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Does Mental Health Affect the Academic Performance of College Students?

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Background

- Research has shown that mental health is linked to the academic performance in college students.
- Student involvement on campus and in extracurricular activities reported having higher GPAs.
- Approximately 1100 college students commit suicide every year and 24,000 attempt suicide.
- Depression is the factor most frequently linked with academic withdrawal.
- Stress, anxiety, and sleep difficulties are the top factors disrupting the academic performance of college students.
- Students who sleep 8+ hours of sleep outperform peers who get less than 8 hours on exams.

Study Objectives

This research will help inform students and administrators of the prevalent problem of mental health issues in college students. Mental health plays a huge role in the academic performance of college age student across the U.S. The data shows that depression, anxiety, and stress can all be factors affecting academics and preventing them from capturing and understanding the materials presented in classes.

Data from different scholarly articles and websites will be compiled to answer the study question: Does mental health affect the academic performance of college student?

Results

- Depression is a significant predictor of a lower GPA and a higher probability of dropping out when combined with anxiety.
- Symptoms of an eating disorder are also predictors of a lower GPA.
- 52.7 percent of students reported feeling that things were hopeless.
- 39.1 percent of students reported feeling so depressed they had suicidal thoughts in the past 12 months.
- Students who have reported feeling depressed are more likely to miss class as well as feeling disengaged with the materials being taught in classes. This results in lower levels of academic performance. Broad consensus states that mental health does in fact affect academic performance.

Factors Disrupting Academic Performance

- Depression is the factor most frequently linked with academic withdrawal.
- Stress, anxiety, and sleep difficulties are the main factors affecting their academic performance.
- Various studies have shown that student who get less than 8 hours of sleep do worse on exams than students who sleep 8+ hours.

Conclusion

The mental health of college students has been a trending topic over the past recent years. About one in five college students have reported feeling so stressed and depressed they have had suicidal thoughts in the past 12 months. Students who have reported feeling depressed are more likely to miss class as well as feeling disengaged with the materials being taught in classes. This results in lower levels of academic performance. Broad consensus states that mental health does in fact affect academic performance. When students are not taking care of their minds they do not function properly. College can be a stressful time for students. Students site stress, anxiety, and sleep difficulties as the main factors affecting their academic performance. Various studies have shown that student who get less than 8 hours of sleep do worse on exams than students who sleep 8+ hours. With all these supporting studies one can conclude that mental health does in fact affect academic performance.

Future Implications

Research has shown that with continued exposure to information regarding mental health and mental illnesses it pushes for the normalization of this topic. With normalization students will not be afraid to ask for help when it comes to their mental health. When they get help for their mental health their grades may not suffer. Mental health and grades share a correlation. If mental health is up so are grades. More students today than ever before are getting help for their mental health. The most popular office on college campuses is the counseling office. With college campuses finding more ways to aid their students when it comes to mental health, we can all do our part when it comes to destigmatizing mental health and checking up on our students.

References


