



# HEALING FROM HEADLINES

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## RESEARCH STUDY

Impact of Negative News on Students



### Introduction:

Our HOSA group explores the effects of negative news exposure on students' mental health and academic performance. Our goal was to ensure that the information we share encourages mental well-being and that our approach effectively supports our peers. To do this, we launched a research study to gain deeper insights into how frequent exposure to negative news impacts stress levels, concentration, and overall academic performance among students.

### Research Question:

Among adolescents aged 13-17, does frequent exposure to negative news impact stress level, concentration, and academic performance?

### Hypothesis:

Students frequently exposed to negative news will experience higher stress levels and reduced concentration, leading to lower academic performance compared to those with limited exposure.

### Study Process:

1. Participants completed an initial survey to assess baseline stress levels, concentration, and academic performance.
2. Over two weeks, participants maintained a diary or responded to survey prompts about their news consumption habits and their impact on stress and focus.
3. After two weeks, participants retaken the survey.
4. We compared the pre- and post-study results to analyze changes in stress, concentration, and academic performance.

### Participants:

- Age Range: Teens aged 13-17
- Sample Size: 30+ participant
- Grouping: Participants were divided into two groups: a high-exposure group (frequent negative news consumers) and a low-exposure group (limited negative news consumers).



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### Data Collection Tools:

Surveys: These collected data on stress levels, concentration, and academic performance.

Example Questions:

- How often do you consume news daily
- How do you feel after consuming news?
- Did you find it harder to focus on schoolwork during the study?
- What coping mechanisms did you use to manage the stress?

### Findings and

### Recommendations:

Our preliminary results suggest that higher exposure to negative news correlates with increased stress and decreased academic performance. We recommend strategies such as limiting negative news exposure, balancing it with positive stories, and implementing mindfulness activities to support mental well-being.

### Data Analysis:

We used bar graphs and pie charts to visualize the correlation between news exposure and academic outcomes. Our analysis focused on identifying patterns such as higher stress levels and reduced focus among students with higher exposure to negative news.



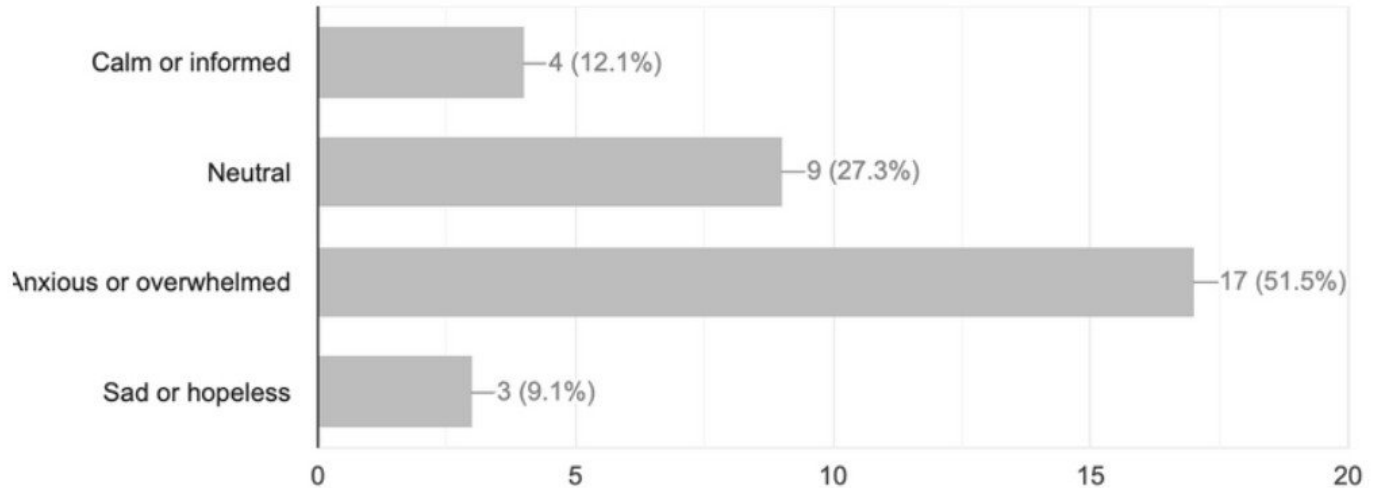
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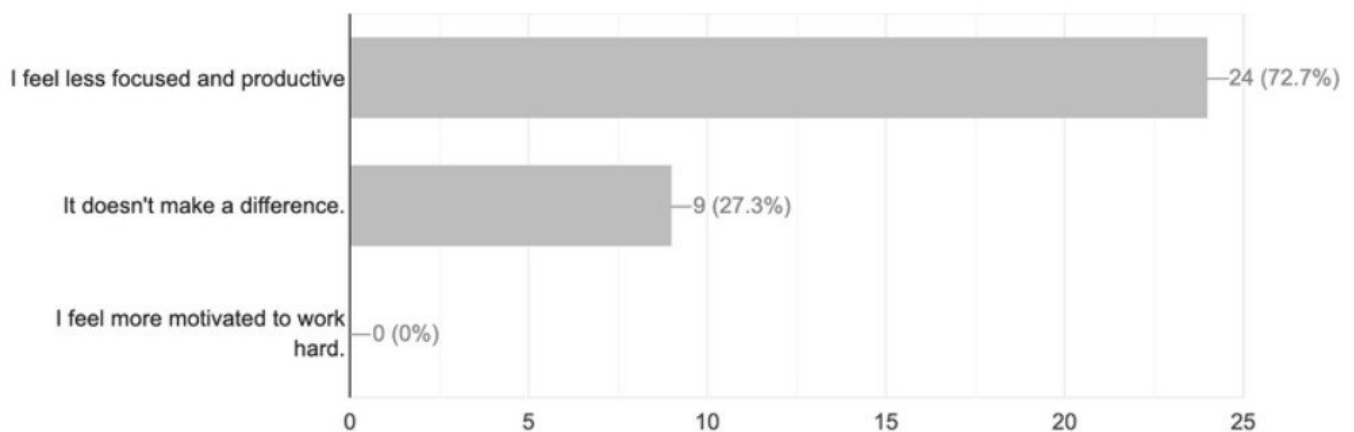
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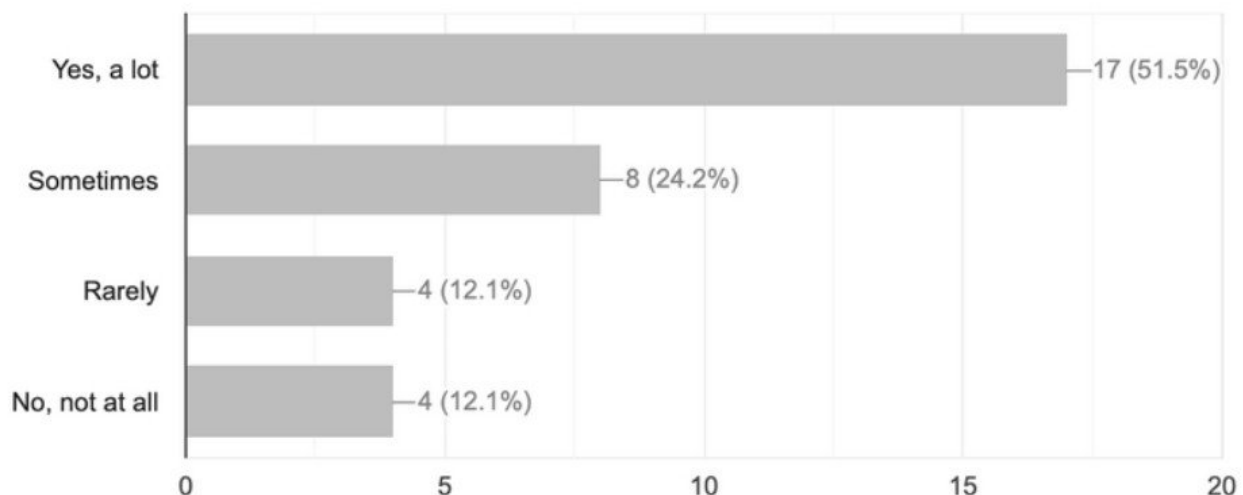
### **How does consuming news typically make you feel?**



### **Do you feel like news exposure affects your ability to focus on schoolwork?**



### **Have you noticed any changes in your focus or productivity after consuming negative news?**







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### Participant Insights

#### Participant A (High Exposure)

- Before: Participant A consumed news daily, spending about 30 minutes each morning and evening on platforms like social media and news apps. The content they encountered was often negative, covering political conflicts, climate crises, and social injustices.
- After: After two weeks, Participant A reported increased feelings of frustration, overwhelm, and helplessness. Their concentration on schoolwork significantly decreased, as they frequently became distracted by news stories. Participant A's GPA dropped from 4.2 to 4.1, reflecting the impact of the increased stress and reduced focus. To cope, they continued discussing the news with family members, which helped them process their emotions.

#### Participant B (Low Exposure)

- Before: Participant B consumed news once or twice a day, often limiting their exposure to minimize the emotional impact of negative stories.
- After: After two weeks, Participant B reported feeling some sense of hopelessness, but their concentration remained unaffected. Their GPA remained steady at 3.9, suggesting that their more balanced news consumption helped them avoid the negative impact on their academic performance. They found that focusing on positive news, listening to music, and practicing mindfulness (such as meditation and exercise) were effective coping strategies.

### Conclusion

The results of our study suggest that frequent exposure to negative news has a measurable impact on students' mental well-being and academic performance. Participant A, who consumed news daily and was frequently exposed to negative stories, experienced increased stress and a noticeable decline in academic focus, reflected in a small drop in GPA. On the other hand, Participant B, who limited their news exposure, maintained their concentration and GPA, showing the potential benefits of balancing news consumption.

Our data further indicates that while negative news can contribute to feelings of stress and hopelessness, effective coping strategies such as focusing on positive news, discussing concerns with others, and practicing mindfulness can mitigate these effects. Based on these findings, we recommend that students manage their news intake, incorporating positive stories and utilizing stress-relief techniques to maintain mental well-being and academic performance.