RESEARCH HIGHLIGHTS

- Using the Student Adaptation to College Questionnaire, Division II athletes and non-athletes were surveyed on academic, social, and personal-emotional adjustment. Athletes scored higher in adjustment scores than non-athletes. Minority student-athletes also scored very high on adjustment measures.

- We found high academic adjustment in minority student-athletes compared to lower academic adjustment in non-athletes as a whole.

- Social adjustment among female non-athletes was very high, while the majority student-athletes as a whole scored very low.

- Personal-emotional adjustment was high for male minority students, while female non-athletes in the majority scored low. Personal-emotional adjustment scored high for student-athlete males in the minority, as compared to the low score of majority non-athlete females. Attachment scores were low among all groups.

QUESTIONS FOR PRACTICE

1. How does our department and university support college athlete adjustment to college?

2. How do these adjustment patterns in athletes compare to non-athletes on my campus?

Additional resource:
- Examination of the Influence of Athletic Participation on College Adjustment
- Student Adaptation to College Questionnaire

Nick Stowers, PhD
Assistant Professor of Kinesiology and Sports Administration
East Central University
nstowers@ecok.edu

WANT TO LEARN MORE?

Visit the Center’s Research Brief Library

Explore the UW Intercollegiate Athletic Leadership (IAL) Graduate Program

Refer a student for the IAL Graduate Program