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The Role of Occupational Therapy in a Student Athlete's Transition from High School to College

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BACKGROUND

Many student-athletes claim that due to the demands of school and sports, their ability to successfully transition from high school to college is seriously hindered (Woltring et al., 2021; Saxe et al., 2017). Student-athletes not only face the same pressures as other students when being introduced to the rigors of college academics, but they also have the additional stress of playing a collegiate-level sport. The high demand of competitive sports alone has been identified to cause sleep problems and increase performance anxiety levels in student-athletes (Rice et al. 2016). Few studies have been conducted on how OT can help with this transition from high school to college for the student-athlete population. OT has the unique ability to analyze the performance of a student-athlete in both academics and athletics, as well as how their own personal factors, environmental factors, and occupational demands affect that performance.

PROBLEM

Many young adults do not receive the proper help they need to successfully transition roles from being a high school student-athlete to becoming a collegiate student-athlete and end up suffering because of it.

PURPOSE

The purpose of the project is to identify the issues facing student-athletes as they transition from high school to college and to determine occupational therapists' role in the transition for student-athletes. To allow for specialized help in the transition process from high school to college, this research project will provide greater detail about what areas student-athletes experience stressors in.

METHODS

- To recruit participants for this study, flyers were posted around the college campus where the student-athletes attend school.
- If interested, informed consent was obtained and the student-athlete filled out an intro demographic questionnaire, and participants were selected to obtain maximum variation sampling.

Methodology

- A qualitative data analysis was completed on the interview transcripts.
- A Phenomenological research design was utilized to create an understanding of and describes the lived experiences of the student-athletes as they transition from high school to college.

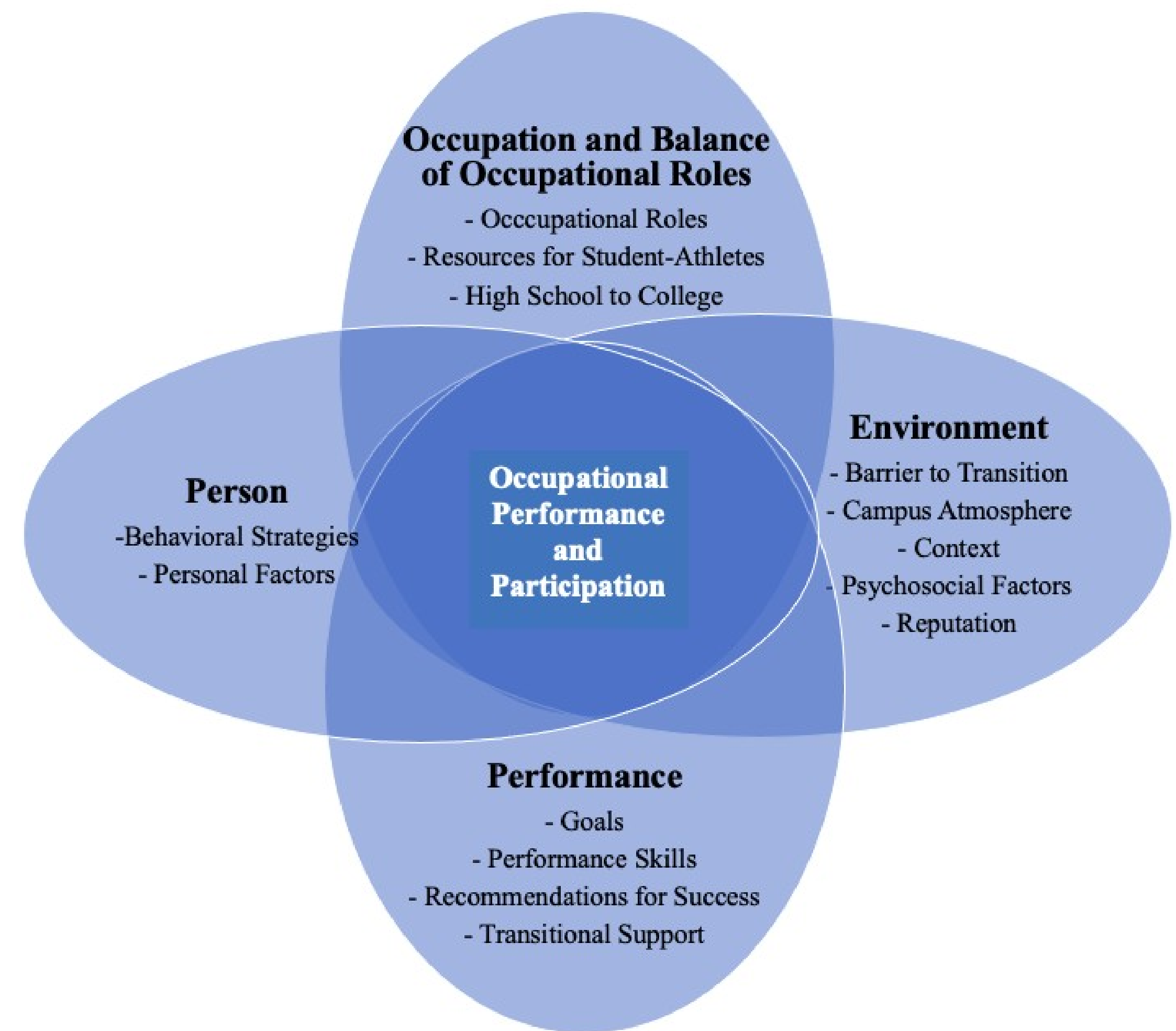
Participants

- 7 total student-athlete participants, 2 male and 5 female.

Research Question

What transitional barriers and supports do student-athletes encounter when transitioning from high school to college?

RESULTS



References

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