Fifth Annual
School of Business,
Education, and Social Sciences

Symposium
Howe Atrium- Boyer Hall
Friday, April 27, 2018

Program & Abstracts
Welcome to the Fifth Annual BESS Symposium!

This respected event, which showcases a variety of student research, provides a visual representation of the hard work and dedication of many students within the School of Business, Education and Social Sciences. Featuring engaging posters and several oral presentations, this symposium displays relevant and interesting student research from our school.

A Note from the Dean:

“Thank you for joining us for this celebration as we honor both the students and the many hours they spent in conducting research, completing capstones and working on various projects.

This event is dedicated to highlighting and showcasing the magnitude of undergraduate research in our school and recognizes the remarkable efforts our students pursue for academic inquiry. This research not only expands individual knowledge, but has the potential to positively impact various disciplines.

Furthermore, the Symposium allows students to connect with various disciplines and to consider multiple perspectives of their research. Feedback from interaction with peers and others is meant to encourage students to push their research further. Please take time to discuss the individual projects with the researchers. I appreciate your interest and participation in this event and hope you enjoy the day.”

Caroline Maurer, Ph.D.
Dean: School of Business, Education and Social Sciences.
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Poster Presentation Schedule

Morning Session

8:00-9:00 AM

1. *Ageism in Beauty Advertisements*
   Lauren Bontrager, Dr. Jenell Paris*

3. *Moving Stories from the Margins: Representations of Women of Color in Young Adult Literature*
   Elisabeth Ivey, Dr. Jenell Paris*

5. *Assets of Borderlines: How People with Borderline Personality Disorder Can Contribute to Society*
   Hannah Straubel, Dr. Jenell Paris*

7. *Teaching English as a Foreign Language to Humanize or Commodify Cultures*
   Jamie-Claire Chau, Dr. Jenell Paris*

9. *Developing Sustainable Nutrition Programs in Rwanda*
   Ahyeong Park, Dr. Jenell Paris*

9:10-10:10 AM

11. *Bloomberg: Trades, Pitfalls and Challenges*
    Brian Gilroy, Jimmy Kustra, Blake Martin, Dwayne Safer*

13. *Bloomberg Trading Challenge*
    Luke Hall, David Giovannacci, Dwayne Safer*

15. *Bloomberg Trading Challenge*
    Tom Swope, Jeff Hojnacki, Brianna Carnathan, Dwayne Safer*

10:20-11:20 AM

16. *The Effects of Social Media on Self-Esteem*
    Yessenia Campos, Asiah Williams, Lakelin Dolan, Dr. Jennifer Thomson*

11:30-12:30 PM

2. *Effects of Parent Education Level on the Education Pursued by the Child*
    Jennifer Coyl, Ally Goganzer, Hannah Dawson, Dr. Diane Brockman*

4. *The Outlooks on the Sexual Activity Amongst the Elderly Population*
    Sarah Strachan, Eliese Bjerke, Morgan Sanderson, Lisa Rittenhouse, Dr. Diane Brockman*

6. *Self-Perceived Moral Behavior*
    Joanna Bopp, Crystal Riggs, Charlie Byrd, Dr. Diane Brockman*
8. Undergraduate Attitudes Towards Study Abroad Across Academic Years  
   Jason Kusmadi, Lauren Ransil, Nicholas Schmoyer, Jared Wehrmann, Dr. Diane Brockman*

10. The Effects of Caffeine on Sleep Quality in College Students  
    Jennifer Woolley, Micah Fitz, Hannah Matsko, Jonathan Groothoff, Dr. Diane Brockman*

12. The Effects of Stress on Academic Performance  
    Haylee Anders, Tabitha Belsak, Alex Decinti, Alycia Park-Ferretti, Dr. Diane Brockman*

14. Differences in Perceived Nutrition and Health in College Aged Males and Females  
    Abigail Lindquist, Mia Megan Foo, Brittany Pond, Dr. Diane Brockman*

Afternoon Session

12:40-1:40 PM

15. Bloomberg Trading Challenge  
    Tom Swope, Jeff Hojnacki, Brianna Carnathan, Dwayne Safer*

1. How Academic Performance is Affected by Sleep Throughout College  
   Emily Friend, Emily Ramage, Katherine Wagoner, Dr. Jennifer Thomson*

1:50-2:50 PM

2. Effects of Religiosity on Physiological Measures of the Stress Response  
   Gabriel A. Carrero, Erin Haggard, Anna Marie Clark, Katie Virostek, Dr. Valerie Lemmon*,  
   Dr. Jennifer Thomson*

4. Sleep and Academic Achievement  
   Erica Conard, JoDi Shoemaker, Ines Yoon, Dr. Jennifer Thomson*

6. Technology and Its Impact on GPA  
   Rebekah Brossman, Rachel Jones, Alissa Ford, Dr. Jennifer Thomson*

8. Effects of Stress on Health Habits  
   Monica Strickland, Ashlynn Young, Taylor Ross, Dr. Jennifer Thomson*

10. Christian College Students’ Attitudes on Gender Roles and Family Dynamics  
    Jessica Wellington, Taylor Forbes, Samantha Esper, Dr. Jennifer Thomson*

12. Marketing Plan for MedExpress  
    Brittany Balmer, Megan Booher, Alicia Stoltzfus, Stephanie Walton, David Hagenbuch*

3:00-4:00 PM

3. An Analysis of Intrasexual Competition on the Bachelorette and the Bachelor  
   Hope Blackford, Megan Hendricks, Abigail Smith, Marissa Showalter, Dr. Diane Brockman*
5. *Influences on Premarital Sex*
   David Anderson, Callisto Dougherty, Melvin F. Hoerl, IV, Taylor Belanger, Dr. Jennifer Thomson*

7. *Performance Improvement in College Swimming*
   Sarah Woods, Brittany Pond, Holly Hagar, Dr. Diane Brockman*

9. *Strength of Roommate Relationships within Each Class Year at Messiah*
   Panagiota Katsifis, Arielle Jones, Raechel Talaber, Dr. Jennifer Thomson*

**Binder Presentations**

12:40-1:40 PM

*Putting Portion Sizes into Perspective: Preventing Obesity in Children & Adults*
   Elizabeth L. Gutman, Dr. Raeann Hamon*, Jennifer Ransil*

1:50-2:50 PM

*Creating Your Own Stability: Parenting through Homelessness*
   Veronica Kelly, Dr. Raeann Hamon*, Jennifer Ransil*

**Oral Presentations**

8:00-9:00 AM (Boyer 230)

*Manualized Treatment Curricula for Increasing Body Appreciation and Secure Attachment to God*
   Dr. Valerie A. Lemmon

10:20-11:20 AM (Boyer 230)

*Relationship between Personality, Importance of Faith, and Faith Expression*
   Jessica Lynch, Kellan Booker, Dr. Charles Jantzi*, Dr. Henry Danso*

12:40-1:40 PM (Boyer 222)

*Identity Development across Adolescence*
   Madison Groff, Dr. Erin Boyd-Soisson*, Dr. Raeann Hamon*, Dr. Diane Brockman*

1:50-2:50 PM (Boyer 134)

*Impact of Gender, Type of Apology, & Focus on Forgiveness and Reconciliation*
   Jen Brenner, Simonie Grabowski, JoHannah Newman, Dr. Charles Jantzi*, Dr. Henry Danso*
Acknowledgements

We would like to acknowledge all those who have generously contributed to students’ research, including faculty and mentors within the School of Business, Education, and Social Sciences:

- Dr. John Bechtold
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- Dr. Charles Jantzi
- Professor Paul Johns
- Dr. Valerie Lemmon
- Dr. Jenell Paris
- Professor Jennifer Ransil
- Professor Dwayne Safer
- Dr. Jennifer Thomson

Abstracts

Haylee Anders, Tabitha Belsak, Alex Decinti, Alycia Park-Ferretti, Dr. Diane Brockman*

The Effects of Stress on Academic Performance

Previous research suggests that high stress levels would be negatively correlated with academic performance, as measured by grade point averages (GPA), as students with lower levels of stress typically had higher GPAs. The following study sought to correlate stress scores from the Holmes & Rahe Student Stress Scale and GPA. Participants included a random sample of 94 college students across all grade years from a small Christian school in the northeast area. A survey, including basic demographic information, questions about extra-curricular activities, and the Holmes & Rahe Student Stress Scale, was conducted by distributing to willing respondents. The results from the following study found that there was a weak negative correlation between stress scores and GPA. This suggests that a relationship does exist between stress scores and academic performance, but that the relationship cannot always be expected to occur.

David Anderson, Callisto Dougherty, Melvin F. Hoerl, IV, Taylor Belanger, Dr. Jennifer Thomson*

Influences on Premarital Sex

This study was conducted to determine what can influence when premarital sex is appropriate. The study was conducted on the Messiah College campus. There, researchers surveyed a total of 100 students, consisting of 52 males and 48 females, on what influences premarital sex. Of those 100 students, there were 76 White participants, two Hispanic participants, 11 Black participants, one Native American participant, five Asian/Pacific Island participants, and five who marked “Other.” Of these 100 participants, 49 were first-year students, 25 were sophomores, 20 were juniors, and 6 were seniors. There were three factors that were found to be statistically significant with the question, “When is premarital sex appropriate?” Those factors were observed to be the Bible, Family, and Political Leanings. There was a strong negative linear correlation between how much the Bible influenced participants’ beliefs on premarital sex. There was a strong negative correlation between Political Leanings and when premarital sex is appropriate. There was a negative linear correlation between how family influences attitudes on when premarital sex is appropriate. This information may be useful for identifying at-risk groups when designing programs to promote safe sex, as well as in understanding how young people form attitudes and opinions regarding premarital sex.
Brittany Balmer, Megan Booher, Alicia Stoltzfus, Stephanie Walton, David Hagenbuch*

Marketing Plan for MedExpress

MedExpress Marketing Plan Students from Messiah College’s capstone marketing class, Marketing Management & Strategy (MRKT 438), participated in a semester-long case competition sponsored by the Pittsburgh Chapter of the American Marketing Association (AMA). The focus of the “live” case was MedExpress, the nation’s leading urgent care company, which wants to increase brand engagement with Generation Z. The competition culminated on April 13, at Chatham University. Eight marketing executives judged twelve teams on their written marketing plans, posters, and oral presentations. In just its second year in the competition, Messiah College Marketing won third place, ahead of the University of Pittsburgh, Indiana University of Pennsylvania, California University of Pennsylvania, and West Virginia University, among others. This poster visually represents the Messiah students’ marketing plan, which received many accolades, including from MedExpress’s Vice President of Marketing, Steven Sarfin.

Hope Blackford, Megan Hendricks, Abigail Smith, Marissa Showalter, Dr. Diane Brockman*

An Analysis of Intrasexual Competition on the Bachelorette and the Bachelor

This study examined the intrasexual behavior tactics used on the popular television shows, The Bachelor and The Bachelorette. Results of this study found that on The Bachelorette, men were more likely to use intrasexual tactics to derogate competitor’s intelligence, to derogate competitor’s strength, and to try to outshine competitor in sports. On The Bachelor, women were more likely to use intrasexual tactics to derogate competitor’s appearance and to call a competitor promiscuous.

Lauren Bontrager, Dr. Jenell Paris*

Ageism in Beauty Advertisements

The study analyzes how beauty advertisements portray ageism against older adults by promising solutions to aging. Perceptions of old age are associated with poor health, weakness, and few benefits due to projections in media. These negative perceptions are called ageism. Ageism is “a systematic stereotyping of and discrimination against people because they are old” (Butler 138). Gerontologist Robert Neil Butler discusses how ageism affects older adults in American society. Data samples are extracted from beauty ads in recent issues of Better Homes and Gardens magazines. Each beauty ad contains a promise to consumers regarding the aging process. The study concludes with an analysis of the future of ageism and older adults in America.

Joanna Bopp, Crystal Riggs, Charlie Byrd, Dr. Diane Brockman*

Self-Perceived Moral Behavior

Morality is a highly subjective concept and there is no objective way to determine the moral value of any person, group, or course of action. Yet despite this, persons vary greatly in their opinion of themselves as a moral individual. Some persons believe themselves to be morally upstanding, while others believe themselves “a terrible person”. If persons are ultimately in control of how they view their own moral selves, it begs the question as to why a person would construct a morality system in which they are lacking. The purpose of this study was to investigate whether a person’s moral self-evaluation correlated with various attitudes towards matters such as selflessness, rule-following, premarital sex, diversity, and abortion, to see if a consistent reason for a person’s moral self-evaluation could be determined. The results found there to be a strong link between a person’s moral self-perception and their view on the importance of morality in general, as well as a weak association between moral self-perception and attitudes towards rule-following and premarital sex. No other correlations were found with moral self-perception.
Jen Brenner, Simonie Grabowski, JoHannah Newman, Dr. Charles Jantzi*, Dr. Henry Danso*

Impact of Gender, Type of Apology, & Focus on Forgiveness and Reconciliation

Reconciliation is regarded as a separate act of interpersonal restoration that is over and above forgiveness in the psychological literature (e.g., Exline, Worthington, Hill, & McCullough, 2013). This study examined whether there are different correlates for these two related concepts of interpersonal restoration. Eighty-four undergraduate student participants provided data for the study. Results revealed that importance of faith, perceived sincerity of an apology, and humanitarian orientation were positively associated with higher levels of forgiveness and reconciliation. Higher guilty proneness was related to forgiveness but not reconciliation, whereas perceived closeness of a relationship was related to reconciliation but not forgiveness. In a 2 x 2 design, this experimental study examined the effects sincerity of apology (Sincere vs. Insincere) and the saliency of who benefits from forgiveness (Forgiver/Self vs. Offender) on both forgiveness and reconciliation. Results revealed no main effects or interaction effect on forgiveness. We obtained a somewhat counterintuitive crossover effect on reconciliation. When the apology was insincere, focusing on the offender led to higher levels of reconciliation. For a sincere apology, however, focusing on the self led to higher reconciliation. An observation of the Sincerity manipulation suggested that we might have inadvertently made the insincere apology more costly for the offender, leading to the obtained results.

Rebekah Brossman, Rachel Jones, Alissa Ford, Dr. Jennifer Thomson*

Technology and Its Impact on GPA

It is a common assumption that technology can be harmful to students and their grades, as it is often easy to become distracted by things unrelated to the notes. College students often have the easy accessibility to technology in the classroom, which they then use to efficiently take notes. This study was conducted to compare the use of technology versus the use of a pen and paper note taking style. It showed the results on note taking styles in the classroom and their relationship with student grade point averages. This study is an overall explanation of the conducted survey and its findings. After using a haphazard survey technique of randomly selecting one hundred students attending Messiah College, there was a noticeably strong correlation between using technology to take notes in class and a student’s grade point average. In addition, the study examined student perceptions of technology’s effect on their own grade point averages. Students at Messiah College who take notes using technology have lower grade point averages than those who take notes with pen and paper. Students who take notes using technology are aware that the technology is causing distraction while in the classroom.

Yessenia Campos, Asiah Williams, Lakelin Dolan, Dr. Jennifer Thomson*

The Effects of Social Media on Self-Esteem

The exponential growth of social media usage has expanded forms of interaction and communication among individuals. The popularization of online interaction increases the chance of users to engage in social comparison, which could result in lower levels of self-esteem due to the pressure of wanting to have lives like those illustrated on these social media accounts. Varying forms of social media are utilized more by young adults, which was our age cohort for this study. We predicted that as an individual's usage of various social media accounts increases, the more likely they are to suffer from a lower self-esteem. Throughout our findings in our research, we have found that after an individual uses social media, their self-esteem is not affected significantly. However, we found other interesting correlations between gender and confidence levels, as well as confidence levels in those who follow specific accounts on social media. We surveyed one hundred and five undergraduate students at Messiah College, in which we asked questions regarding student’s usage of social media and their overall self-esteem.
Effects of Religiosity on Physiological Measures of the Stress Response
Attachment theory provides a conceptualization of the emotional relationships humans develop with others. In addition to human attachment, there is evidence that secure attachment to God has protective qualities. There is currently a paucity of literature regarding attachment to God and the stress response. The current study investigated the relationship between attachment to God and the physiological response to a psychosocial stressor. Each participant completed a variety of questionnaires to identify attachment style: secure, ambivalent, or avoidant. Physical response to stress was measured by collecting a saliva sample before and after a stress test. These samples were tested for cortisol and DHEA levels. Other physiological measures like heart rate were also monitored. Participants’ physical response to stress was correlated with religiosity and attachment to God. More secure attachment to God seems to provide protective qualities for managing and coping with stressful situations. Individuals with avoidant attachment to God tend to experience lower levels of emotional reactivity and experience only moderate increases in responsiveness to stress. Individuals with ambivalent attachment tend to experience higher levels of emotional reactivity, and they experience the greatest increase in stress response. Negative correlation between the religiosity measure and change in cortisol suggests that religiosity seems to have protective qualities in managing distress.

Teaching English as a Foreign Language to Humanize or Commodify Cultures
English has rapidly become one of the most widespread languages, aided by the growing field of teaching English as a foreign language (TEFL). This has increased access to global economic inclusion and upward mobility for societies adapting the language. However, English language dominance may have significant costs to cultural identities and humanization. TEFL, in attempts to reduce vulnerabilities of people, may be creating vulnerabilities instead. Through multilingual dialogue, experiential learning, and reflection, TEFL can begin to humanize teachers, students, and the world through a pedagogy of love for others, love for the world, and love for self.

Sleep and Academic Achievement
Due to environmental, physical, and psychological circumstances, getting enough sleep becomes a challenge for college students. One would likely assume this lack of sleep would be detrimental to academic success, though research indicates this is not necessarily accurate. The correlation between college students’ academic achievement, measured in terms of cumulative grade point average (GPA), and their duration and perceived quality of sleep was examined. Messiah College undergraduate students (n=106) were anonymously surveyed using a haphazard method of data collection. Significance was found between cumulative GPA and amount of sleep during weeknights as well as bedtime on weekends, though nothing more about the correlation can be mentioned. No significant correlation was discovered between academic performance and sleep quality. There are several aspects worth mentioning for future research, such as balancing the male to female ratio, including other measures of academic performance, as well as utilizing a more inclusive sampling method to account for participants with lower GPAs. Educating undergraduates of these results and similar findings may increase understanding of the significance of sleep, as well as initiate more conducive sleep habits among college students.

Effects of Parent Education Level on the Education Pursued by the Child
This study looks at the possible correlation between the parent’s level of education and the education level that the child plans to attain. Previous research findings indicate a relationship between parental influence and a child’s educational pursuits. Participants include a haphazard sample of 109 students.
attending a Northeastern College. The survey consisted of 14 questions and was distributed in common areas, class building and dorms in hopes of capturing a diverse sample of students. The results of the study found that there was a moderate positive correlation between the father's education level and the child's plan to attain a higher degree level. However, the mother's education level only showed a weak positive correlation. It is interesting to note that that parental influence on higher education was a significant factor in the child’s plan to attain a higher degree level, especially when the mother's degree level was higher. The strongest correlation was found between the parent's expectations and the child’s plan to attain a higher degree. This study indicates that parental example and encouragement are both key factors in educational decisions and work best when both are present.

Emily Friend, Emily Ramage, Katherine Wagoner, Dr. Jennifer Thomson*

*How Academic Performance is Affected by Sleep Throughout College*

This survey was conducted on Messiah College campus and asked students about their quantity of sleep, their grade level, and GPA. Convenience sampling, more specifically purposive sampling was used to select our participants; we had 21 First years, 36 Sophomores, 23 Juniors, and 23 Seniors who responded. The quality of sleep and GPA have been shown to be linked in past studies, which then led to our hypothesis testing if quantity of sleep decreases, as your academic year increases, the student’s academic performance decreases as well. After combining and analyzing the data, we concluded there was no statistical significance between sleep and academic performance throughout the college years.

Brian Gilroy, Jimmy Kustra, Blake Martin, Dwayne Safer*

*Bloomberg: Trades, Pitfalls and Challenges*

We are participants in the third annual Bloomberg Trading Challenge. The Bloomberg Trading Challenge is a nationwide stock market trading competition that gives students the opportunity to apply information learned in the classroom. Our team consisted of three finance students who are active both inside and outside the classroom: Blake, Brian, and Jimmy. We met as a team throughout the semester to forecast and model a strategy to make the highest return possible. Throughout the semester we were actively involved with using Bloomberg alongside other resources to tie in current news, research reports, and market trends. Within the first weeks, our strategy worked well as we were within the top 50 of 402 schools in the nation. However, as time went on, our portfolio began to see increased volatility in relation to how the market was trending. What started out strong turned into a lesson we will never forget as we continue our financial education.

Madison Groff, Dr. Erin Boyd-Soisson*, Dr. Raeann Hamon*, Dr. Diane Brockman*

*Identity Development across Adolescence*

This study focused on the development of identity during adolescence. Adolescents experience the crisis of identity development vs. role confusion according to Erik Erikson’s theory. These years are important for discovering who one is and one’s role in society. Adolescents shape their identity through interpersonal relationships, activities, and the overall society. Ecological Systems theory encompasses these categories in a layered model by Urie Bronfenbrenner. Both of these theories were explained and utilized in the exploration of identity development across adolescence. The primary objective of this study was to study literature on identity development and apply these principles through the qualitative method of an autoethnography. Autoethnography is a method that uses an individual’s experience for studying culture. This method allows for cultural understanding through the telling of personal stories. Additionally, this study included creating a code with the factors affecting identity and using the coding system to analyze the author’s personal journals from ninth grade and twelfth grade. The coding system was broken down into categories based on the layers of Bronfenbrenner’s model and factors that influence adolescents’ identity. The results included themes of processing family dynamics, faith application, increased involvement, and social comparison. In conclusion, the themes and stories were analyzed in the context of the surrounding youth culture.
Elizabeth L. Gutman, Dr. Raeann Hamon*, Jennifer Ransil*

*Putting Portion Sizes into Perspective: Preventing Obesity in Children & Adults*

Healthcare epidemics, such as obesity, have been a major area of focus over recent decades. Various risk factors, including marketing strategies regarding food packaging sizing, along with a general overconsumption of food, have greatly influenced the growing rate of obesity in individuals and families. As obesity rates continue to rise, efforts are being made to create various initiatives and programs to inform individuals on obesity prevention. Family-based programs that aim to instruct parents exist throughout the nation, with nutrition education programs for those who strive to teach children about health and wellness daily, being a prime example. A focus on portion size in preparing and serving food can be an important factor in obesity prevention among families for future generations.

Elisabeth Ivey, Dr. Jenell Paris*

*Moving Stories from the Margins: Representations of Women of Color in Young Adult Literature*

This study addresses gender and race portrayal of female characters in young adult fiction. Recognizing the ability of story to convey human experience, the study uses Postcolonial Theory, which shows misrepresentation as a tool in perpetuating dominant narratives. Using purposive sampling, the study examined representation in New York Times Best Sellers List and employed a case study approach to analyze 4 of those stories. Major findings included marginalization through male dominance and otherness of identity. The results demonstrate the need to make space for authors of color and for increased representation for characters of color, implemented through critical examination.

Panagiota Katsifis, Arielle Jones, Raechel Talaber, Dr. Jennifer Thomson*

*Strength of Roommate Relationships within Each Class Year at Messiah*

The type of person, class year, social status, and other related factors can impact the strength and satisfaction of the relationship between college roommates. We hypothesize that first-year students will report lower roommate satisfaction ratings compared to upperclassman. The strength of the roommate relationships depends on whether or not the roommate assignment was random or chosen, the ethnic background of the roommates, and the attitudes toward one another. By taking these factors into account, we can measure the overall strength of roommate satisfaction. Twenty-five random students from each class year (freshman, sophomore, junior, senior) on campus participate in taking an 18-question survey that included demographics and roommate relationship-related questions. The participants had to have had at least one roommate who also lives on campus in order to partake in the survey. Based on the research and results collected, our hypothesis was supported with a significance between sophomore and first-years at a mean score of 0.010 and significance between sophomore and senior students at 0.021. This study would be useful for colleges when assigning roommates to increase the satisfaction levels between roommates within each class year, and overall build a better rapport within the student’s relationship.

Veronica Kelly, Dr. Raeann Hamon, Jennifer Ransil*

*Creating Your Own Stability: Parenting through Homelessness*

With families becoming the fastest growing segment of the homeless population, accounting for about 40%, homeless parents face unique obstacles unlike their housed counterparts. Through the lens of Family Stress Theory, a two-session parenting class was developed to address the risk factors associated with familial homelessness. After completing a needs assessment, the goals to increase parent-child interaction, create a sense of stability within the family, and decrease the likelihood of abuse and neglect through education were established. Class content takes into account the risk factors associated with homelessness in effort to empower homeless parents to create a sense of stability for their children despite their current situation.
Jason Kusmadi, Lauren Ransil, Nicholas Schmoyer, Jared Wehrmann, Dr. Diane Brockman*

Undergraduate Attitudes Towards Study Abroad Across Academic Years

Attitudes and desire towards studying abroad were examined in college-aged students at a small North-Eastern college. While it was hypothesized that sophomores and juniors would have more positive attitudes towards studying abroad during the current academic year than freshmen and seniors, there was no significant difference found between the desire to study abroad between the two groups. These findings suggest that judging college students’ desires towards studying abroad based on academic year may not be the most effective way to promote those programs. Universities may want to focus on other aspects of students’ characteristics, such as personality traits, when promoting study abroad opportunities.

Dr. Valerie A. Lemmon

Manualized Treatment Curricula for Increasing Body Appreciation and Secure Attachment to God

This talk describes a pilot study of two components: 1. Comparison between the effectiveness of a newly developed Attachment to God (ATG) curriculum and an attention only control group in increasing secure attachment to God, 2. Comparison between the ATG curriculum and an already established Body Image (BI) curriculum to determine which was more effective in improving body appreciation. The ATG curriculum was based on attachment theory originally related to human attachment relationships, but expanded to include strategies for enhancing secure attachment to God, a relationship considered to be important by many who identify as Christian. There were significant differences (e.g., regarding body appreciation) among the groups prior to intervention, as well as significant increase in body appreciation in the BI group; there was also a modest increase in body appreciation in the ATG group. Although not statistically significant, individuals in the ATG group also reported increased secure attachment, as well as decreased ambivalent and avoidant attachment to God, not experienced in the other two groups. These data suggest that secure attachment to God can increase with explicit mindful and spiritual practices.

Abigail Lindquist, Mia Megan Foo, Brittany Pond, Dr. Diane Brockman*

Differences in Perceived Nutrition and Health in College Aged Males and Females

Obesity is a national epidemic that has been on the rise in the United States since the 1970s. This epidemic has affected every age group, but this study looked specifically at college aged individuals. Research in this area has also shown that college aged males tend to be more overweight than females, and have less nutritional knowledge. The following study analyzed students from a small Northeastern college in their weekly exercise, fruits and vegetable intake, fast food intake, and perceived healthiness. This study focused on the differences and similarities between women and men from all four years of college. This study looked at a random sample of 100 students and the survey consisted of 12 questions. There were two significant findings found in the study. First was a significant difference in amount of exercise done weekly in males (M = 2.10, SD = .994) as compared to females (M = 1.17, SD = .961; t(98)= 4.073, p = .000.), secondly, males reported higher levels of fitness (M = 1.48, SD = .850) than females (M = 1.17, SD = .760; t(98) = 5.444, p = .000) The findings of this study indicate that males are generally more fit than females.

Jessica Lynch, Kallan Booker, Dr. Charles Jantzi*, Dr. Henry Danso*

Relationship between Personality, Importance of Faith, and Faith Expression

Personality - Spiritual Growth The study explored the association between personality and various mediums of Christian faith growth. One hundred and sixteen undergraduate students completed Goldberg’s (1999) 50-item IPIP Big Five personality measure, several items assessing three Christian practices associated with spiritual growth, and preferred ways of Christian faith expression. Higher Agreeableness (A) and Conscientiousness (C) were associated with adherence to daily devotional schemes, though only C was linked with preference for scriptural instruction as a means of spiritual
growth. Higher Extraversion (E) was associated with preference for group Bible study but not scriptural instruction. When we controlled for importance of faith for daily living, all the observed significant relationships went away, and higher E was then negatively associated with preference for scriptural instruction. Analysis of data also revealed that expressive worship style was associated with higher Extraversion (E) and Agreeableness (A) but unrelated to Openness (O), Neuroticism (N) and Conscientiousness (C). Higher O was positively related to preference for a church that is committed to social justice issues, but it was not related to engagement in community service. On the other hand, higher A was linked with community service but not with the abstract pursuit of social justice. Again, controlling for importance of faith eliminated the observed significant correlations.

Ahyeong Park, Dr. Jenell Paris*

*Developing Sustainable Nutrition Programs in Rwanda*

I developed a materials-based method for documenting and analyzing the effectiveness of nutrition programs in 5 selected organizations in Rwanda. Analysis of organizational mission statements, interview transcripts from program participants, health assessment data, and maps show how 4 principles of development anthropology: taking the client-oriented approach; mediating between community members and outsiders through interpreting local culture and issues; “[contributing] to public opinion formation on issues relating to a small-scale community” through various medium to influence public policy, and direct involvement in providing assistance to people of the study may support sustainable approaches to nutrition programs in rural Rwanda.

Sarah Strachan, Eliese Bjerke, Morgan Sanderson, Lisa Rittenhouse, Dr. Diane Brockman*

*The Outlooks on the Sexual Activity Amongst the Elderly Population*

Previous research has shown that amongst the elderly population, sexual activity is prevalent and is positively correlated with general health in later life. These studies have shown that society tends to hold stereotypes that the elderly are not as interested in sex as younger generations are, and for this reason, older adults may have discomfort discussing sexual health concerns with their health care providers. Limited research has been conducted specifically regarding the beliefs and attitudes of young adults/college students toward elderly sexual activity, and this study seeks to add to the current base of knowledge in this area. Participants consisted of 104 Messiah College students ranging from freshman through senior are chosen by haphazard sampling. These participants were asked to fill out a 6-question survey assessing their knowledge of and comfort discussing sexual behaviors and attitudes among the elderly population. A strong positive correlation was found between college year and comfort discussing elderly sexual activity. These results imply that going to college may be important for future sexual health care for older adults.

Hannah Straubel, Dr. Jenell Paris*

*Assets of Borderlines: How People with Borderline Personality Disorder Can Contribute to Society*

Mental illness is a universal reality. In the United States, “one in four adults suffer from mental illness, with thousands more undiagnosed“ (Atal, Wang, Biella-Battista 399). The ceaseless drive to acquire and do more creates rifts in human beings that allow for the manifestation of mental illness to root deeper. People with Borderline Personality Disorder are stigmatized and are limited in their abilities to find meaning and acceptance. Borderline people have purpose and can contribute to society through their resilience, passion, empowerment, achievement and setting of goals, commitment to recovery, emotionally in-tune with self and others.

Monica Strickland, Ashlynn Young, Taylor Ross, Dr. Jennifer Thomson*

*Effects of Stress on Health Habits*

The main area of concentration for this research is the assumed correlation between exercising and eating habits and their effect on stress. In this study, we looked at students at Messiah College, who were
between the ages of 18 and 23. The results showed that students who tended to be more physically active and who ate healthier were not as stressed as those who did not exercise or eat as healthily. From the research we concluded that our hypothesis was correct, and that stress would influence exercise and eating. Implications for further research would be that as many students as possible should be interviewed or that there should be more of a focus on either on effects of stress on exercise or eating instead of just both.

Tom Swope, Jeff Hojnacki, Brianna Carnathan, Dwayne Safer*

Bloomberg Trading Challenge
The Bloomberg Trading Challenge consisted of a Bloomberg trading terminal and five team members which collaborated to buy and sell U.S. equities with a market cap position of over a billion dollars. The challenge lasted from February 9th to April 13th. Each team was granted a hypothetical $1 million. Messiah had three teams compete in the 500+ team challenge, one of which was ours. We experienced the difficulty of trading when the market was more volatile than normal. Despite this volatility, we experimented with strategies that would supply positive returns while diversifying at the same time to minimize risk. We did this by investing in multiple different sectors. Each team was scored based on a metric called the Sharpe ratio. The Sharpe ratio is the average return earned in excess of the risk-free rate per unit of volatility or total risk. Generally, the greater the value of the Sharpe ratio, the more attractive the risk-adjusted return. Our Sharpe ratio on the last day of the challenge was -0.07 and our profit and loss was just under even at -$711.00. The rankings in last year’s challenge were based solely on P&L.

Jessica Wellington, Taylor Forbes, Samantha Esper, Dr. Jennifer Thomson*

Christian College Students’ Attitudes on Gender Roles and Family Dynamics
As we attempt to enter into an egalitarian society that no longer adheres to staunch gender roles, how do typically conservative Christian college students’ respond? Today’s Christian college students opinions are likely shaped by their conservative religious upbringing and personal family dynamics. However, college students have been leaders in the crusade to break down traditional gender stereotypes (Kaufman, 2004). The feminist movement in America has put a spotlight on gender gaps and advocated for equality in the home, workplace, and society as a whole. This puts Christian college students at a crossroads, one where religious doctrine and modern societal influence intersect. With this juxtaposition in mind, we wanted to study the attitudes of Christian college students toward gender roles and how those attitudes shape their beliefs on family dynamics. We hypothesized that among students attending Christian colleges, women are less likely to adhere to traditional gender roles than men. We surveyed 100 Christian college students on their level of agreement toward gender bias statements. One out of 17 gender bias statements had significant difference in level of agreement between women and men.

Sarah Woods, Brittany Pond, Holly Hagar, Dr. Diane Brockman*

Performance Improvement in College Swimming
The effects of goal setting and private feedback were examined on the athletic performance of three female swimmers on the Messiah College Women’s Swim Team. Three specific behaviors of the freestyle stroke were studied, including: finishing into the wall without breathing, doing at least three underwater dolphin kicks off of each wall, and doing at least two breakout strokes before breathing off every wall. A multiple baseline design was implemented with an improvement in the percentage correct behaviors during the intervention phase of the study.
Jennifer Woolley, Micah Fitz, Hannah Matsko, Jonathan Groothoff, Dr. Diane Brockman*

The Effects of Caffeine on Sleep Quality in College Students

Caffeine is one of the most commonly used stimulants in the world. Previous studies suggest that caffeine remains within an individual’s system hours after consumption, affecting sleep patterns. College aged individuals often consume an excessive amount of caffeine and receive inadequate sleep. College students, on average, push their sleep times back, sleep erratically, and report experiencing levels of extreme exhaustion throughout the day. Increased caffeine consumption is often used as a countermeasure to combat the ramifications of sleep deprivation. This study sought to identify a correlation between caffeine intake and sleep quality among college students. A total of 100 undergraduates were sampled from a liberal arts college in central Pennsylvania; they participated voluntarily without compensation. A fifteen-question survey was distributed randomly at four campus locations. The results of the study were found to be inconclusive; one reason for this finding is that most respondents did not regularly consume significant amounts of caffeine, deviating from typical college populations. This finding suggests the reason why there was a weak relationship between caffeine consumption and overall sleep quality. The findings of this study further the need for experimental research to triangulate on a more comprehensive understanding of caffeine’s effect on sleep in college students.