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EN202-02

Northern Marianas College

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Final Report Draft

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Abstract

This paper examined the amount of data and information collected throughout the weeks of spring semester. It primarily focused on a research question the student researcher chose, which is ‘Why are teenager pressured to attend a college or university?’ This essay will provide background information of the topic. The information will be backed up with a literature review, which is the various of literature; the student researched related to the topic. Other information such as research questions, methodology, analysis, discussions, conclusion, and the reference list are included in the paper. Appendixes will also be included in this essay to separate the data quality the student researcher collected. Not only to show what was collected, but also to inform the reader where the data was collected.

Introduction

Planning for the future is what most teenagers often think about. Especially for high school seniors who will be graduating soon. Some will either apply for a job to gain money and work experience. Others would work for the military as soldiers, on or off the training grounds. Of course there are those who decide to pursue a higher education by attending a college or university. Attending a college or university is usually the common route that most recent or upcoming high school graduates would choose. However, there are some cases where teenagers are being pressured to enter a college or university. The student researcher’s topic is trying to figure out why are teenagers being pressured to pursue a higher degree of education. Not only will she find out why, but also to inform students the health risks of feeling pressured. This research proposal plan will identify the causes of academic pressure and the effects of it.

Background

Attending a college or university are one of the common goals that most high school often think about. It is indeed a difficult decision one would make, but the question is ‘Why are they pressured?’ According to the results of a survey the student researchers created, most of the respondents answered that the source came from parents or family (See Appendix A). Parental pressure is one of the main reasons why a teenager attends college or university, which is to receive a higher degree of education. However, this is data collected from one area and needs more information to support it. In the next paragraph, it will provide various literature the student researcher found and used to provide evidence for the primary research question.

Literature Review

Attending a college or university is a life changing event in a person’s life. Especially when it comes to finding a job with a degree a person pursue. According to Jon Perez, about sixty percent of the Commonwealth of the Northern Marianas Islands attended college two years ago (Perez 2016; PSS: More than half of HS graduates college-bound). This data report was compared to the percentage of high school students from the mainland, which was sixty-three percent. This showed how motivated the students were to apply and attend college to get a degree. It could be academic pressure from family, but it is a form of motivation. Setting a goal and achieving it helps a person feel successful. However, there are some who do not wish to enter college, but are attending due to pressure. Gaining too much pressure can mentally effect a person’s well being.

There are some parents who assume that college is like a walk in a park. However, to their child’s perspective it is not. For example, scoring for the placement test, which are usually English and math. In their eyes it is a battle and survival of the fittest (Robertson, R. M., 2016). In this case it is their minds that are put to the test. Placing in a higher level class will make the future student confident. Pride will swell in the chest and the parents will be proud. However, if the person were to be placed in a lower level class, this will decrease their self-esteem or self-confidence. It won’t help if the parents attack the teenager with harsh words for not trying hard enough.

College students must be at the peak of their mental, physical, emotional, spiritual, and intellectual domains. If a student were to lack in any one of the domains, they will struggling and be at risk of failing more than one class (American Psychological Association, 2014). Also the student will be at risk of suffering mental health problems. The most common mental health problems are: depressions, suicidal thoughts, insomnia, and addiction. For example, a college freshman is preparing for a final exam in less than a week. However, the student failed to study due to late assignments that were not turned in. Also there will be constant visits to college counseling centers, if there is one or more provided by the institution. Possibly prescriptions of medicine to take to ease and relax the student.

Research Questions

Primary Question:

* Why are teens pressured too much to attend college or university?

Secondary Questions:

* Are there any health risks for students who are pressured?
* Is the source from society, school system, family, or social media? Or from another unknown source?
* Does academic pressure have a positive or negative effect on teenagers?

Methodology

Firstly, the student researcher has created a pilot survey and a final survey to send out to participants. The instructor, Dr . Kimberley Bunts-Anderson, recommended adding open-ended and closed-ended questions in the pilot survey. The questions were about age, if respondents’ are currently attending college or not, if there were any pressure to enter college, what was the pressure from, and any health issues that were developed while feeling pressured (See Appendix A). The researcher shared the pilot survey to students from English Composition 101 and 202, which received many feedbacks. Some commented that the pilot survey were good and it centered on the research topic. However, some stated that it needed to be improved and the survey was created for teens who were pressured. The researcher wanted to expand more, so she revised the pilot survey and created a second survey (See Appendix B). Questions such as what types of mental health problems and where did the academic pressure originated were added in the first survey. The surveys were sent to teenagers attending Northern Marianas College. The statistics will be used to measure the amount of data that will be collected and use to compare the results.

Secondly, the student researcher searched to find authentic information from the internet. The student researcher spent her time on the internet to search for information that is reliable and not bias. Various articles, academic journals, and statistics were found online. However, she needed to check if there were authors, published date, publisher, and credibility for journals or articles. The student researcher checked every articles, so that the information she was collecting was reliable and unbiased for her research topic.

Finally, the student researcher was assigned to find experts who have knowledge about the research topic and get support findings. The instructor gave the students an assignment to find at least four experts. However, the student researcher was only able to find one. She found the expert online from Google and looked at her background information. The expert is a licensed psychologist and has a field of expertise in counseling. She wrote a letter to the expert, which contained questions about her profession and specialty. The purpose was to gain more information to support the topic. However, finding experts was difficult because most of them did not had any contact information. Despite the thorough research, the student researcher waited long for the response.

Conclusion

With the research and surveys, there was a greater understanding of why teenagers are pressured and the effects of pressure on college students. According from the research, most parents pressure their child or children as a way of encouraging them. A well-known term that most people are familiar with, tough love. After the research about the effects of being academically pressured, the results remain balanced. This was because that most of the participants viewed pressure as a positive and negative form of motivation. The research question “Why are teenagers pressured to enter a college or university?” is objective, yet bias. Majority of the participants of the surveys chose that pressure is a positive and negative form of motivation. However, they are aware of the mental health problems that are from academic pressure.

Reference List

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**Appendix A: Pilot Survey**

Q1: What is your race?

Q2: Have you ever felt pressured to enter a college or university?

Q3: What was the source from the pressure?

Q4: At what age did the pressure started?

Q5: much pressure, if any, do you feel from your parents for you to enter a good college or university?

Q6: Are you currently attending college or a university?

Q7: Have you been suffering with any mental health problems?

Q8: What type of mental problems are you currently suffering from?

Q9: Do you regret any time you gave in to the pressure?

Q10: How do you feel it affected you?

**Appendix B: Updated survey and second survey for non-pressured teens**

**Updated Pilot Survey**

Q1: What is your race?

Q2: Have you ever felt pressured to enter a college or university?

Q3: What was the source from the pressure?

Q4: At what age did the pressure started?

Q5: If you answer Parents/Family from the previous question: How much pressure, if any, do you feel from your parents for you to enter a good college or university?

Q6: Are you currently attending college or a university?

Q7: Have you been suffering with any mental health problems?

Q8: If you answer Yes: What type of mental problems are you currently suffering from?

Q9: Do you regret any time you gave in to the pressure?

Q10: If you were influenced by pressure, how do you feel it affected you?

**Second survey for non-pressured teens**

Q1: Do you know anyone who was pressured to attend a college or university?

Q2: Did you noticed any change of behavior?

Q3: Did the pressure affected the person in a positive way or a negative way? Please explain.

Q4: Why do you think teenagers are pressured to apply to a college or university?

Q5: Do you think teenagers should be pressured into attending a college or university? Explain why.

Q6: Are you aware of the health risks that a person suffers from pressure?

Q7: Did the person gained a type of addiction while under pressure? Explain.

Q8: Have you ever been pressured to attend college or university?

Q9: Do you think pressure is a type of motivation that should be used? Explain.

Q10: Do you think pressure is the cause of mental health risk (e.g. depression, anxiety, suicidal thoughts)? Why?