



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

