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| Conclusions  After viewing our results we found some things we suspected, and also a few surprises. When asked about being disciplined by school administration a significant more amount of people who were classified as Athletes said that they have not been disciplined by the administration. Only 20 % of athletes have been disciplined, while 40.3% of people who only exercise and 40% of non- athletes have been disciplined. There was not a significant difference between people who exercise and non- athletes. This is possibly a result showing that many athletes are disciplined less because they may tend to stay out of trouble in order to stay eligible to play their sports. A side effect of not being disciplined is that there is less stress added to daily school life. This supports our hypothesis that habits obtained through playing sports will lead to less stress. (Reference graph 1)  Another result we obtained is that a significantly larger number of athletes than people who rarely exercise said that they were physically fit. Being physically fit reduces stress about certain health problems, thus supporting our hypothesis that people who exercise will be less stressed than those that do not exercise. (Reference graph 2)  Another great cause of stress, especially in high school is being overweight. People who exercise are significantly less likely to be overweight. Only approximately 3% of athletes said that they were overweight, while 18% of non- athletes said that they were. This proves our hypothesis that people who exercise have less stressors than those that don�t. (Reference graph 3)  High school students may use illegal drugs as an unhealthy way of coping with stress. These drugs, however, will ultimately lead to more amounts of stress. Only 6% of athletes said that they used illegal drugs, but 19% of non- athletes and 16% of exercisers said they used drugs. Athletes probably use drugs less because they have to worry about athletic eligibility and athletic performance. Not taking drugs, however, makes athletes less likely to fall under stress that drugs may cause. (Reference graph 4)  People who are athletes or tend to exercise a lot are also significantly more likely to eat healthy. 59% of athletes and 68% of people who exercise tend to eat nutritious meals more often than people who do not exercise. (Reference graph 5)  Other relevant data:  All teenagers are subject to significant amounts of stress, but the way athletics tend to reduce stressors proves that exercise reduces stress to certain levels. These results support our hypothesis that athletes tend to have less causes of stress than non- athletes. Some things that we would worry about in regards to our surveying method are that the samples were not all that large. The sample may not represent all upper-classman at Amador accurately, but for the most part the samples are sufficient. Also, people answering the survey may not have been completely truthful, even though it was a confidential survey.    [[Home](http://docs.google.com/home.html)][[Introduction](http://docs.google.com/introduction.html)][[Hypothesis](http://docs.google.com/hypothesis.html)][[Procedure](http://docs.google.com/procedure.html)][[Data](http://docs.google.com/data.html)][[Conclusions](http://docs.google.com/conclusions.html)][[Bilio/Links](http://docs.google.com/biblio.html)]  [[2002 Projects](http://docs.google.com/AP2002/index.html)][[2001 Projects](http://docs.google.com/index.html)][[2000 Projects](http://docs.google.com/AP2000/index.html)][[1999 Projects](http://docs.google.com/AP99/index.html)][[1998 Projects](http://docs.google.com/AP98/index.html)] |