

Stress levels of Taschereau residents are higher than elsewhere in the country



According to the results of the survey on the New Rural Economy carried out in the summer of 2001, the residents of Taschereau live with more stress than the respondents of the other Québec and Canadian communities taking part in the study. Information obtained highlights that 21% of the respondents from Taschereau consider their life to be “very stressful”, comparatively to 18% of inhabitants of the 4 other Québec sites and 13% of those in the 20 Canadian sites.

Stress according to gender

In the municipality of Taschereau, one notes a difference between genders with regard to the stress levels declared by the respondents. The men seem to feel more stress since 19% of women and 26% of men regard their life as being “very stressful”.

In the 4 Québec sites and the 20 Canadian sites, the differences between men and women are quasi-non-existent and the overall declared stress level is lower. According to results, 19% of women and 18% of men questioned in Québec qualify their life of “very stressful”, whereas on a national scale, 13% of women and 12% of men are included in this category.

Stress according to age

The data obtained in Taschereau revealed a difference between age groups on the question of personal stress. The older respondents from 35 to 49 feel the most stress (30% said they were “very stressed”), followed by those 50 to 64 (26%), those 18 to 34 (16%) and finally, those 65 and older (7%). The results obtained in the 20 Canadian sites show less important differences between age groups.

Major changes which have occurred in households

Stress is often related to major, positive or negative changes, which occur within households. These changes can modify various aspects of family life, such as for example, financial, legal, health or education related situations. The results of the survey show that 61% of households in Taschereau went through at least one major change during the 12 months preceding the study. This percentage is close to that of the other Québec sites (60%) but differs from that obtained on a Canadian scale (71%) where a greater number of individuals declare that they have undergone these types of changes.

The changes having a greater impact on households

According to Taschereau respondents, the changes having had the greatest impact on their household relate to health (26% of households), finances (21% of households) and employment (19% of households). The same changes were reported in similar proportions by the other respondents from Québec as well as in the 20 sites consulted for the study.

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