Nailbiting Among College Students

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Research shows that nailbiting can cause damage to a person's health as it can result in acquiring nail and mouth diseases, and can cause injury to teeth; besides, nailbiting is just altogether unattractive. This study was performed in order to find out if there is a nailbiting problem among college students. The research was accomplished by observing approximately 300 college students in the lounge of Kettler Hall at IPFW. Students were classified as either nailbiters or non-nailbiters and as male or female. The results were somewhat amazing. An excessive amount of students were found biting their nails. The data collected might be partially attributable to the high stress level college students have as they balance their many activities in and outside of their schooling. These results show the need of additional studies on this topic so that the many college students who do bite their nails can be warned that nailbiting is very unhealthy and that their habit should be prevented somehow.