

# Perceived Problem Solving, Stress, and Health Among College Students

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**Objective:** To study the relationships among perceived problem solving, stress, and physical health. **Methods:** The Perceived Stress Questionnaire (PSQ), Personal Problem solving Inventory (PSI), and a stress-related physical health symptoms checklist were used to measure perceived stress, problem solving, and health among undergraduate college students (N=232). **Results:** Perceived problem-solving ability predicted self-reported physical health

symptoms ( $R^2=.12$ ;  $P<.001$ ) and perceived stress ( $R^2=.19$ ;  $P<.001$ ). **Conclusion:** Perceived problem solving was a stronger predictor of physical health and perceived stress than were physical activity, alcohol consumption, or social support. Implications for college health promotion are discussed.

**Key words:** problem solving, stress, physical health, college health

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