



# How Does Lifestyle Affect College Students Academic Performance?

Angela A. Cordova

Northern New Mexico College

## ABSTRACT

The aim of this study is to examine if there is a link between a student's lifestyle and their academic performance. First, I want to clarify how the student's lifestyle choices such as using drugs, alcohol, not eating healthy, not exercising, or other factors such as family support will affect how well they do in college. Secondly, and if it does have some affect, to what degree those factors will affect their studies and performance in college. The overall goal is to reveal if the factors have great impact on the college student. To gain knowledge a questionnaire was distributed to selected college students at Northern New Mexico College.

**Keywords:** academic performance, college students, stress, and well-being

## INTRODUCTION

This study was of interest to me because as a student it is important that we live a positive life and have academic success through our college years. As students, we need to identify the factors that may influence our academic performance. Studies show that there are different factors that can affect our academic performance. Such as, family support, alcohol or drug abuse, study or sleep habits, poor diet, exercise, and financial burdens. According to (Michael Sullivan & Ed Risler, 2002) "Substance abuse affects overall student retention rates directly through accidents, alcohol-related problems, and misconduct and indirectly through reduced or problematic academic performance (Wyman, 1997).

## METHODS

The type of research that will be conducted is a quantitative approach using a constructivism worldview. By using that approach, I will understand how the students' lifestyles which may or may not affect their academic studies I will be surveying about 50 students or 5% of the students from Northern New Mexico College (NNMC). The students will be over the age of 18 and will include both genders. Creswell & Creswell (2018) suggest, "the data is collected on an instrument that measures attitudes, and the information is analyzed using statistical procedures and hypothesis testing. For the study I will be using a random survey/questionnaire as a research instrument.

## RESULTS

The study contained a total sample size of N= 34 NNMC students during the Spring 2020 semester. Sixty-eight questionnaires were sent out to the participants and all participants were asked their gender. Of the 34 (50%) of the participants were returned by 26 women (76.5%) and 8 men (23.5%). Among the students surveyed, 67.6% strongly agreed that there are some factors that contribute to college students' academic performance and 32.4% of the students agreed there was a relationship, shown in Table 1. The next question that was if alcohol, drugs, and tobacco play a role in a college students' academic performance. Those results consisted of 47.1% strongly agreed it played a role and 41.2% agreed with it. While 11.8% neither agreed nor disagreed shown in Table 2. Inadequate sleep or bad sleeping patterns have an impact on academic performance. Those results consisted of 73.5% strongly agreed it played a role and 26.5% agreed with it. While 11.8% neither agreed nor disagreed shown in Table 3.

## RESULTS CONT.

The last lifestyle that I chose to ask the participants about was how inadequate sleep or bad sleeping patterns may have an impact on their academic performance. The results were 73.5% strongly agreed and 26.5% agreed that the inadequate sleep or bad sleeping patterns does impact their academic performance shown in Table 3.

Table 1

There are some factors that contribute to a college students' academic performance.

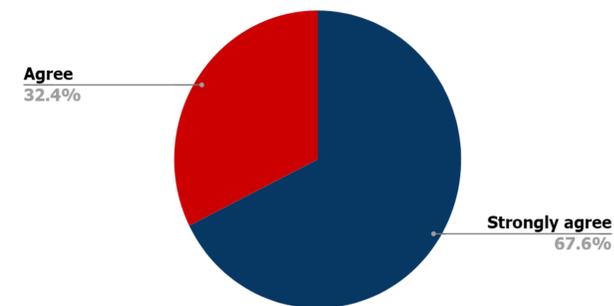


Table 2

Alcohol, drugs, and tobacco play a role in a college students' academic performance.

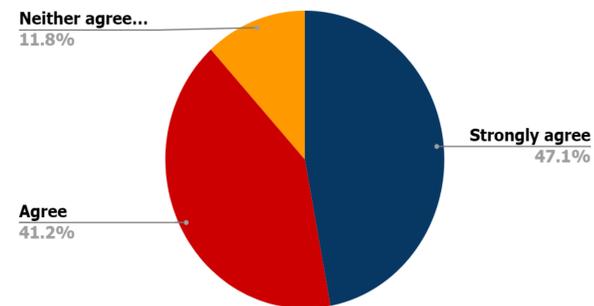
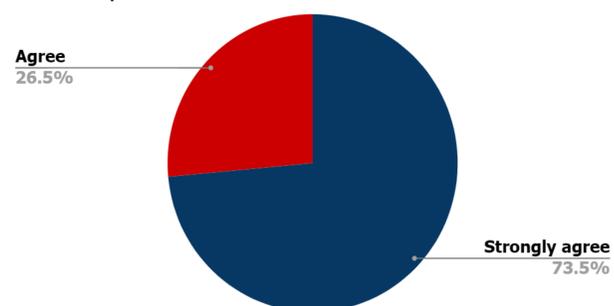


Table 3

Inadequate sleep or bad sleeping patterns have an impact on academic performance.



## DISCUSSIONS

Among the findings of this study showed that alcohol, drugs, and tobacco play an important role in the participants academic performance. It showed a connection of alcohol abuse with lower grades. The findings also showed students need adequate amount of sleep to be able to perform at their best. Once again, the participants agreed that lack of sleep or bad sleeping patterns plays a role in lowering their academic performance. The limitations of this study was the worldwide pandemic of the Covid-19 virus. In March of this year, our state governor issued a stay at home order to stop the spread of the virus. With that order came the closing of NNMC. The way the study was affected is the need for "social distancing", kept me and others away from school and I was unable to go to classes and present my consent form and questionnaire to the students in person.

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