



# Factors Related to Academic Success: Stress and Unhealthy Eating Behaviors

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## HYPOTHESES

College students who experience a greater amount of stress will participate in more unhealthy eating behaviors.



## RESULTS

### 1. Stress and Healthy Eating

❖ Results indicate no significant correlation between total stress and healthy behavior,  $r = -.127$ ,  $p = .417$

### 2. Stress and Unhealthy Eating

❖ Results indicated no significant correlation between stress and unhealthy behavior,  $r = .190$ ,  $p = .218$



## PARTICIPANTS

- ❖ 44 Students
- ❖ 30 Women/14 Men
- ❖ Average Age = 23.62
- ❖ Race
  - ❖ African American (N =40, 90%),
  - ❖ Biracial (N= 1),
  - ❖ Latino (N =2),
  - ❖ Native American (N =1)



## MEASURES

- ❖ Stress: 6 questions with a scale 1-5 with the higher score 5 being more stressed
- ❖ Healthy eating: 5 questions with a scale 1-4 with the higher score of 4 being less healthy
- ❖ Unhealthy eating: 3 questions scale of 1-4 with the higher score of 4 being more healthy

## DISCUSSION

The results of this study suggest the following:

- ❖ The relationship between stress, healthy and healthy eating behaviors was not significant
- ❖ Half of the participants stated that they are not stressed made a difference in what healthy and unhealthy eating choices was made
- ❖ Not many students at Bowie State University are not stressed is showing that our HBCU is doing something correctly

