

INTRODUCTION

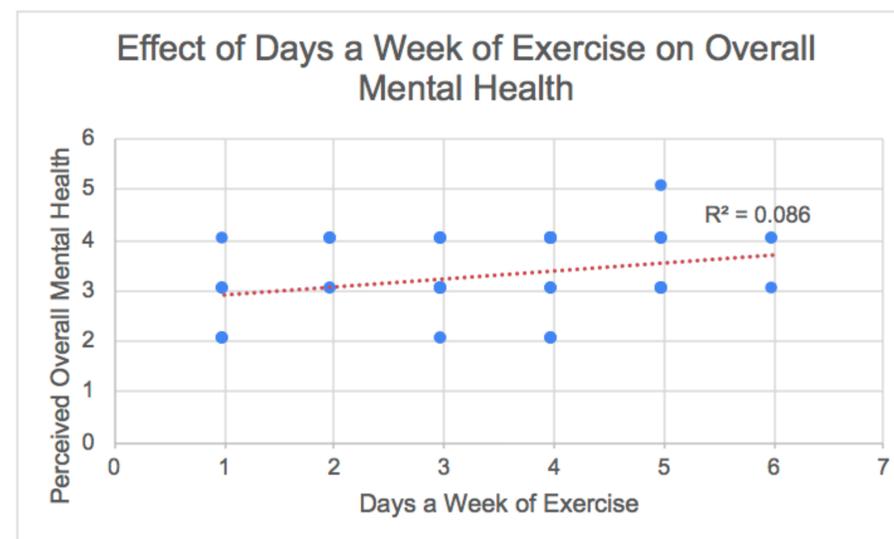
- The purpose of this study is to measure the correlation between exercise habits and mental health in undergraduate college students attending the University of Dayton.
- It is essential to find if there is a positive relationship between the two variables in order to help improve the overall well-being of college students.
- A study by VanKim et al. found that college students who participated in more physical activity were less likely to suffer from mental health conditions. Another study by Thome et al. (2004) found that there was a positive correlation with college students who were using exercise as a coping mechanism to control their mental health behaviors.

METHODS

- The research and design plan that we chose to conduct our data was a survey. The participants in our study are all undergraduate college students from the University of Dayton, 18-22 years old. They completed a 20-question survey that included demographics, current exercise habits, and mental health status.
- Some of the specific questions included:
 - Do you exercise on a weekly basis?
 - How many days of the week do you exercise?
 - How would you rate your overall mental health?
 - How do you typically feel before/after working out?

RESULTS

	Days a Week One Exercises	Overall Mental Health
Days a Week One Exercises	1	
Overall Mental Health	0.29322538	1



t-Test: Two-Sample Assuming Unequal Variances

	Variable 1	Variable 2
Mean	2.96825397	4.38095238
Variance	0.61187916	0.40092166
Observations	63	63
Hypothesized Mean Difference	0	
df	119	
t Stat	-11.14186	
P(T<=t) one-tail	1.743E-20	
t Critical one-tail	1.65775928	
P(T<=t) two-tail	3.486E-20	
t Critical two-tail	1.98009988	

DISCUSSION OF RESULTS

- The overall correlation of the two is 0.293, which shows a slight positive correlation between the two.
- The R² value of 0.086 is a low regression rate and the independent variable weakly affects the dependent variable in this survey.
- The two variables that were researched from the t-test were how individuals felt before and after exercising.
- The t Stat (-11.14) < -t Critical two-tail (1.98), therefore the null hypothesis is rejected.

CONCLUSIONS

- We found that individuals who exercise more on a weekly basis will have a higher score of mental health on a 1-5 scale.
- We also found that there is a slight positive correlation with those who exercise several times a week and an improvement on their overall mental health.

ACKNOWLEDGEMENTS

- We would like to thank the participants who volunteered to be apart of this study and who took the time to take our survey. We also would like to thank Professor Murray and the HSS department for their contribution and assistance.

REFERENCES

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- VanKim, Nicole. (2013). *Vigorous Physical Activity, Mental Health, Perceived Stress, and Socializing among College Students*. *American Journal of Health Promotion*. Retrieved February 6, 2022.