

By the Numbers

Statistics on Sabbath-keeping and well-being among Sabbath-keeping young adults at Andrews University

61% ###

report feeling stressed out at least one Sabbath a month, but only 12% report feeling stressed out every Sabbath and only 6% would agree that the Sabbath is very stressful

86%

of people agree that they cope better with stress during the week when they have real rest on Sabbath.

57%

do not attend Sabbath School weekly

63%

spend time with friends every Sabbath

40%

do volunteer work on Sabbaths

22%

do school or work projects on Sabbath at least once a month

87%

catch up on needed sleep on Sabbath at least once a month

29%

catch up on sleep every Sabbath

These results are from a survey of 347 college students at Andrews University. The purpose of this study was to examine whether the degree to which Sabbath keeping was internalized made a difference in overall well-being.

This data was collected by Chinyere Sampson and Karl Bailey, and analyzed by Arian Emanuel and Karl Bailey. Research completed between Fall 2011 and Spring 2012.

For Recommendations for enriching your Sabbath experience and making the Sabbath part of yourself, go to blog.envisionmagazine.com.