Introduction

- Due to the rising costs of tuition, college students have been focusing more on working than their academic performance.
- Students develop prioritizing abilities through balancing academics and work.
- An analysis was made that shows a positive correlation between students’ academic performance and their overall health.

Research Question

How do the amount of hours worked affect college students’ academic performance and their overall health?

Methods & Materials

- Our research project draws on a variety of sources.
- We conducted a survey of 100 undergraduate students at John Jay College.
- Each student was given a questionnaire to fill out.
- The questionnaire asked questions about their classes and their hours spent working during school.
- By conducting our own survey, we can compare our findings with what we found in the scholarly articles.
- Tables were used to graph our findings from the surveys.
- Research was collected from scholarly articles such as The Journal of American College Health.
- We also used information from the New York Times, from an article “College costs, battled a paycheck at a time.”

Findings

- The surveys we conducted did in fact support our research question.
- The results correlated with the amount of hours worked and the impact it had on academic success.
- The more a student worked, the more it negatively it impacted their progress in their classes.

Charts

<table>
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<th>Year</th>
<th>1-10</th>
<th>11-20</th>
<th>21-30</th>
<th>31-40</th>
<th>41-50</th>
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<td>5</td>
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<td>7</td>
<td>4</td>
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Our following question was “Do you believe work hours can disrupt academic performance?”

Conclusions

- Through our research and various studies, we have come to the conclusion that working many hours during a semester does affect the academic performance of college students.
- As the economy declines it becomes harder for everyone to afford basic needs.
- College students have one of the toughest situations since high tuition forces them to take on jobs.
- Along with decrease in academic performance, escalated work hours causes health issues that will also positively correlate with a decrease in performance.

References


