



Examining the Relationship Between Mental Health and Division III Collegiate Athletic Status

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Procedure

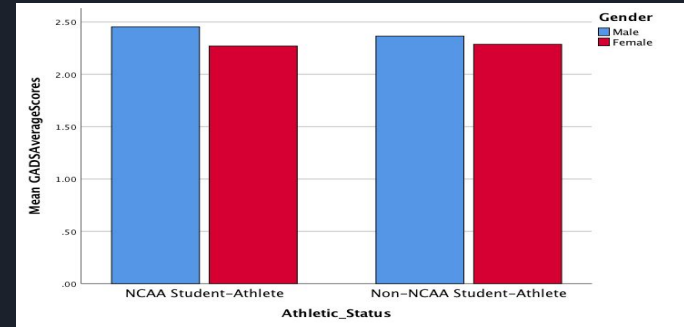
- Student-athlete = 12 or more credits and member of NCAA Division III team
- Non-student-athlete = 12 or more credits
- Implied informed consent will be obtained upon submission of surveys
- 10 question demographic questionnaire is assigned to assess participant variables and outlying factors
- Such as: Do you have a job? How many hours do you sleep?
- 21 question primary survey with Likert scaled based responses (never, rarely, often, sometimes, always)
- Anxiety and mental health questions were adapted from a General Anxiety Disorder questionnaire initially published through SAMHSA-HRSA Center for Integrated Health Solutions (Spitzer RL, et al., 2006).

Conclusion

From this research, it is observed that the null hypothesis was correct and alternative hypothesis requires some adjustment. The research shows that college students, whether an NCAA student-athlete at the Division III level or a traditional college student, the student body as a whole experiences nearly the same levels of stress and anxiety.

Results

There was not a significant difference in the scores for student athletes (M=2.30, SD=0.58) and non-student athletes (M=2.33, SD=0.43); $t(9)=-.088$, $p=.931$



The GADS answer choices are on a scale from 1 to 5, 5 representing high anxiety. The graph shows that NCAA student-athletes and traditional students averaged 2.3-2.45 per question, regardless of gender.

References

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Background

- Mental health is a vital part of overall health
- NCAA student-athletes have a great deal of pressure on them that could affect their overall health
- Previous studies on this matter have often lead to conflicting data that make understanding this problem difficult

Participants

- 23 Springfield College students
 - 7 non-student-athletes
 - 16 student-athletes
- 18 years of age and older
- Students will be surveyed to assess overall mental health (anxiety/stress levels) to determine if full time athletic participation has a negative impact on individual mental health