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NATIONAL: GIFT-GIVING TOPS HOLIDAY STRESS LIST

Traveling, being with family less stressful for older generation

West Long Branch, NJ – Americans are more likely to find the Yuletide season enjoyable rather than stressful, but finding the right gift produces at least a little bit of anxiety for most of us. That may be because nearly 4-in-10 put off most of their holiday shopping until the last ten days before Christmas. The *Monmouth University Poll* also finds that women and parents of children under age 18 are a little more anxious about the holidays than they were three years ago. Also, Americans under the age of 55 feel more stress from traveling and being with family members when compared to those age 55 and older.

Just over 4-in-10 (41%) Americans find the holiday season to be more enjoyable than the rest of the year while 29% say it is more stressful. Another 27% say the holidays are no different than any other time of the year and 3% volunteer that this time of year is both more enjoyable and more stressful. These national results are similar to a Monmouth poll taken in 2015 when 44% said the holidays were more enjoyable, 27% said they were more stressful, and 23% said they were no different than the rest of the year.

Men are more likely to say the holidays tend to be relatively enjoyable (43%) rather than stressful (24%), while women are more divided between feeling this time of year is more enjoyable (38%) or more stressful (35%). Similarly, adults under age 55 who have minor children at home are split between seeing the holidays as more enjoyable (41%) or more stressful (37%). Adults under age 55 without children at home are somewhat more likely to feel the holidays are comparatively enjoyable (39%) rather than stressful (30%). Americans age 55 and older are even more likely than younger adults to see the holidays as being more enjoyable (43%) rather than more stressful (23%) compared to the rest of the year.

This marks a change from the Monmouth poll taken three years ago, which did not find any substantial differences in views of the holidays by gender, age, or parental status. The 2015 results for

more enjoyable/stressful were 45%-24% men, 43%-30% women, 48%-29% parents under age 55, 43%-27% non-parents under age 55, and 43%-26% adults age 55 and older.

“The holidays produce a mixed bag of emotions and parents in particular seem to be feeling more stress now than a few years ago. Maybe it’s the anxiety of being able to find the right gift for each family member or it could simply be whether you can afford everything on your shopping list,” said Patrick Murray, director of the independent Monmouth University Polling Institute.

When asked about five common sources of holiday stress, 28% choose finding the right gifts as the holiday task that produces the most anxiety. About 1-in-6 select either traveling (17%) or being with family members (16%) as their top cause of stress. The list is rounded out by holiday cooking (9%) and putting up holiday decorations (7%). It’s worth noting, though, that 15% of those surveyed volunteer that none of these holiday tasks cause them any stress.

Just over half of all Americans – 52% – say that finding the right gifts for people causes them either a lot (19%) or a little (33%) stress over the holidays. Adults under 55 with minor children (60%) are slightly more likely to feel at least some stress about gift buying when compared to adults under 55 who do not have children (54%). However, both of these groups are more likely to feel stress about gift-buying when compared with all adults age 55 and older (43%).

Nearly 4-in-10 Americans (38%) put off the bulk of their holiday shopping until the last ten days before Christmas. Another 32% do most of their shopping in the first two weeks of December, 17% try to get most of it finished up before the end of November and 2% report that they had already wrapped up most of that chore by mid-November when they were interviewed by the Monmouth poll. Another 6% say they do not shop at all for the holidays.

Men (42%) are slightly more likely than women (35%) to put off their holiday shopping until late in December, but parents (56%) are a lot more likely than non-parents (37%) under the age of 55 to leave their shopping until the last minute. Older adults age 55 and over (27%) are the least likely to put off their holiday shopping until mid-December.

“Older adults are smart to get their shopping done early since it is reflected in their lower levels of holiday stress. In many cases, though, their shopping chore consists of putting a few bucks in an envelope for the grandkids, so it’s not a heavy lift. And when you couple that with the fact that younger family members are the ones who are usually required to travel ‘over the river and through the woods’ you start to get a picture of why older Americans are generally less stressed out by the holidays,” said Murray.

Just over one-third of Americans say they get at least some stress from traveling over the holidays (36%, including 11% a lot and 25% a little) and being with family members (35%, including 11% a lot and 24% a little). Adults under age 55 (41% with kids and 45% without kids) are more likely to get at

least a little stress from traveling than those age 55 and older (21%). Similarly, adults under age 55 (40% with kids and 44% without kids) get more stress from being with family members than those age 55 and older (23%).

Just over 1-in-4 Americans say they get at least some holiday stress from cooking (28%, including 9% a lot and 19% a little) and putting up decorations (28%, including 6% a lot and 22% a little). There are no significant age or parental status differences in these results, although women (34%) are somewhat more likely than men (22%) to feel at least some anxiety about cooking for the holidays.

During the month of December, most Americans (90%) report celebrating Christmas, 6% celebrate Hanukkah and 4% celebrate Kwanzaa. Just 7% do not celebrate any of these holidays.

The *Monmouth University Poll* was conducted by telephone from November 9 to 12, 2018 with 802 adults in the United States. The question results in this release have a margin of error of +/- 3.5 percentage points. The poll was conducted by the Monmouth University Polling Institute in West Long Branch, NJ.

QUESTIONS AND RESULTS

(* Some columns may not add to 100% due to rounding.)

[Q1-37 previously released.]

38. Do you celebrate Christmas, Hanukkah, Kwanzaa, or none of these holidays? [If YES: Which?]

[Note: Results add to more than 100% because multiple responses were accepted]

TREND:	Nov. 2018	Dec. 2017	Dec. 2015
Christmas	90%	89%	94%
Hanukkah	6%	5%	6%
Kwanzaa	4%	3%	3%
None of these	7%	8%	4%
(VOL) Don't know	1%	1%	1%
(n)	(802)	(806)	(1,006)

39. Do you find the holiday season generally more enjoyable or more stressful than the rest of the year, or is it no different?

TREND:	Nov. 2018	Dec. 2015
More enjoyable	41%	44%
More stressful	29%	27%
(VOL) Both	3%	5%
No different	27%	23%
(VOL) Don't know	0%	0%
(n)	(802)	(1,006)

40. During the holiday season, how much stress does each of the following activities cause you – a lot, a little, or no stress at all? [READ ITEM] does that cause you a lot, a little, or no stress at all? [ITEMS WERE ROTATED]

Putting up holiday decorations

	Nov. 2018
A lot	6%
A little	22%
No stress at all	66%
(VOL) Don't engage in that activity	5%
(VOL) Don't know	1%
(n)	(802)

Finding the right gifts

	Nov. 2018
A lot	19%
A little	33%
No stress at all	45%
(VOL) Don't engage in that activity	3%
(VOL) Don't know	1%
(n)	(802)

Traveling

	Nov. 2018
A lot	11%
A little	25%
No stress at all	55%
(VOL) Don't engage in that activity	9%
(VOL) Don't know	0%
(n)	(802)

Cooking

	Nov. 2018
A lot	9%
A little	19%
No stress at all	67%
(VOL) Don't engage in that activity	5%
(VOL) Don't know	0%
(n)	(802)

Being with family members

	Nov. 2018
A lot	11%
A little	24%
No stress at all	63%
(VOL) Don't engage in that activity	1%
(VOL) Don't know	0%
(n)	(802)

41. And which of the things I just mentioned causes you the most stress during the holidays?

	Nov. 2018
Putting up holiday decorations	7%
Finding the right gifts	28%
Traveling	17%
Cooking	9%
Being with family members	16%
(VOL) Other	2%
(VOL) None, no stress	15%
(VOL) Don't know	6%
(n)	(802)

42. Will you get most of your holiday shopping done by the end of November, will you get most of it done by December 15, or will you get most of it done in the 10 days before Christmas?

	Nov. 2018
By end of November	17%
By December 15	32%
In the 10 days before Christmas	38%
(VOL) Already have most done	2%
(VOL) After Christmas	1%
(VOL) Do not shop for holidays	6%
(VOL) Don't know	3%
(n)	(802)

METHODOLOGY

The *Monmouth University Poll* was sponsored and conducted by the Monmouth University Polling Institute from November 9 to 12, 2018 with a national random sample of 802 adults age 18 and older, in English. This includes 398 contacted by a live interviewer on a landline telephone and 404 contacted by a live interviewer on a cell phone. Telephone numbers were selected through random digit dialing and landline respondents were selected with a modified Troidahl-Carter youngest adult household screen. Monmouth is responsible for all aspects of the survey design, data weighting and analysis. Final sample is weighted for region, age, education, gender and race based on US Census information. Data collection support provided by Braun Research (field) and SSI (RDD sample). For results based on this sample, one can say with 95% confidence that the error attributable to sampling has a maximum margin of plus or minus 3.5 percentage points (unadjusted for sample design). Sampling error can be larger for sub-groups (see table below). In addition to sampling error, one should bear in mind that question wording and practical difficulties in conducting surveys can introduce error or bias into the findings of opinion polls.

<i>DEMOGRAPHICS (weighted)</i>	
<i>Self-Reported</i>	
<i>28% Republican</i>	
<i>38% Independent</i>	
<i>34% Democrat</i>	
<i>49% Male</i>	
<i>51% Female</i>	
<i>31% 18-34</i>	
<i>34% 35-54</i>	
<i>36% 55+</i>	
<i>64% White</i>	
<i>12% Black</i>	
<i>16% Hispanic</i>	
<i>8% Asian/Other</i>	
<i>68% No degree</i>	
<i>32% 4 year degree</i>	

MARGIN OF ERROR		<i>unweighted sample</i>	<i>moe (+/-)</i>
TOTAL		802	3.5%
GENDER	Male	400	4.9%
	Female	402	4.9%
PARENTS BY AGE	Under 55, parent	197	7.0%
	Under 55, non-parent	239	6.3%
	Age 55+	363	5.2%
RACE	White, non-Hispanic	602	4.0%
	Other	174	7.4%
COLLEGE GRADUATE	No degree	423	4.8%
	4 year degree	371	5.1%
INCOME	<\$50K	273	5.9%
	\$50 to <100K	229	6.5%
	\$100K+	240	6.3%
SELF-REPORTED PARTY ID	Republican	244	6.3%
	Independent	295	5.7%
	Democrat	250	6.2%
IDEOLOGY	Liberal	184	7.2%
	Moderate	281	5.9%
	Conservative	307	5.6%

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Monmouth University Poll -- NATIONAL -- 12/7/18

		TOTAL	GENDER		AGE BY KIDS			WHITE	
			Male	Female	Under 55 parent	Under 55 non-parent	Age 55+	White non-Hisp	Hsp-Blk-Asn-Oth
38. Do you celebrate Christmas, Hanukkah, Kwanza, or none of these holidays? [MULTIPLE RESPONSES ACCEPTED]	Christmas	90%	89%	91%	94%	88%	91%	93%	88%
	Hanukkah	6%	7%	5%	6%	5%	7%	6%	8%
	Kwanzaa	4%	4%	4%	6%	3%	4%	2%	8%
	None of these	7%	8%	7%	4%	11%	6%	4%	12%
	[VOL] No answer	1%	1%	1%	0%	0%	1%	1%	0%
	Total	100%	100%	100%	100%	100%	100%	100%	100%

		COLLEGE GRAD		INCOME			PARTY ID			POLITICAL IDEOLOGY
		No degree	4 yr degree	<\$50K	\$50-100K	\$100K+	Rep	Ind	Dem	Lib
38. Do you celebrate Christmas, Hanukkah, Kwanza, or none of these holidays? [MULTIPLE RESPONSES ACCEPTED]	Christmas	91%	90%	89%	93%	92%	95%	88%	90%	83%
	Hanukkah	5%	8%	6%	4%	10%	4%	7%	7%	8%
	Kwanzaa	5%	4%	6%	2%	5%	2%	6%	4%	4%
	None of these	8%	7%	11%	6%	6%	3%	9%	9%	14%
	[VOL] No answer	0%	1%	0%	0%	1%	0%	2%	0%	0%
	Total	100%	100%	100%	100%	100%	100%	100%	100%	100%

		POLITICAL IDEOLOGY	
		Mod	Con
38. Do you celebrate Christmas, Hanukkah, Kwanza, or none of these holidays? [MULTIPLE RESPONSES ACCEPTED]	Christmas	93%	93%
	Hanukkah	7%	3%
	Kwanzaa	6%	1%
	None of these	5%	5%
	[VOL] No answer	1%	1%
	Total	100%	100%

		TOTAL	GENDER		AGE BY KIDS			WHITE
			Male	Female	Under 55 parent	Under 55 non-parent	Age 55+	White non-Hisp
39. Do you find the holiday season generally more enjoyable or more stressful than the rest of the year, or is it no different?	More enjoyable	41%	43%	38%	41%	39%	43%	43%
	More stressful	29%	24%	35%	37%	30%	23%	26%
	No different	27%	31%	24%	20%	27%	33%	28%
	[VOL] Both enjoyable and stressful	3%	1%	4%	2%	4%	1%	2%
	[VOL] Dont Know	0%	0%	0%	0%	0%	0%	0%
	Total	100%	100%	100%	100%	100%	100%	100%

Monmouth University Poll -- NATIONAL -- 12/7/18

		WHITE	COLLEGE GRAD		INCOME			PARTY ID	
		Hsp-Blk-Asn-Oth	No degree	4 yr degree	<\$50K	\$50-100K	\$100K+	Rep	Ind
39. Do you find the holiday season generally more enjoyable or more stressful than the rest of the year, or is it no different?	More enjoyable	39%	37%	49%	30%	46%	53%	52%	36%
	More stressful	34%	32%	23%	35%	28%	20%	24%	30%
	No different	25%	28%	25%	32%	25%	23%	23%	30%
	[VOL] Both enjoyable and stressful	3%	3%	3%	2%	1%	4%	1%	4%
	[VOL] Dont Know	0%	0%	0%	0%	0%	0%	0%	0%
		100%	100%	100%	100%	100%	100%	100%	100%

		PARTY ID	POLITICAL IDEOLOGY			
		Dem	Lib	Mod	Con	
39. Do you find the holiday season generally more enjoyable or more stressful than the rest of the year, or is it no different?	More enjoyable	36%	41%	37%	46%	
	More stressful	34%	27%	33%	27%	
	No different	27%	30%	26%	25%	
	[VOL] Both enjoyable and stressful	2%	2%	4%	2%	
	[VOL] Dont Know	0%	0%	0%	0%	
		100%	100%	100%	100%	

		TOTAL	GENDER		AGE BY KIDS			WHITE	
			Male	Female	Under 55 parent	Under 55 non-parent	Age 55+	White non-Hisp	Hsp-Blk-Asn-Oth
40A. How much stress does putting up holiday decorations cause you?	A lot	6%	6%	7%	7%	6%	6%	6%	6%
	A little	22%	20%	24%	25%	21%	20%	23%	21%
	None at all	66%	68%	64%	67%	66%	65%	65%	68%
	[VOL] Dont do this	5%	5%	5%	1%	6%	7%	5%	5%
	[VOL] Dont Know	1%	1%	0%	0%	1%	1%	1%	0%
		100%	100%	100%	100%	100%	100%	100%	100%

		COLLEGE GRAD		INCOME			PARTY ID			POLITICAL IDEOLOGY
		No degree	4 yr degree	<\$50K	\$50-100K	\$100K+	Rep	Ind	Dem	Lib
40A. How much stress does putting up holiday decorations cause you?	A lot	7%	5%	8%	6%	5%	7%	7%	5%	2%
	A little	21%	24%	20%	25%	24%	20%	18%	29%	29%
	None at all	66%	68%	65%	65%	67%	69%	68%	61%	62%
	[VOL] Dont do this	6%	3%	8%	4%	3%	4%	6%	5%	7%
	[VOL] Dont Know	0%	0%	0%	0%	1%	1%	1%	0%	0%
		100%	100%	100%	100%	100%	100%	100%	100%	100%

Monmouth University Poll -- NATIONAL -- 12/7/18

		POLITICAL IDEOLOGY	
		Mod	Con
40A. How much stress does putting up holiday decorations cause you?	A lot	7%	8%
	A little	24%	17%
	None at all	65%	69%
	[VOL] Dont do this	4%	5%
	[VOL] Dont Know	0%	1%
		100%	100%

		TOTAL	GENDER		AGE BY KIDS			WHITE	
			Male	Female	Under 55 parent	Under 55 non-parent	Age 55+	White non-Hisp	Hsp-Blk-Asn-Oth
40B. How much stress does finding the right gifts cause you?	A lot	19%	15%	22%	23%	22%	12%	16%	22%
	A little	33%	36%	31%	37%	32%	31%	39%	26%
	None at all	45%	46%	43%	40%	41%	52%	42%	48%
	[VOL] Dont do this	3%	2%	4%	0%	3%	5%	2%	4%
	[VOL] Dont Know	1%	1%	0%	0%	1%	0%	1%	0%
		100%	100%	100%	100%	100%	100%	100%	100%

		COLLEGE GRAD		INCOME			PARTY ID			POLITICAL IDEOLOGY
		No degree	4 yr degree	<\$50K	\$50-100K	\$100K+	Rep	Ind	Dem	Lib
40B. How much stress does finding the right gifts cause you?	A lot	21%	13%	22%	15%	17%	14%	21%	20%	19%
	A little	31%	38%	29%	37%	39%	37%	29%	36%	35%
	None at all	44%	47%	46%	45%	41%	46%	45%	40%	41%
	[VOL] Dont do this	4%	2%	4%	3%	2%	3%	4%	3%	4%
	[VOL] Dont Know	0%	1%	0%	0%	0%	1%	1%	0%	1%
		100%	100%	100%	100%	100%	100%	100%	100%	100%

		POLITICAL IDEOLOGY	
		Mod	Con
40B. How much stress does finding the right gifts cause you?	A lot	19%	15%
	A little	36%	33%
	None at all	42%	49%
	[VOL] Dont do this	2%	3%
	[VOL] Dont Know	1%	0%
		100%	100%

Monmouth University Poll -- NATIONAL -- 12/7/18

		TOTAL	GENDER		AGE BY KIDS			WHITE	
			Male	Female	Under 55 parent	Under 55 non-parent	Age 55+	White non-Hisp	Hsp-Blk-Asn-Oth
40C. How much stress does traveling cause you?	A lot	11%	9%	12%	15%	12%	6%	9%	14%
	A little	25%	24%	26%	26%	33%	15%	23%	29%
	None at all	55%	60%	50%	54%	48%	63%	56%	52%
	[VOL] Dont do this	9%	7%	11%	5%	6%	16%	11%	6%
	[VOL] Dont Know	0%	0%	0%	0%	0%	0%	0%	0%
		100%	100%	100%	100%	100%	100%	100%	100%

		COLLEGE GRAD		INCOME			PARTY ID			POLITICAL IDEOLOGY
		No degree	4 yr degree	<\$50K	\$50-100K	\$100K+	Rep	Ind	Dem	Lib
40C. How much stress does traveling cause you?	A lot	11%	10%	12%	10%	10%	8%	11%	13%	9%
	A little	23%	30%	28%	18%	29%	22%	24%	28%	33%
	None at all	55%	54%	48%	66%	54%	58%	54%	53%	50%
	[VOL] Dont do this	11%	6%	13%	6%	7%	12%	10%	7%	8%
	[VOL] Dont Know	0%	0%	0%	0%	0%	0%	1%	0%	0%
		100%	100%	100%	100%	100%	100%	100%	100%	100%

		POLITICAL IDEOLOGY	
		Mod	Con
40C. How much stress does traveling cause you?	A lot	13%	9%
	A little	25%	21%
	None at all	54%	59%
	[VOL] Dont do this	8%	10%
	[VOL] Dont Know	0%	0%
		100%	100%

		TOTAL	GENDER		AGE BY KIDS			WHITE	
			Male	Female	Under 55 parent	Under 55 non-parent	Age 55+	White non-Hisp	Hsp-Blk-Asn-Oth
40D. How much stress does cooking cause you?	A lot	9%	6%	12%	12%	10%	6%	8%	11%
	A little	19%	16%	22%	20%	19%	18%	20%	17%
	None at all	67%	72%	61%	67%	66%	68%	67%	67%
	[VOL] Dont do this	5%	5%	4%	1%	5%	8%	5%	5%
	[VOL] Dont Know	0%	1%	0%	0%	1%	0%	1%	0%
		100%	100%	100%	100%	100%	100%	100%	100%

Monmouth University Poll -- NATIONAL -- 12/7/18

		COLLEGE GRAD		INCOME			PARTY ID			POLITICAL IDEOLOGY
		No degree	4 yr degree	<\$50K	\$50-100K	\$100K+	Rep	Ind	Dem	Lib
40D. How much stress does cooking cause you?	A lot	10%	8%	10%	10%	6%	6%	10%	11%	6%
	A little	19%	19%	21%	17%	21%	21%	15%	23%	24%
	None at all	66%	69%	63%	70%	68%	65%	69%	64%	67%
	[VOL] Dont do this	6%	3%	7%	2%	3%	7%	6%	3%	3%
	[VOL] Dont Know	0%	0%	0%	0%	1%	1%	1%	0%	0%
		100%	100%	100%	100%	100%	100%	100%	100%	100%

		POLITICAL IDEOLOGY	
		Mod	Con
40D. How much stress does cooking cause you?	A lot	11%	9%
	A little	18%	18%
	None at all	66%	67%
	[VOL] Dont do this	5%	5%
	[VOL] Dont Know	0%	1%
		100%	100%

		TOTAL	GENDER		AGE BY KIDS			WHITE	
			Male	Female	Under 55 parent	Under 55 non-parent	Age 55+	White non-Hisp	Hsp-Blk-Asn-Oth
40E. How much stress does being with family members cause you?	A lot	11%	9%	13%	14%	14%	6%	11%	12%
	A little	24%	23%	26%	26%	30%	17%	23%	27%
	None at all	63%	66%	59%	59%	53%	75%	64%	59%
	[VOL] Dont do this	1%	1%	2%	0%	2%	1%	1%	1%
	[VOL] Dont Know	0%	1%	0%	0%	1%	1%	1%	0%
		100%	100%	100%	100%	100%	100%	100%	100%

		COLLEGE GRAD		INCOME			PARTY ID			POLITICAL IDEOLOGY
		No degree	4 yr degree	<\$50K	\$50-100K	\$100K+	Rep	Ind	Dem	Lib
40E. How much stress does being with family members cause you?	A lot	12%	8%	13%	10%	11%	5%	14%	13%	15%
	A little	25%	23%	24%	24%	26%	19%	23%	31%	28%
	None at all	60%	69%	60%	64%	63%	75%	59%	55%	52%
	[VOL] Dont do this	2%	0%	2%	2%	0%	1%	2%	1%	3%
	[VOL] Dont Know	0%	0%	1%	0%	0%	0%	1%	0%	1%
		100%	100%	100%	100%	100%	100%	100%	100%	100%

Monmouth University Poll -- NATIONAL -- 12/7/18

		POLITICAL IDEOLOGY	
		Mod	Con
40E. How much stress does being with family members cause you?	A lot	11%	8%
	A little	27%	21%
	None at all	61%	71%
	[VOL] Dont do this	1%	0%
	[VOL] Dont Know	0%	0%
		100%	100%

		TOTAL	GENDER		AGE BY KIDS			WHITE
			Male	Female	Under 55 parent	Under 55 non-parent	Age 55+	White non-Hisp
41. And which of the things I just mentioned causes you the most stress during the holidays?	Putting up holiday decorations	7%	10%	4%	7%	6%	8%	7%
	Finding the right gifts	28%	29%	27%	28%	31%	25%	28%
	Traveling	17%	15%	19%	17%	20%	14%	17%
	Cooking	9%	6%	12%	10%	7%	11%	8%
	Being with family members	16%	14%	17%	20%	20%	8%	16%
	[VOL] Other	2%	2%	3%	2%	1%	4%	3%
	[VOL] None, no stress	15%	18%	13%	14%	12%	20%	16%
	[VOL] Dont Know	6%	6%	6%	2%	4%	11%	6%
		100%	100%	100%	100%	100%	100%	100%

		WHITE	COLLEGE GRAD		INCOME			PARTY ID	
		Hsp-Blk-Asn-Oth	No degree	4 yr degree	<\$50K	\$50-100K	\$100K+	Rep	Ind
41. And which of the things I just mentioned causes you the most stress during the holidays?	Putting up holiday decorations	8%	6%	8%	6%	6%	10%	9%	8%
	Finding the right gifts	28%	28%	28%	25%	31%	30%	27%	27%
	Traveling	19%	15%	21%	18%	17%	19%	13%	17%
	Cooking	11%	10%	8%	12%	9%	6%	11%	6%
	Being with family members	17%	17%	12%	16%	15%	18%	11%	17%
	[VOL] Other	1%	2%	2%	3%	2%	2%	4%	2%
	[VOL] None, no stress	12%	14%	17%	15%	14%	11%	15%	17%
	[VOL] Dont Know	4%	7%	4%	5%	7%	3%	10%	6%
		100%	100%	100%	100%	100%	100%	100%	100%

		PARTY ID	POLITICAL IDEOLOGY			
		Dem	Lib	Mod	Con	
41. And which of the things I just mentioned causes you the most stress during the holidays?	Putting up holiday decorations	5%	5%	7%	8%	
	Finding the right gifts	31%	30%	29%	28%	
	Traveling	20%	18%	19%	16%	
	Cooking	11%	9%	10%	9%	
	Being with family members	18%	21%	17%	9%	
	[VOL] Other	1%	3%	1%	3%	
	[VOL] None, no stress	10%	7%	12%	21%	
	[VOL] Dont Know	3%	5%	5%	7%	
		100%	100%	100%	100%	

Monmouth University Poll -- NATIONAL -- 12/7/18

		TOTAL	GENDER		AGE BY KIDS			WHITE
			Male	Female	Under 55 parent	Under 55 non-parent	Age 55+	White non-Hisp
42. Will you get most of your holiday shopping done by the end of November, will you get most of it done by December 15th, or will you get most of it done in the 10 days before Christmas?	By end of November	17%	17%	17%	14%	17%	19%	18%
	By December 15	32%	30%	34%	26%	33%	37%	34%
	10 days before Christmas	38%	42%	35%	56%	37%	27%	35%
	[VOL] Already have most done	2%	2%	2%	1%	2%	3%	3%
	[VOL] After Christmas	1%	0%	2%	0%	2%	1%	0%
	[VOL] Do not shop for holidays	6%	7%	6%	2%	7%	9%	7%
	[VOL] Dont Know	3%	2%	4%	1%	3%	4%	3%
		100%	100%	100%	100%	100%	100%	100%

		WHITE	COLLEGE GRAD		INCOME			PARTY ID	
		Hsp-Blk-Asn-Oth	No degree	4 yr degree	<\$50K	\$50-100K	\$100K+	Rep	Ind
42. Will you get most of your holiday shopping done by the end of November, will you get most of it done by December 15th, or will you get most of it done in the 10 days before Christmas?	By end of November	15%	18%	16%	17%	20%	14%	19%	18%
	By December 15	32%	30%	38%	29%	34%	36%	36%	30%
	10 days before Christmas	45%	39%	37%	40%	36%	44%	34%	38%
	[VOL] Already have most done	1%	2%	2%	3%	1%	1%	2%	3%
	[VOL] After Christmas	2%	1%	0%	1%	1%	0%	1%	1%
	[VOL] Do not shop for holidays	4%	7%	5%	8%	5%	3%	7%	8%
	[VOL] Dont Know	2%	3%	1%	3%	2%	2%	2%	3%
		100%	100%	100%	100%	100%	100%	100%	100%

		PARTY ID	POLITICAL IDEOLOGY			
		Dem	Lib	Mod	Con	
42. Will you get most of your holiday shopping done by the end of November, will you get most of it done by December 15th, or will you get most of it done in the 10 days before Christmas?	By end of November	14%	16%	15%	20%	
	By December 15	33%	31%	37%	30%	
	10 days before Christmas	44%	41%	38%	39%	
	[VOL] Already have most done	2%	2%	2%	2%	
	[VOL] After Christmas	1%	0%	1%	1%	
	[VOL] Do not shop for holidays	4%	7%	3%	6%	
	[VOL] Dont Know	2%	3%	3%	2%	
		100%	100%	100%	100%	