

Navigating The Academic Pressure

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HYPOTHESES

The hypothesis is that students who have higher stress levels will result in lower academic performance

RESULTS

High Stress Levels and Academic performance

- ❖ As students stress levels increases, their academic performance declines, $R=.276$, $F(4,57)=5.438$, $p<.001$; Significant

PARTICIPANTS

- ❖ 74 Students
- ❖ 59 Women/15 Men
- ❖ Race
 - ❖ African American (N=66, 84.6%)
 - ❖ White (N= 1, 1.3%)
 - ❖ Latino (N=2, 2.6%)
 - ❖ Multiracial/Biracial (N=3, 3.8%)

MEASURES

- ❖ How much do they work (PT = 32, FT = 22, NJ =19)
- ❖ Total Stress (M = 32.99)
- ❖ GPA (Range: 2.0 - 3.49; M = 2.49)
- ❖ Total belonging (M = 16.36)
- ❖ Total school pressures(M = 7)

DISCUSSION

- High stress levels are significantly related to poorer academic performance.
- Opportunities to decrease stress for students should be available for students on campus.