

Abstract

RESEARCH TITLE: Relationship Among Physical Activity, Self Esteem, and Academic Performance

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There have been studies focusing on the relationship between physical activity, and academic performance, but not everyone agrees on that relationship (Yu, Chan, Cheng, Sung, & Hau, 2006). The purpose of this study was to add self-esteem to previous information and examine the relationship among these three variables. In this study, fifty-nine sixth-grade students completed the physical activity questionnaire for older children (PAQ-C), and the physical self-description questionnaire (PSDQ). Parents of the students added information about their child's academic grades in math, science, and language arts in order to calculate grade point average (GPA). Separate Pearson's correlations revealed a significant relationship between physical activity and academic performance ($r=.585$); physical activity and self-esteem ($r=.426$); and academic performance and self-esteem ($r=.624$). The results provide strong support for regular physical activity.