

Does Playing a Sport in College Have an Effect on Student Athletes' GPAs and Stress Level

Drew Calhoun

Department of Behavioral Sciences & Human Services, Bowie State University

HYPOTHESES

1. The first hypothesis is that student-athletes have higher GPAs than non-athlete students.
2. The second hypothesis is that student-athletes are more stressed than non-athletes.



RESULTS

- ❖ Student-Athletes & GPA, $t(31) = 1.527$, $p = 0.142$, the hypothesis was not supported
- ❖ Student-Athletes & Stress, $t(31) = 2.407$, $p = 0.022$, the hypothesis was supported. Student-athletes are significantly more stressed than non-athletes.



PARTICIPANTS

- ❖ 34 Students
- ❖ 24 Women/10 Men
- ❖ 24 Seniors/8 Juniors/2 Sophomores
- ❖ Race
 - ❖ African American (N =28)
 - ❖ Multiracial (N= 3),
 - ❖ Latino (N =1),
 - ❖ Unanswered (N =1), and
 - ❖ One participant indicated their race as Other.



MEASURES

- ❖ GPA (Range: below 2.0 – 4.0)
- ❖ Student-athlete (Yes= 8; NO =25)
- ❖ Stress 1 Level (Range: 1 – 4; Mean: 2.75)

DISCUSSION

The results of this study suggest the following:

- ❖ Students who play sports don't have higher grade point averages than students who don't play sports.
- ❖ Students who play sports have a higher stress level compared to other students.

