out as the most engaging formats. The lower interest in governmental resources suggests that young audiences prefer more dynamic, easily accessible, and interactive sources of information. Future updates could emphasise social media and digital content.

5 Willingness to Recommend the Guide

- **5 (Absolutely!):** 21 (29.2%)
- **4 (Yes, why not):** 36 (50%)
- **3 (Neutral):** 7 (9.7%)
- **2 (Maybe, not sure):** 6 (8.3%)
- **1 (Not likely at all):** 2 (2.8%)

79.2% of respondents would recommend the guide, indicating high satisfaction. The small percentage of neutral or negative responses suggests that improving relatability and interactivity could enhance engagement.

6 Satisfaction with Design and Presentation

- **5 ("It looks great! I really enjoyed reading it"):** 29 (40.3%)
- **4 ("Not bad, I could easily read and understand"):** 28 (38.9%)
- **3 (Neutral):** 11 (15.3%)
- **2 (Did not like the design much):** 3 (4.2%)
- **1 (Poor design, difficult to read):** 1 (1.4%)

A large majority (79.2%) were satisfied or very satisfied with the visual design and readability of the guide. Nonetheless, a few comments suggested improvements such as repositioning rating scales, shortening the text, or improving layout responsiveness. These adjustments could enhance the overall reading experience, particularly on digital devices.

7 Key Recommendations for Improvement

- **Localisation:** Some respondents suggested focusing only on country-specific practices rather than covering multiple countries in one document.
- **Practical examples & testimonials:** Several comments highlighted the need for real-life case studies, feedback from users, and examples of how practices have helped others.
- **Interactivity:** Suggestions included making the guide more interactive by adding links, QR codes, and clickable resources.
- **Generational adaptation:** A few respondents recommended adjusting the guide for different age groups.
- **Format preferences:** Some expressed interest in an online tool instead of a PDF.
- **Design enhancements:** Suggestions included changes to the colour scheme, text formatting, placement of scales, and responsiveness.

- **Content depth & length:** Some feedback asked for additional information on stress management strategies, while others suggested the content could be shorter and more concise.

8 Conclusion & Next Steps

The survey results indicate that the Stress Management Guide is well-received, with high satisfaction rates for its content, design, and usefulness. The following improvements could enhance its impact:

- **Increase interactivity** by adding links, QR codes, and online resources.
- **Incorporate real-life testimonials** to make the guide more relatable and persuasive.
- **Refine country-specific content** to ensure relevance for each audience.
- **Enhance visual presentation** by improving colour schemes and formatting.
- **Consider offering an online tool** alongside the PDF version.
- **Review content length and depth** to maintain clarity and engagement.

Overall, the feedback reflects a strong foundation, with minor refinements that could make the guide even more engaging and practical for its audience.