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Anxiety, Depression and Academic Performance

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Anxiety and depression are common mental health issues among college students and can affect how a student will perform in school. Students with anxiety or depression have poorer academic performance when compared to students who do not. The method being used is a quantitative method of random sampling to ask college students about if they have ever experienced anxiety or depression, and if it has affected their academic performance. The college students can vary in age, gender, race, and majors. The survey consists of ten multiple choice questions that will measure if the student has experienced anxiety or depression, how often, and if they feel like their academic performance has been affected. The data will be examined to see if there is a correlation. It was hypothesized that there will be a correlation between anxiety or depression and the students’ school performance.

Methods

Research Question:
Do students believe their academic performance is affected by anxiety and depression?

Procedures:
- A random sampling method was used to gather data from college students. The only requirement was to be a Pittsburg State University student.
- A 10 question survey was used to get their responses. The survey was open from March 6th - March 19th.

Results

Anxiety/Depression Worse During Semesters

- The results showed that females were approximately six times more likely to experience worsening anxiety or depression during academic semesters.
- 86.67% of the college students that were surveyed admitted to experience anxiety. This breaks down to 20% experiencing it everyday, 40% experiencing it a few times a week, 13.33% a few times a month, 6.67% experience anxiety once a month, and 6.67% experience it less than once a month.
- When asked about experiencing depression, 86.67% said they had felt depressed before. 26.67% said they had felt depressed a few times a week, 20% said a few times a month, and 40% less than once a month.
- 100% of the students who took the survey reported that they thought anxiety could affect their academic performance. 75% reported that they believe their performance would be better if they did not have anxiety.

Results (continued)

Students That Believe Anxiety Affects Their Academic Performance

- After the conclusion of our research, we found that anxiety was higher in females than males. Anxiety was more prominent that depression for the college students. A majority of students felt like their academic performance was affected by these.
- One limitation of our study was that we only handed the survey out to people in our class and the class we handed it out to had a larger number of females than males. This is what could have caused females to have a higher percentage of anxiety when compared to males. Our study does show that anxiety and depression are common issues among college students.

References


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