

How Do Sports Positively Affect Students' Mental Health in Post-secondary Education Programs: Research Proposal

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Abstract : College students have stressful lives, classes, work, and home life; it all adds up to anxiety and stress. Most students can manage the stress, but some can't and need help. Mental health issues are on the rise among college-age students, which could lead to other health issues, depression, or even suicidal thoughts. There needs to be an outlet for these students, and one suggestion is participating in sports or exercise/recreation activities. "Strong body, strong mind" is a concept that has been researched for many decades now. While that has been preached, depression and anxiety have still been at an all-time high in college students within the last five years. College students are expected to stay on top of their academic coursework, obtain and keep relationships, adjust to living independently, and economic strain. As poor mental health becomes inherent, struggles academically, dropping out of school, becoming involved in immoral situations, or as far as committing suicide, can be seen shortly after. This research proposal examines the positive impact of sports on students' mental health in post-secondary education programs. The study aims to investigate how participation in college sports can alleviate stress, anxiety, and depression, improve mood and focus, and contribute to better academic performance. With the increasing prevalence of mental health issues among college students and the growing emphasis on mental health awareness, this research is significant for understanding and managing collegiate sports programs. Overall, sports help with mental and physical health for all ages.

Keywords : mental health, sports, college students, recreation programs

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