

Abstract

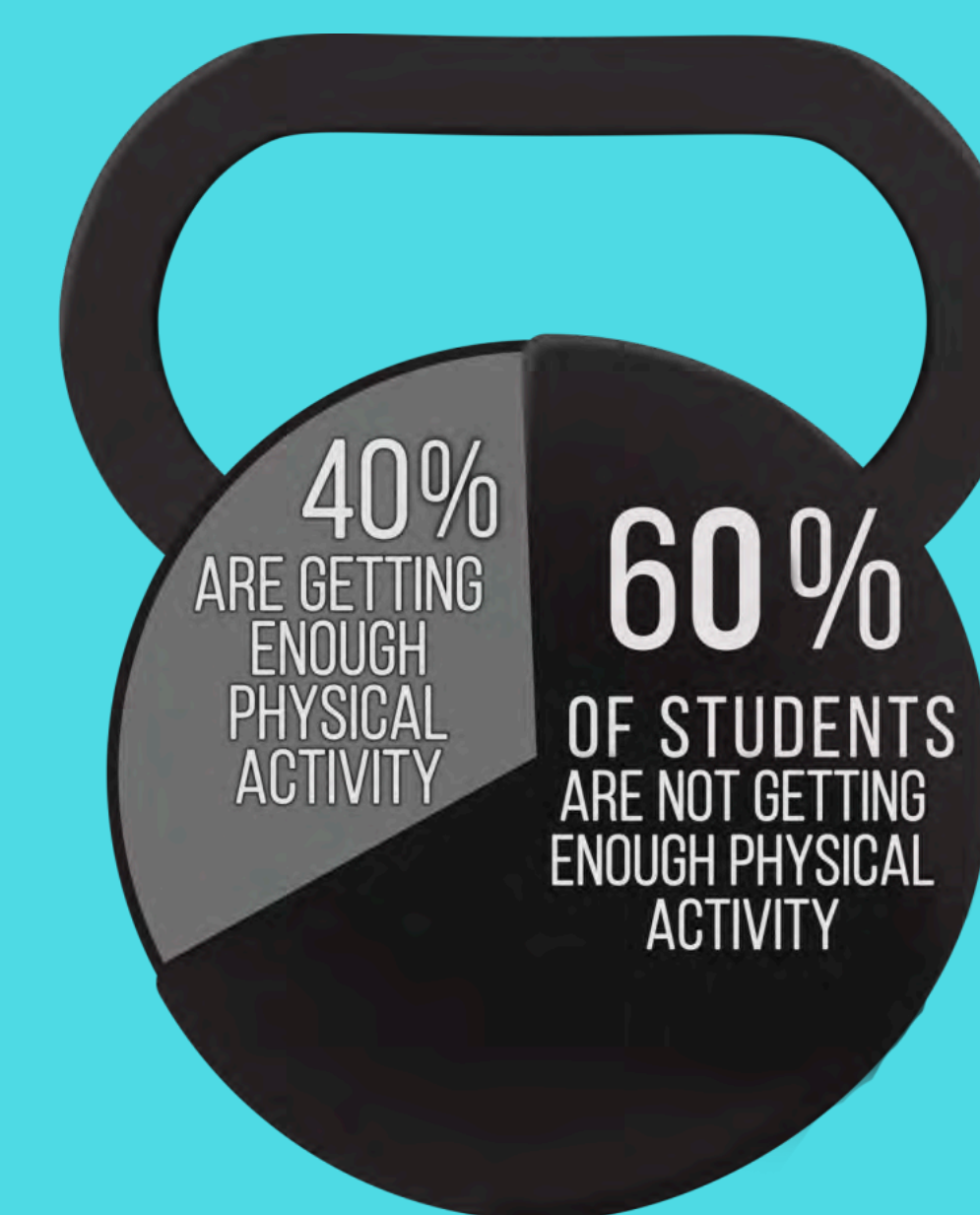
I will explain how college students' academic performance will improve by exercising. This will help college students because working out improves body image. When one's body image improves other things like quality of life will improve as well. Body image is the way individuals view themselves which can be in a positive or negative way (Gillen, 2015). It has been proven that individuals with higher body image show fewer depressive symptoms (Gillen, 2015). It is surprising how much positive body image impacts an individual's quality of life. An individual is more likely to succeed because having a positive body image increases self-esteem. It is common knowledge that college is overwhelming, but if students take the time to cope with stress by exercising to improve their body image, then college will be more manageable. There is a significant decrease in college student burn outs when quality of life and body image is influenced by exercising (Praire, Shane & Lawrence, 2019). It is very important to improve academic performance, but what is most important is not giving up and not dropping out. If college students were more aware of how exercise and body image can impact their academic performance, then there would be fewer college student burn outs.

Review of Literature

- College students' body image improves by participating in physical activity. Also, their academic performance increases when they have positive body image because they take time to cope with stress by doing physical activity. Gillen (2015) pointed out that individuals with high positive body image have better self-esteem because of their exercise habits. When college students don't take the time to deal with their stress, they tend to get over stressed which is when their grades start to slip. Therefore, it is essential for college students to do physical activity so that they can stay engaged in college.
- Fricke, Lechner, and Steinmayr (2018) worry that students that take time out of their day to do physical activity, will fall behind in classes. Later they found that students' academic performance improves significantly when making time for physical activity. The article, *The effects of incentives to exercise on student performance in college* specifically stated, "These findings suggest that the incentives and the results increase in exercise on campus lead to substantial educational gains." However, since students take time to do physical activity, their body image is increasing and making college life more manageable.



Google Image 2020



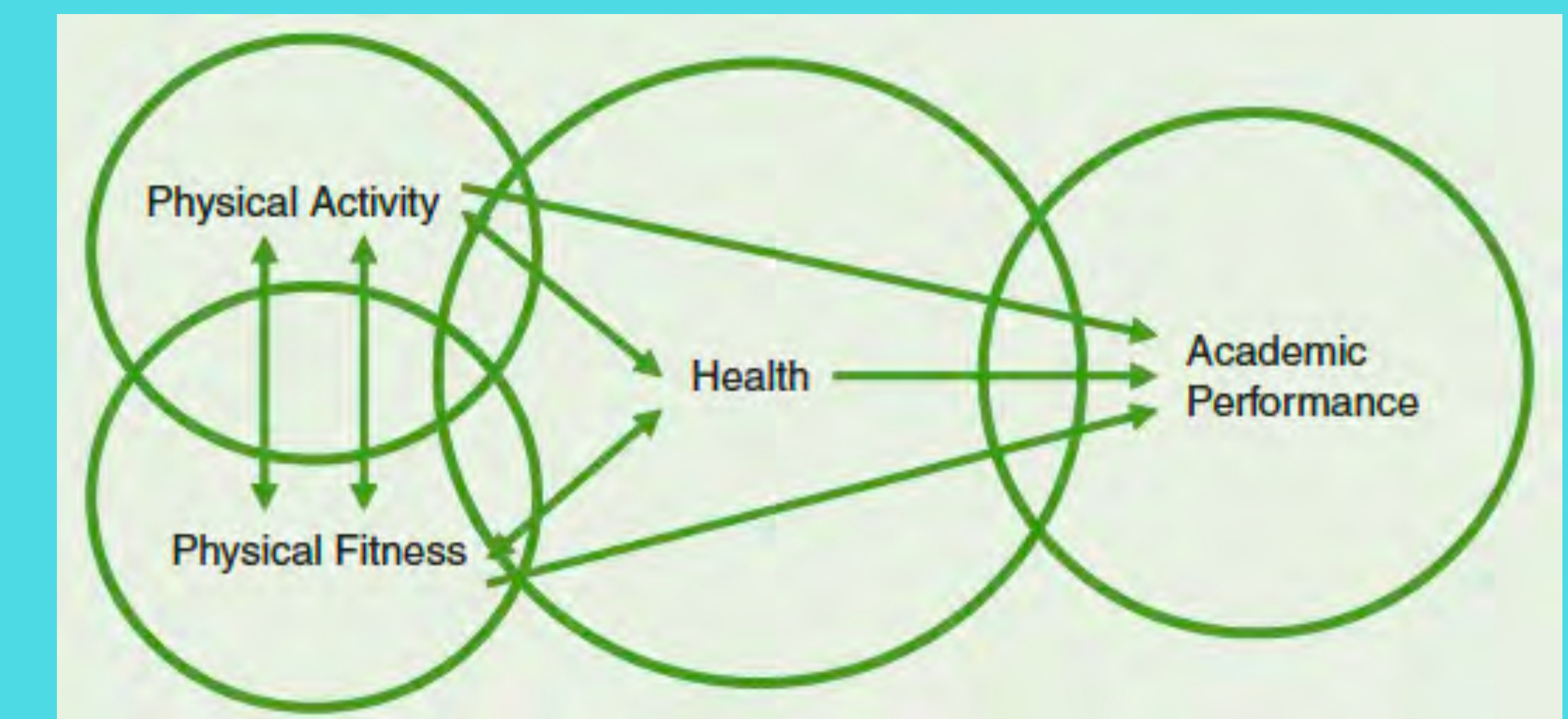
Google Image 2020



Google Image 2020

Results

- Studies and research on this topic illustrate why it is essential for college students to do physical activity and improve their body image. Both impact college students in many ways in which will be discussed...
- Hayes, Giles, Mahoney, & Kanarek (2018) argued that physical activity is not the best way to improve body image. They pointed out that eating habits do more for improvement of body image. However, later they changed their minds and stated how physical activity is very important.
- Gillen (2015) agreed to disagree that healthy eating habits can improve body image, but it is not the primary solution for most individuals. Individuals that have a workout schedule show more proactive body related attitudes and behaviors.
- Many students that were interviewed reported that participating in physical activity helped them refocus. Also, reported that their body image significantly improved when they used physical activity as a coping skill for stress.



Google Image 2020

Conclusion

- So far, the research has proven that physical activity increases body image and academic performance.
- One of the main limitations was finding specific research on how physical activity increases body image and academic performance. Research did not support a correlation between physical activity, body image, and academic performance. The researcher had to search for individual sources that only addressed about one of the three, instead of including two of the three.
- Another limitation was finding scientific evidence of how physical activity affects the brain.

Contact

Stephani Willis
Center for Human Enrichment
Email: will6873@bears.unco.edu

References

- Gillen, M.M. (2015). Associations between positive body image and indicators of men's and women's mental and physical health. *Body Image*, 13, 67-74. doi:10.1016/j.bodyim.2015.01.002
- Fricke, H., Lechner, M., & Steinmayr, A. (2018) The effects of incentives to exercise on students' performance in college. *Economics of Education Review*, 66, 14-39. doi:10.1016/j.econedurev.2018.06.009
- Paire, E., Shane, N., & Lawrence, C.E. (2019). Physical activity in matriculating and senior medical students. <https://digitalrepository.unm.edu>
- Ouyang, Y., Wang, K., Zhang, T., Peng, L., Song, G., & Luo, J. (2020). The influence of sports participation on body image, self-efficacy, and self-esteem in college students. *Frontiers in psychology*, 10. doi:10.3389/fpsyg.2019.0339
- Hayes, J.F., Giles, G.E., Mahoney, C.R., & Kanarek, R.B. (2018). Breakfast food health and acute exercise: Effects on state body image. *Eating Behaviors*, 30, 22-27. doi:10.1016/j.eatbeh.2018.05.006
- Wiklund, E., Wiklund, E., Jonsson, E., Jonsson, E., Coe, A., . . . Fysioterapi. (2019). 'Strong is the new skinny': Navigating fitness hype among teenagers in northern Sweden. *Sport, Education and Society*, 24(5), 441-454. doi: 10.1080/13573322.2017.142758
- Alvarado, R., Arias, T., Cortez, A., Hernandez, G., Hunt, A., & Otterloo, C. V. (2020). Personal Communication.