

The Effects Of Mental Health on Academic Success

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PSYC-498-A: Research, Design & Statistics

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Introduction

College students are experiencing an increasingly lower level of emotional health and higher levels of anxiety and depression (Gallagher, 2015).

“A variety of personal and social discriminatory acts arise from mental health stigma, from interpersonal avoidance to human rights violations, including restrictions on rights to education, work, marriage, and reproduction” (Applegate & Smith, 2018).

academic success is an achievement or success that is not just a final objective, but an approach with various contributing factors achieved by sensible, tangible, and objective results (Bayat, 2019).

There is an urgent need to assess college student experience of treatment because as many as 45% of college students may meet the criteria for a mental illness diagnosis” (Kranke, Jackson, Floersch, Townsend, & Anderson, 2013).

Hypothesis

Hypothesis 1: Relationship between stress & GPA

Hypothesis 2: Relationship between anxiety & GPA

Methods

Participants were 40 males and 20 females

Participants responded to the questionnaire that consisted of 3 categories

- Demographic Questionnaire
- Perceived Stress Scale (PSS)
- Hamilton Anxiety Rating Scale (HAM-A).

Participants were given a number score value that ranged from 0 to 4.

Abstract

The purpose of this study will be to explore the relationship on how mental health can impact students’ academic success.

Participants were instructed to fill out a quick survey asking about their anxiety levels, stress, and academic success.

Results

60 Students participated in the survey

The results of the two test were different.

PSS had a weaker correlation between stress and GPA

The HAM-A Study had a stronger correlation between anxiety and GPA

The results were that anxiety plays a stronger role in negative effects in GPA than stress

Correlation Data

Correlations			
		GPA	totalsumofHAM A
GPA	Pearson Correlation	1	.272*
	Sig. (2-tailed)		.036
	N	60	60
totalsumofHAMA	Pearson Correlation	.272*	1
	Sig. (2-tailed)	.036	
	N	60	60

*. Correlation is significant at the 0.05 level (2-tailed).

Correlations			
		GPA	totalsumofPSS
GPA	Pearson Correlation	1	.032
	Sig. (2-tailed)		.809
	N	60	60
totalsumofPSS	Pearson Correlation	.032	1
	Sig. (2-tailed)	.809	
	N	60	60

References

Applegate, A. & Smith, A., R. (2018) Mental health stigma and communication and their intersections with education, Communication Education, 67(3), 382-393, <https://doi.org/10.1080/03634523.2018.1465988>

Kranke, D., Jackson, S., Floersch, J., Townsend, L., & Anderson-Fye, E. (2013). “I feel like it improves everything”: empowering experiences of college students utilizing psychiatric treatment. American Journal of Psychiatric Rehabilitation, 16(3), 213–231. <https://doi.org/10.1080/15487768.2013.818883>

Anderson, J. R., Lee, C. S., & Klimes, D. B. (2016). Potentially traumatic experiences, academic performance, and psychological distress: The role of shame. Journal of Counseling & Development, 94(1), 41–50. <https://doi.org/10.1002/jcad.12060>

Discussion

- The Correlation between Stress and GPA doesn’t have a big effect on students
- The Correlation between Anxiety and GPA does influence student’s academic success
- This study can be important for other students in different schools to participate in this study.
- Many students want to achieve academic success to have a better chance at the job market and make their families proud.