

## SENTENCE

## OUTLINE

IB Subject: Psychology

Mr.Boyd

Topic: The Effect of Stress on Academic Performance

RESEARCH QUESTION: To what extent does stress effect a student's academic performance?

(Original: To what extent does stress affect an adolescent's academic performance?)

### I. What is it meant academic performance?

A. There are multiple ways in which school's define how prepared a student is for the next chapter in their life.

1. Generally, standardized testing displays a student's potential

2. Often small details factor into school work: Each factor differs in everyone

B. Higher education standard: Higher amount of work to display proficiency

C. Understanding subjects' main concepts: Ex: Math/memory

### II. Positive factors of stress on academic performance

A. One's body adapts to a new situation in which it wants to return to its normal state

1. May potentially help with new circumstances with limited supplies

2. Stress can sharpen your memory: more alert

### III. Negative Factors of stress on academic performance

A. Poor academic performance: lower test scores

1. Worrying about the situation instead of looking for a solution
2. The higher an academic standard, the higher goals set – Max level of stress

B. “Choking under pressure”: Not solving a problem

1. Instead of problem solving one gets stuck on the idea that one can't solve a new problem – limited processing
2. Memory limits itself and focuses on the idea that one cannot solve the problem

C. Health/Efficiency

1. Stress may slow down your ability to fight off viruses (or other health issues)/ Slow down processing

IV. Solutions: How can we decrease stress on students and raise their academic performance?

A. Time management

1. More time to focus on a problem and solve it in an orderly manner

B. Psychological treatment

1. Letting out one's worries to someone lowers stress levels and increases academic performance

C. New habits

1. Many habits may contribute to the factors that cause stress; new habits can create a healthier lifestyle

**Bibliography:**

Beilock, S. L. (2008, October 1). *Math performance in stressful situations*. Retrieved from [https://hpl.uchicago.edu/sites/hpl.uchicago.edu/files/uploads/Beilock\\_CurrDir\\_2008.pdf](https://hpl.uchicago.edu/sites/hpl.uchicago.edu/files/uploads/Beilock_CurrDir_2008.pdf)

This article states, that a stressful testing environment can lead to poor academic performance. Individuals that are more likely to do poorly have a differing characteristic from others. These individuals rely on their working memory to be successful in their academics. The article suggests that accumulating stress in

situations will create a worry about the situation, in which, will decline the working memory of the individual (leading to a declined performance).

I will use this source to give one POV about stress on academic performance. I will also, dig into factors such as a testing environment.

Beilock, S. (2011, September). *Back to school: Dealing with academic stress*. Retrieved from <https://hpl.uchicago.edu/sites/hpl.uchicago.edu/files/uploads/Academic%20Stress.pdf>

In this article, it states that "emphasis on achievement in the classroom has never been higher". The higher the standard on education, the higher stress levels students produce. However, psychological interventions may lower a student's stress level (help raise a student's attitude).

I may use this source to connect real-life situation with a real-life situation. I can show a solution to a worldwide dilemma.

Beilock, S. L., Holt, L. E., Kulp, C. A., & Carr, T. H. (2004). *More on the fragility of performance: Choking under pressure in mathematical problem solving*. Retrieved from <https://hpl.uchicago.edu/sites/hpl.uchicago.edu/files/uploads/JEPG2004.pdf>

Three experiments were done in which measured academic performance under pressure (mathematics in this case). Experiment 1 showed that pressure lowered performance. However, it was only on unpracticed math problems that required high memory demands. In the 2nd experiment, students practiced examples with such memory demands. These students were able to eliminate "choking under pressure". In the third experiment, multiple questions were asked. Some questions were practiced once or twice while others were practiced 50 times. Students had a lower performance with questions that were practiced less.

I may use this source to explain distraction theories that have to do with stress.

Daniel CO, Ajayi AD, Ogunyewo OA, Ajio DK, Andy E, Oyedele E, Daniel G, Solomon GM, Haruna AB, Gusen NJ. (2018). Perceived impact of academic stress on academic performance among undergraduate nursing students of university of jos. Retrieved from <http://www.mdcan-uath.org/article.asp?issn=2250-9658;year=2018;volume=7;issue=11;spage=8;epage=15;aulast=Daniel>

This article was aimed to show the impact stress on college student has towards their academic performance. Data was taken in order to find the factors that contributed to the stress. Their results found that stress has a negative impact on performance and that action should be taken towards this problem.

I will use this article to explain the impact stress has on performance.

Dipboye, R. L., & Peek Phillips, A. (1990). *College students time management: Correlations with academic performance and stress*. Retrieved from <https://pdfs.semanticscholar.org/ea72/13c01261e9e172f1c362be3781df30f6f5b7.pdf>

Students find that school causes much stress in their lives. They found that time management could help with that stress factor and was proven by their counseling services. Time management was found out to be a big role in the role of stress.

I will use this article in my essay to convey to the reader that many factors other than school come into play when it comes to stress.

Finn, Jeremy D., Rock, Donald A. (1997). *Journal of Applied Psychology: Academic success among students at risk for school failure*. (Vol. 82(2)). Retrieved from <http://psycnet.apa.org/doiLanding?doi=10.1037%2F0021-9010.82.2.221>

This reading took a sample of about 2,000 low-income students from 8-12th grade. They were split into three categories, completers, poor performers, and dropouts. Each group was compared to psychological characteristics and school engagement. The study found that student engagement was necessary to do well in school.

Although, This article doesn't have the exact terms I'm looking for, I may be able to tie it into my paper with other factors.

Fisher, S. (1994). *Stress in academic life: The mental assembly line*. Retrieved from PsychINFO database.

Fisher states the effects stress have on academic performance, health, and efficiency. She explores where academic stress starts, personal weaknesses, and ways to cope with this stress to help individuals get through this stage.

I will use her research to emphasize how habits need to be changed in order to reduce academic stress.

Harlina H. Siraj, A. Salam, R. Roslan, N. A. Hasan, T. H. Jin, M. N. Othman. (2014). Stress and its association with the academic performance of undergraduate fourth year medical students at Universiti Kebangsaan Malaysia. Retrieved from The National University of Malaysia website: <https://ukm.pure.elsevier.com/en/publications/stress-and-its-association-with-the-academic-performance-of-under>

There are many stressors in which students try to cope with. However, there is a lot more to stress. Stress is your body attempting to adapt to a new situation, but it leads to a negative effect on academics. There are many ways to cope with stress it's just the matter of finding what works best.

I will use this in my extended essay to answer my question about the effect stress has on academic performance.

Hussain, A. (2006, June). *Effect of guidance services on study attitudes, study habits and academic achievement of secondary school students*. Retrieved from [http://results.pu.edu.pk/images/journal/ier/previous\\_pdf/3\\_Effect%20of%20Guidance%20Services\\_F.pdf](http://results.pu.edu.pk/images/journal/ier/previous_pdf/3_Effect%20of%20Guidance%20Services_F.pdf)

This study was used to see the effect of "guidance services on students' study habits", academic achievements, and attitudes. The results of this study showed that guidance services have a large effect on the students' study attitude, academic achievement and study habits.

I may use this article in my Extended Essay to emphasize the importance on guidance services which may help with stress.

Murff, Sharon Hall. (2006, February 15). The impact of stress on academic success in college students. Retrieved from Redorbit website: [https://www.redorbit.com/news/health/391477/the\\_impact\\_of\\_stress\\_on\\_academic\\_success\\_in\\_college\\_students](https://www.redorbit.com/news/health/391477/the_impact_of_stress_on_academic_success_in_college_students)

This article discusses how stress may prevent students from being successful in their educational goals. Stress makes the body adapt to the stressful experience to maintain itself as a norm. Strategies may also be used to reduce stress.

I will use this article to discuss the impact of stress on academic performance as asked in my preliminary question

Osman Mirghni, H., & Ahmed Elnour, M. A. (2017, April 25). The perceived stress and approach to learning effects on academic performance among Sudanese medical students.

Retrieved from US National Library of Medicine website:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5459274/>

This article such as the others explains how stress affects academic performance. However, this study found out that there were no differences regarding sex, class, ect. I will use this study to have more information on the deeper details of the question.

Ramirez, G., & Beilock, S. L. (2014, April 11). Writing about testing worries boosts exam performance in the classroom. Retrieved from <http://Writing About Testing Worries Boosts Exam Performance in the Classroom>

Researchers conducted a study in which they tested a psychological intervention in which was supposed to boost scores and determine why scores are lower under pressure. They told students to expressively write how they felt about taking an important test. By simply writing down their feelings it significantly boosted their scores.

I will use this article in my EE when I discuss solutions to stress

Reducing academic pressure may help children succeed. (2012, March 12). Retrieved from American Psychological Association website:

<http://www.apa.org/news/press/releases/2012/03/academic-pressure.aspx>

This website has a different vision on how to help with academic performance. They think that if kids are told that failure is normal (instead of always succeeding) then they will perform better in school. Once the kids hear this their stress levels may significantly decrease.

I may use this research on finding ways to decrease stress and increase performance

Sohail, N. (2013). *Stress and academic performance among medical students*. Retrieved from <https://pdfs.semanticscholar.org/f22d/6d7c560864970ab13025b6be80f729eb7059.pdf>

This study used a questionnaire and in-depth interviews. They found that there was a moderate amount of stress in students, the higher the stress level the poorer the academic achievement.

I will describe the findings of this research in my essay

Steele, C. M. (1997). *How stereotypes shape intellectual identity and performance*. Retrieved from [http://users.nber.org/~sewp/events/2005.01.14/Bios+Links/Krieger-rec5-Steele\\_Threat-in-the-Air.pdf](http://users.nber.org/~sewp/events/2005.01.14/Bios+Links/Krieger-rec5-Steele_Threat-in-the-Air.pdf)

Stereotypes may not be achievement barriers; however, this research says otherwise.

Identification at school plays a major role in school. These people may have a stereotype threat holding them back on their academic performance.

This doesn't necessarily go with my topic, however, I may be able to incorporate it into my essay