

*There is a positive relationship between time management behavior and academic performance among college students.*

*Collegiate football players reported comparatively lower time management behavior and academic performance than other college students.*

## The Effects of Participation in Collegiate Football on the Time Management Behavior and Academic Performance of College Students

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### Introduction

The unique demands of balancing rigorous athletic commitments and academic responsibilities present a challenge for college football players. Approximately 500,000 student-athletes participated in National College Athletics Association (NCAA) sports in 2022. Of this number, about 74,000 are football players. According to the NCAA, only 1.6% of collegiate football players eventually transition from collegiate athletics to professional football through the draft or as undrafted players. With this challenge in fulfilling a professional football career, the pressure of collegiate sports can make accomplishing academic needs difficult for football players. While students who do not participate in collegiate athletics have ample time for studying, attending classes, and completing assignments, football players often have far less time to meet their academic obligations. These competing demands on their time often lead to an imbalance between their athletic and academic commitments.

### Hypotheses

1. A positive relationship exists between time management behavior and academic performance among college students.
2. An inverse relationship exists between participation in collegiate football and time management behavior.
3. An inverse relationship exists between participation in collegiate football and academic performance.

### Method

#### Sample

Volunteer sample of 140 students from a NCAA Division II school  
25% Football players  
11% Other sports  
64% Non-athletes

#### Instrument

*College Student Survey* comprised of 33 items adapted from the *Time Management Behavior Scale* [TMBS] (Macan & Hoff, 1994).

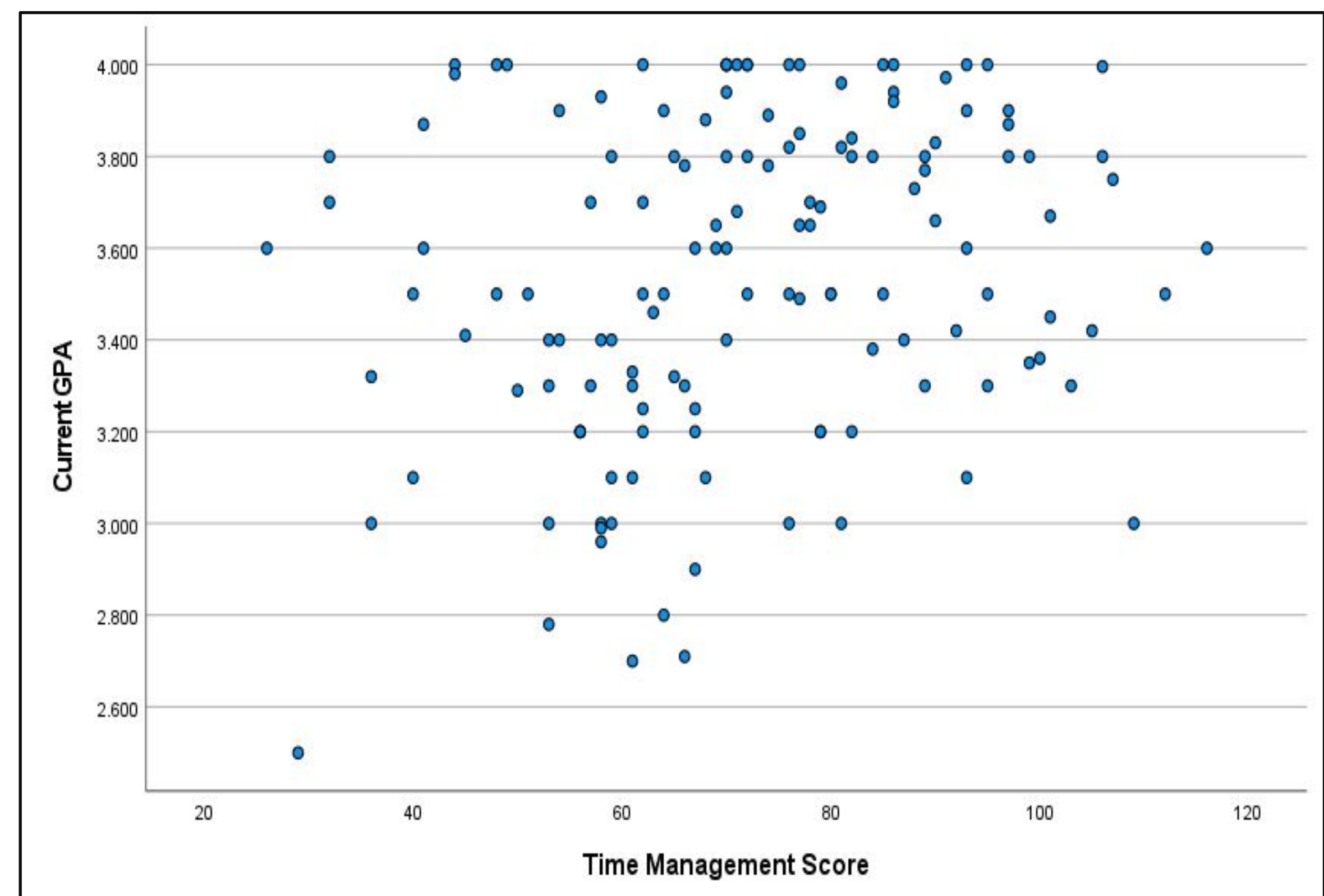
#### Data Analysis

Descriptive and inferential analyses  
Spearman correlation and One-way ANOVA  
Alpha level set a 0.05

### Discussion

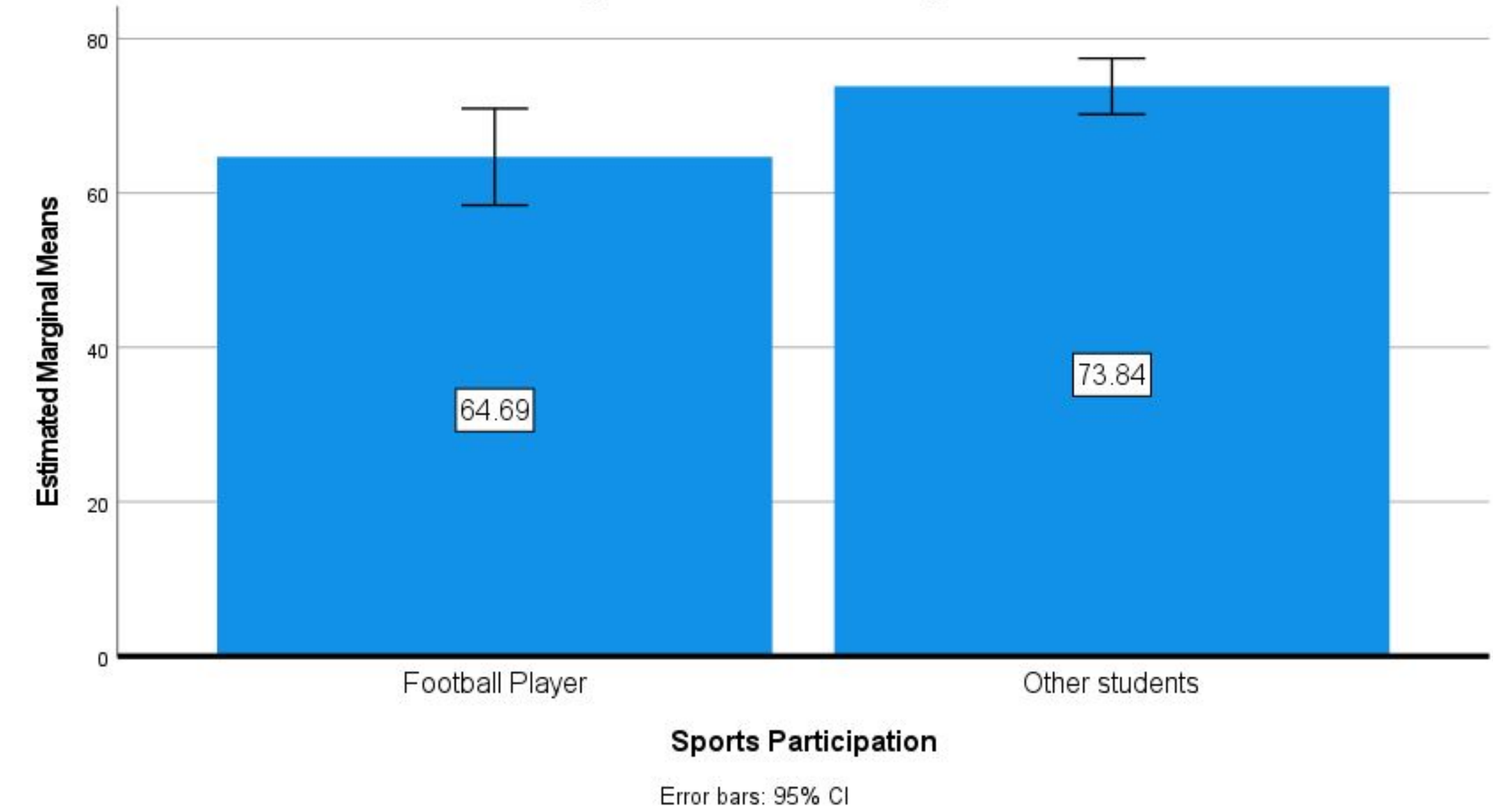
Student-athletes experience significant time constraints due to their athletic obligations. This study revealed a weak but statistically significant relationship between time management and academic achievement, with football players reporting comparatively lower time management behavior and academic achievement. The ultimate goal of a collegiate football team should be to help mold well-rounded individuals who excel in athletics and academics. Increasing time management behavior among collegiate football players should be a collaborative effort involving coaches, professors, and players. Prioritizing deadlines, time management workshops, and requiring players to attend scheduled tutoring sessions may create opportunities for increased time management behaviors, leading to improved academic performance (Britton & Tesser, 1991).

### Results



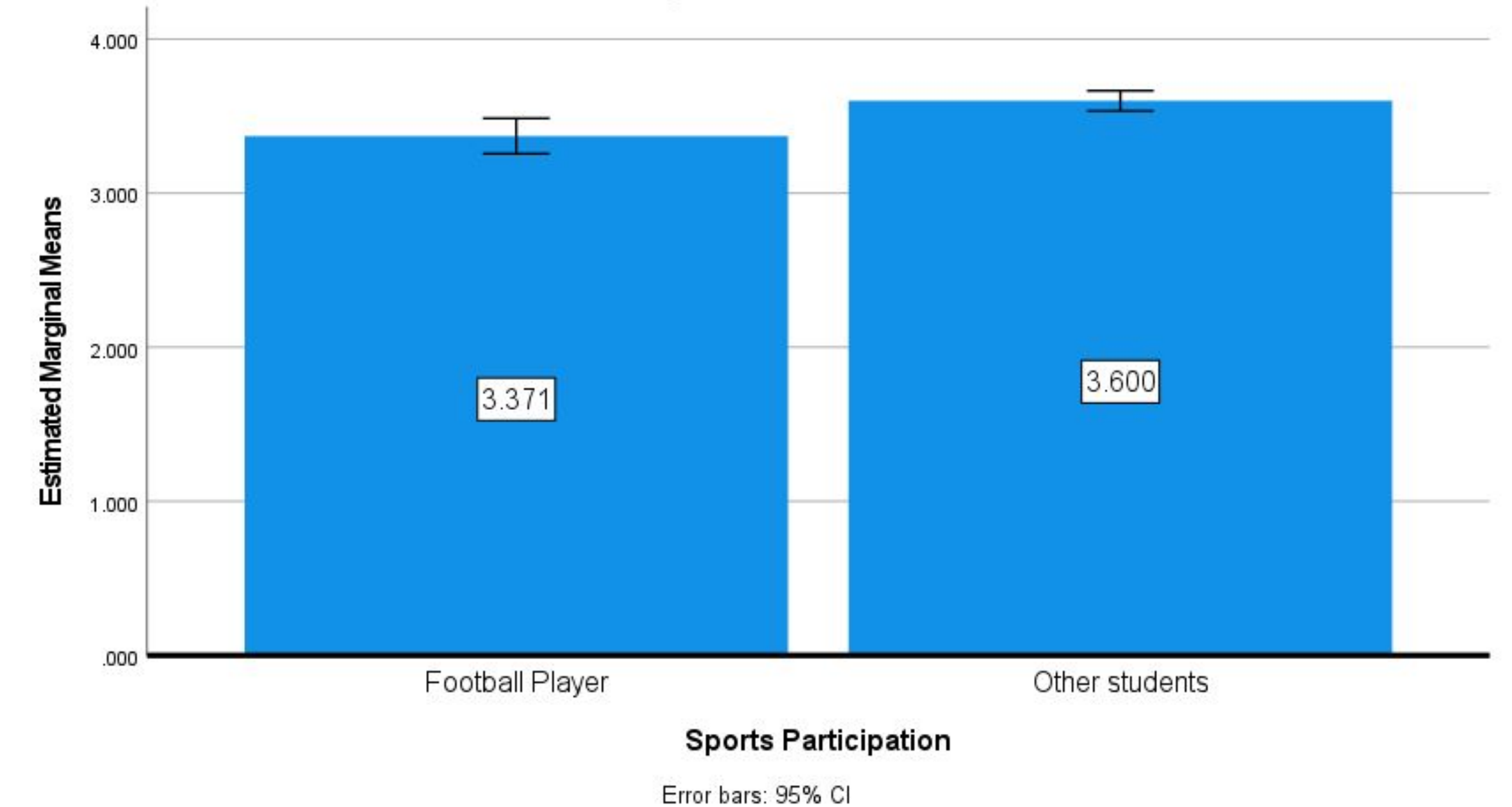
$r(137) = .24, p = .005, r^2 = .06$  Null hypothesis rejected - Alternative supported

Estimated Marginal Means of Time Management Score



$F(1,137) = 6.25, p = .014$   
Football players ( $M = 64.69, SD = 14.34$ ) Other students ( $M = 73.84, SD = 19.96$ )  
Null hypothesis rejected - Alternative supported

Estimated Marginal Means of Current GPA



$F(1,137) = 11.68, p < .001$   
Football players ( $M = 3.37, SD = .30$ ) Other students ( $M = 3.59, SD = .35$ )  
Null Hypothesis rejected-Alternative supported

