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### Anxiety, Depression and Academic Performance

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# Anxiety, Depression and Academic Performance

Megan Taylor and Kimberly Ruhl

SWK-383-01 Fundamentals of Research

## Abstract

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.

## Background

In college, there is a large amount of stress placed on college students. College is full of changes for students and they could have a hard time handling the pressure of it. Anxiety and depression are common among college students and it can affect their overall academic performance. According to the Anxiety and Depression Association of America (ADAA), 41.6% of college students voiced anxiety as one of their performance concerns and 85% felt overwhelmed by all of the things they had to accomplish in the semester (ADAA, n.d.). The ADAA states the nearly 50% of people who have anxiety, also experience depression (n.d.). A large portion of college students that experience anxiety and depression do not perform as well as other who do not experience it. Beck and Young state that 25% of college students have symptoms of depression (as cited in Bhujade, 2017).

## Methods

### **Research Question:**

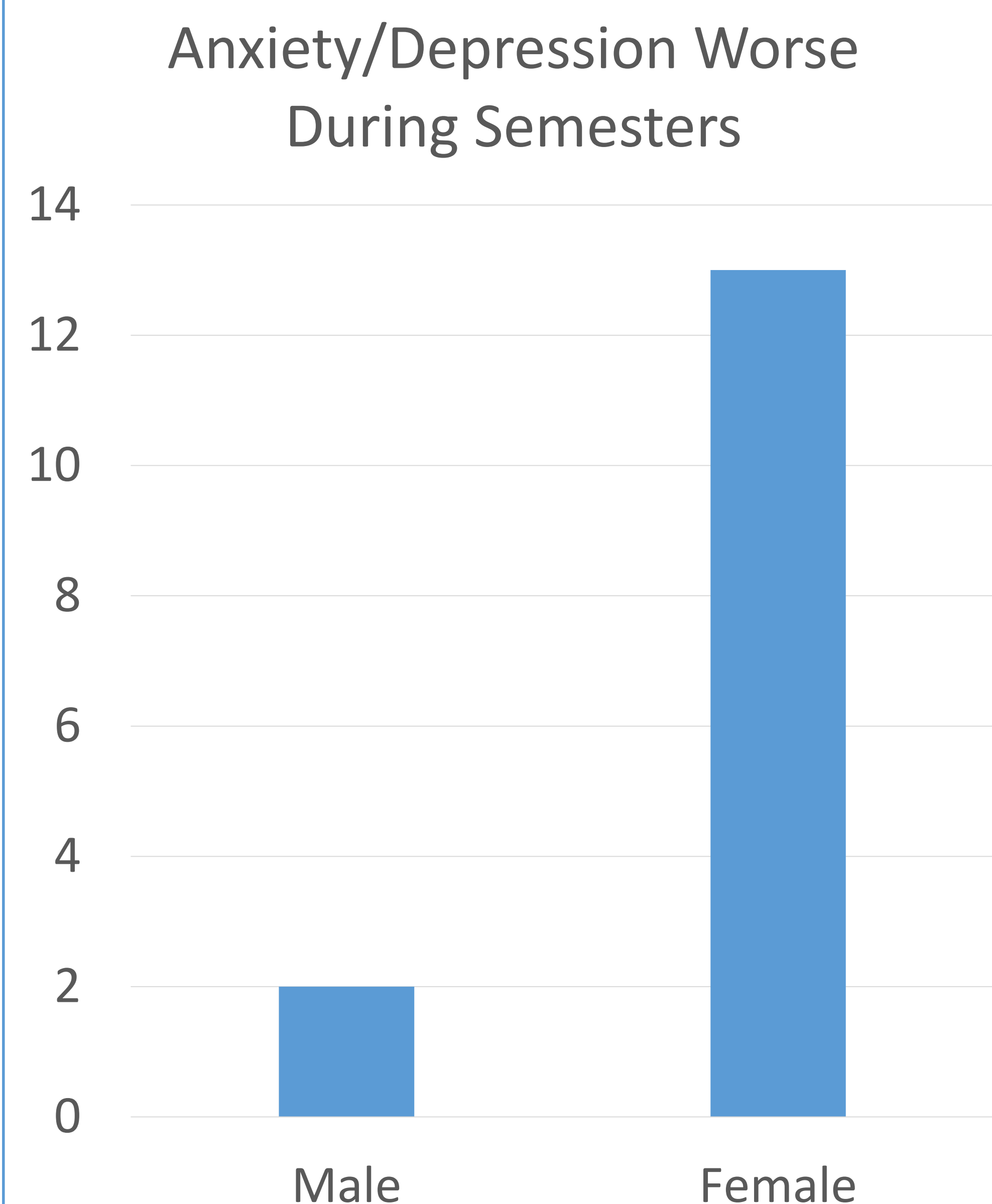
Do students believe their academic performance is affected by anxiety and depression?

### **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 6<sup>th</sup> March 19<sup>th</sup>.

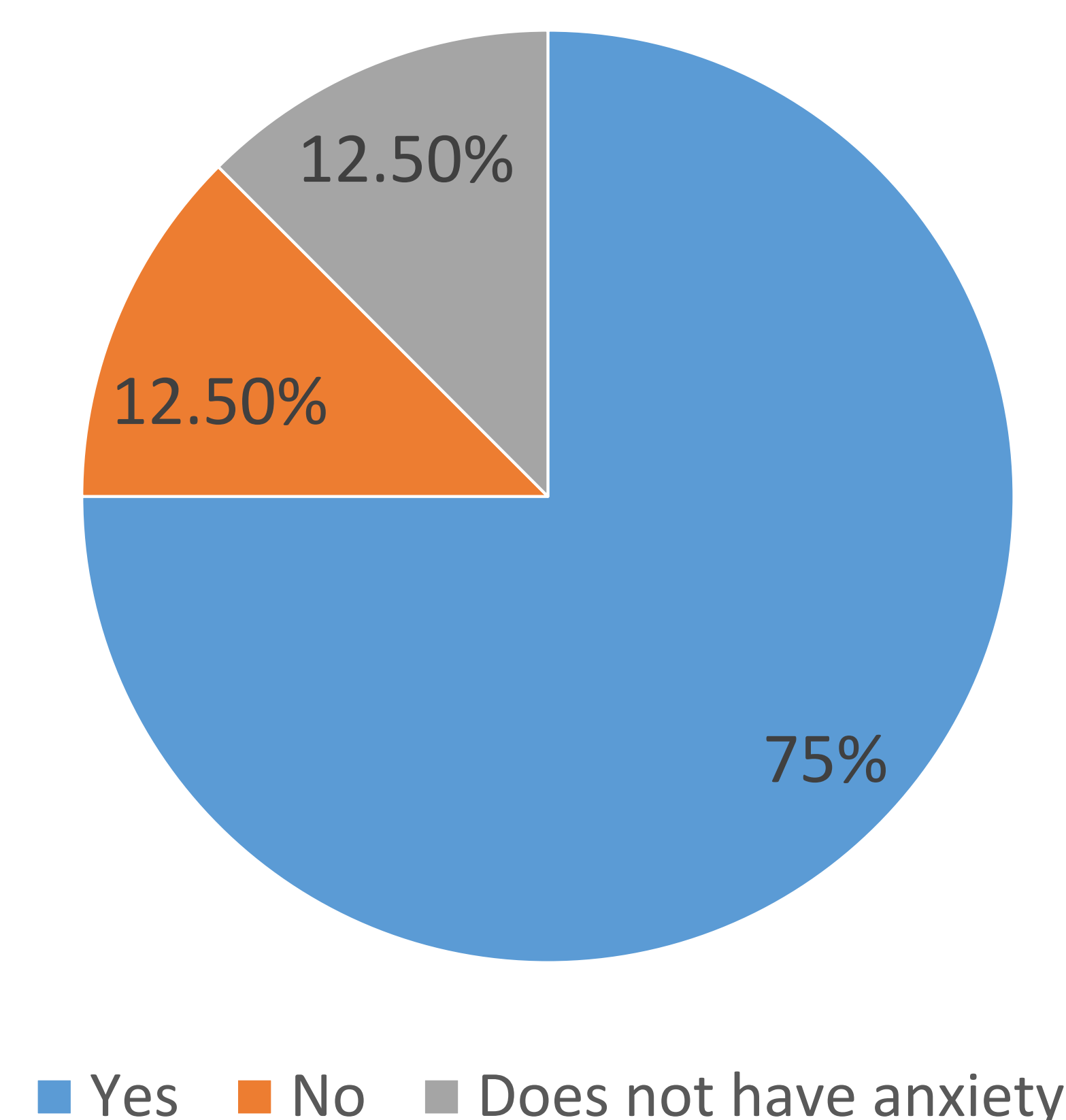
## Results



## Results (continued)

- 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.

Students That Believe Anxiety Affects Their Academic Performance



## Conclusion

After the conclusion of our research, we found that anxiety was higher in females than males. Anxiety was more prominent than 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

- ADAA. (n.d.). Facts. Retrieved March 1, 2019, from <https://adaa.org/finding-help/helping-others/college-students/facts>
- Bhujade, V. M. (2017). Depression, anxiety, and academic stress among college students: A brief review. *Indian Journal of Health and Wellbeing*, 8(7), 748-751. Retrieved March 1, 2019.

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