

# How Stress Impacts Academic Performance

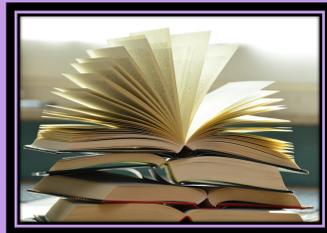
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## HYPOTHESES



- If students experience an increased amount of stress, it will have an impact on their academic performance.
- Measurement of how stress impacts students' academic performance was done using Bivariate Correlation
- Our hypothesis explored the relationship between stress and GPA levels



## PARTICIPANTS

- 54 Students
- 49 Women/5 Men
- Average Age = 18
- Race
  - African American (N = 51, 90.7%)
  - White (N = 1),
  - Latino (N = 1),
  - Asian (N = 1),
  - Middle Eastern (N = 1)



## MEASURES

- GPA (3.00-3.499 occurs the most)
- Stress (Range 6-20; M = 12.43)



## RESULTS

If students experience an increased amount of stress, it will have an impact on their academic performance.

- Results:  $r = -.125$ ,  $p = .367$ , not significant
- Our hypothesis is not supported,
- Stress levels do not affect students' GPA

## DISCUSSION

- The results of this study suggest the following:
  - Students who experience an increased amount of stress, will not have a negative impact on their academic performance.

