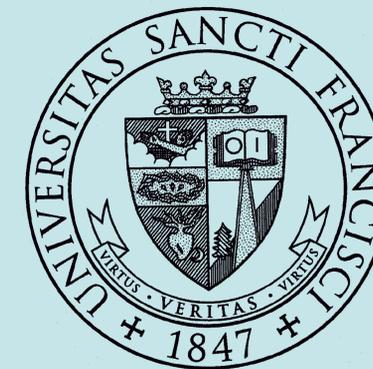


# Motivational Factors of Student Nurse Athletes Attributing to Academic Success



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## Abstract

Student nurse athletes may experience difficulties effectively obtaining academic success in nursing programs.

Many athletes need extra support and assistance to complete a nursing degree.

The purpose of this study was to identify facilitators, barriers, and motivators of student nurse athletes that attribute to academic success.



## Introduction

- Student nurse athletes face many challenges to manage rigorous academic, physical, and emotional demands of their sport and nursing programs

- Potential college athletes may be discouraged from entering nursing programs

- Current nursing shortage, declining enrollment in nursing programs, challenges of athletes to succeed evidence the need to identify factors that contribute to academic success

- Not all institutions provide academic coursework specific to student athletes

- Identification of motivational characteristic of student nurse athletes in BSN programs is needed



## Methods & Materials

- Descriptive, non-experimental, cross-sectional, quantitative pilot study

- Entry Criteria:

1. Student nurse athletes and non-athletes
2. Junior or Senior year at BSN University
3. Expected graduation 2014-2016

- Instruments:

1. Demographic/Socio-Economic Questionnaire
2. Facilitator/Barrier Questionnaire
3. Student Athletes' Motivation toward Sports and Academic Questionnaire (SAMSAQ) (Gaston-Gayles, 2005)
  1. Academic Motivation - AM
  2. Student Athletic Motivation SAM
  3. Career Athletic Motivation CAM



## Results & Conclusions

- Results of Demographic/Socio-Economic Questionnaire

1. 61 junior and senior nursing students from 2 universities
2. 18 athletes; 43 non-athletes
3. Median age 20-21 years
4. 90% females
5. 95% Caucasian
6. 98% single
7. 77.8% athletes and 92.7% non-athletes received some form of scholarship

- Results of Facilitators/Barriers Questionnaire

1. #1 demand of time for both groups - academics
- #2 demand of time for athletes was athletics, for non-athletes was family
2. 44% of athletes reported scheduling conflicts with classes and clinicals as their biggest challenge, 42% of non-athletes reported no challenges
3. Both groups listed time management as the top priority that was critical to their academic success and prioritization as second

- Results of SAMSAQ

1. Student nurse athletes scored highest on the AM (M=.6797)
2. Student nurse athletes scored high on the SAM (M=.6771)
3. Student nurse athletes scored low on the CAM (M=.4208)

- Conclusions

1. Time management and prioritization are necessary skills for academic success
2. Scheduling issues, balancing athletics and academics and time constraints are barriers to success
3. Student nurse athletes have a high academic motivation

- Future Implications

1. Programs should be developed to improve student nurse athletes motivational factors
2. Student counselors and academic advisors need to be well-suited to support athletes in achieving their goals
3. Institutions must provide support to promote positive outcomes and academic success