Sleep Quality & Academic Anxiety's Effect on the Mental Wellbeing of College Athletes

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Introduction

What factors influence the mental -well being of a college athlete?

-sleep quality - academic anxiety

How do these factors affect the mental well -being?

-good sleep, less stress = healthy well-being = athletic wholeness

Research contributions on the matter:

-Associations with sleep duration, sleep quality, insomnia, fatigue, and sleep apnea symptoms

-Mental health issues are noticeable in athletes through performance and need to be discussed with a trusted individual

Hypothesis

I predicted that:

The amount of sleep disturbances an athlete has will positively correlate with the amount of mental distress an athlete has.

(high scores= more sleep disturbances, more mental distress)

The more academic anxiety an athlete has the more mental distress they will have, positively correlating with one another.

(high scores=more academic anxiety, more mental distress.)

Method

- Participants = 51
- Measures

-Sleep Quality= PSQI (4pt)
(sleep disturbances)

a) Cannot get to sleep within 30 minutes

Not during the past month_____ Less than once a week_____ Once or twice a week_____ Three or more times a week_____

b) Wake up in the middle of the night or early morning

Not during the past month_____ Less than once a week_____ Once or twice a week_____ Three or more times a week_____

-Academic Anxiety= AAS (4pt)

1	I often worry that my best is not as good as expected in school.	1	2	3	4
2	I tend to put off doing school work because it stresses me.	1	2	3	4

-Mental Well-Being= SMHAT-1 (5pt)
(mental distress)

	None of the time	A little of the time	Some of the time	Most of the time	All of the time
1. It was difficult to be around teammates	1	2	3	4	5
2. I found it difficult to do what I needed to do	1	2	3	4	5

Procedure

- three questionnaires in one survey completed by participants 18 years or older
- how they slept for the past month, the amount of anxiety felt during school, and the mental distresses experienced within their sport

Descriptives

	RANGE	Midpoint	MEAN	STANDARD DEVIATION
Academic anxiety score	8-32	12	22.07	5.52
Sleep disturbances score	10-40	15	21.04	4.26
Mental Distress score	9-45	18	22.94	5.36

-the averages of the scored variables are above their range's midpoint

-the distance between each data point in an entire dataset is different from the mean

Hypotheses tested

The more academic anxiety an athlete has the more mental distress they will have, positively correlating with one another.

R=.734

**** Correlation is significant at the 0.01 level (1-tailed).**

-strong, positive

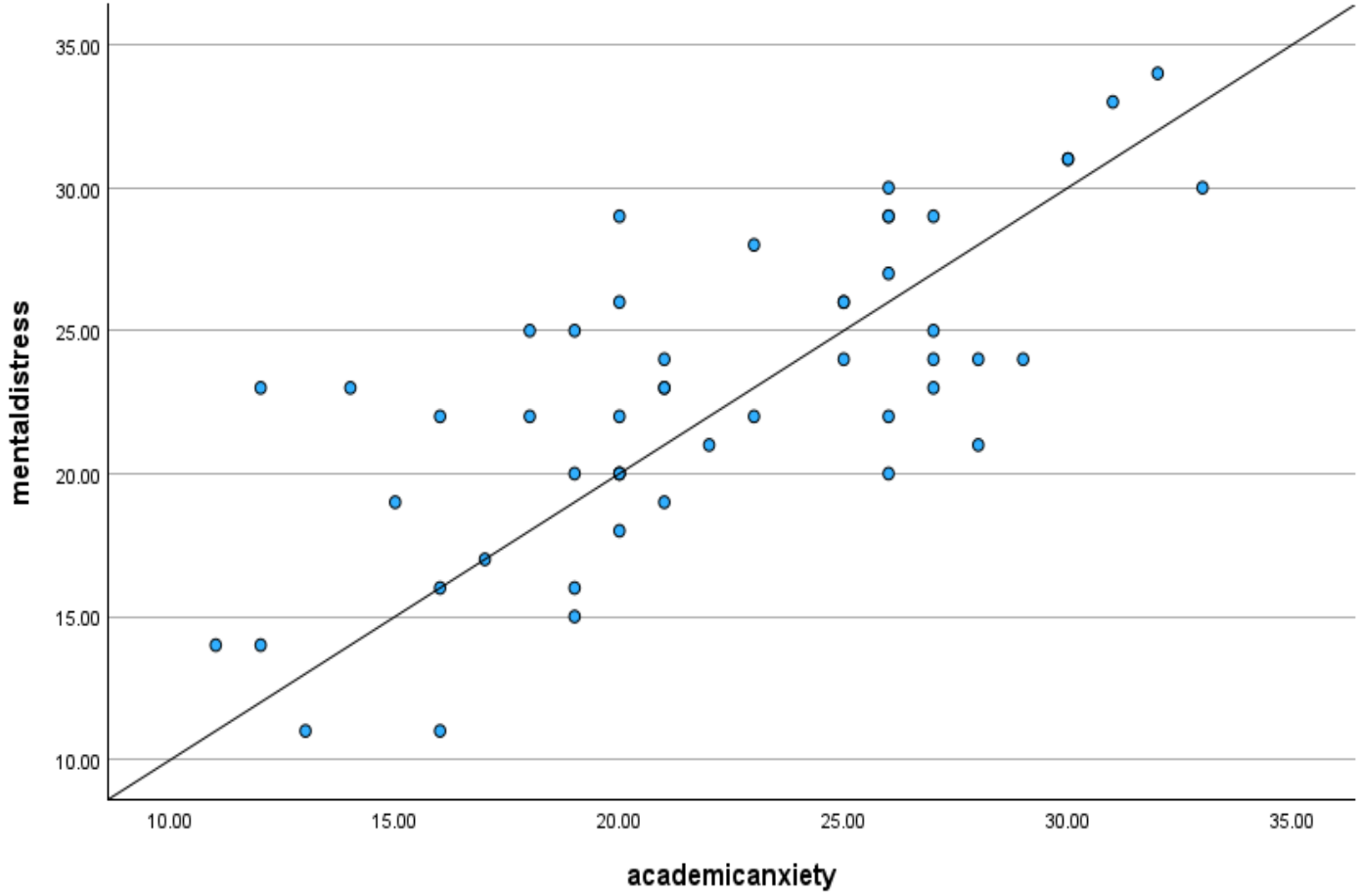
N=51

The amount of sleep disturbances an athlete has will positively correlate with the amount of mental distress an athlete has.

R= .029

N=51

Not significant


mentaldistress
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30.00
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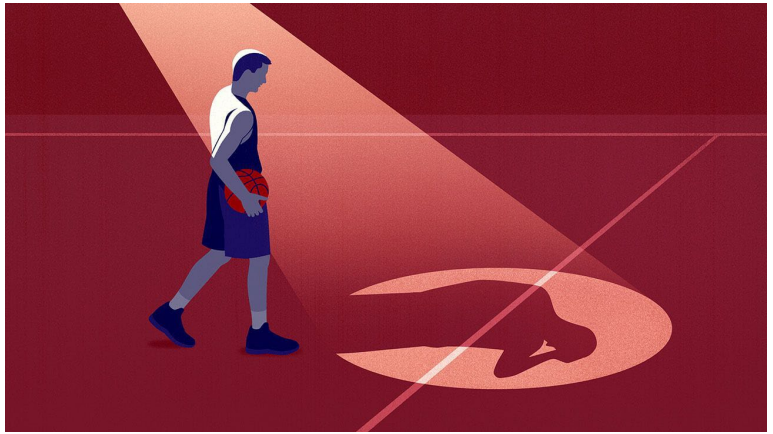
academicanxiety

Discussion

Overall, having more academic anxiety positively correlated with having more mental distress for a college athlete.

- Contradicted literature
- Enhanced the need for support from athletic teams, staff, & campus faculty
- Future research



Questions or comments?

References

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Clipart picture: : https://www.sleepfoundation.org/physical-activity/athletic-performance-and-sleep