

A study on sleeping habit and their effect on ump student



A STUDY ON SLEEPING HABIT AND THEIR EFFECT ON UMP STUDENT Chapter

1 INTRODUCTION 1. 1 - Introduction 1. 2 - Background University students

experience invariably sleep deprivation, in 2001, university undergraduates reported a median duration of total sleep of 6. 65 hours, which is far below the recommended 8. 5 to 9. 25 hours for their age. In addition to reduce total sleep time, students often shift their sleep or wake schedule toward later times for both bedtime and wake time. In addition, university students often deprive themselves of sleep during the weekdays, and attempt to “ top up” their sleep by sleeping more longer on the weekend. However, healthy sleep is best done at the same time, and in the same quantity every day .

Therefore, such irregularities in sleep pattern produce an unhealthy circadian rhythm disorder (delayed sleep phase disorder) that occurs in approximately 12% of university students, which is double the frequency in the general population (6%—7%). Individuals with delayed sleep phase disorder have difficulty falling asleep during the week, problems awakening at a planned time, and morning sleepiness. The pattern of insufficient and irregularly timed sleep inevitably leads to sleep problems and overall poor sleep quality.

Sleep problems among university students are experienced high levels of stress because of the demands of academic performance is an important topic for investigation. Some little research has focused on this group of individuals. Most studies have focused instead on young children, older adults or on a certain category of patients. However, today's university students experience great pressure due to the changing career market and increased competition for jobs. Such stress and anxiety can lead to sleep problems. In fact, the quality and quantity of sleep of many students might

change after enrolment into a university. Sleep deprivation has been

<https://assignbuster.com/a-study-on-sleeping-habit-and-their-effect-on-ump-student/>

reported and can affect student's academic performance. 1. 3 - Research

Objective The research objectives of this study are: * To investigate the sleeping habits and sleeping problem in students population of University Malaysia Pahang * To study how the sleeping problem affect their academic performance * To determine the factor that causes the sleeping habits. 1. 4 -

Research question The research questions of this study are: 1) What is the common sleeping habit and sleeping problem that student have? 2) How sleeping habits can affect student's academic performance? 3) What are the factors that cause the sleeping habits? 1. 5 — Definition of Key Terms Sleep

* A condition of body and mind which typically recurs for several hours every night, in which the nervous system is inactive, the eyes closed, the postural muscles relaxed, and consciousness practically suspended. Circadian rhythm disorder * A chronic disorder of the timing of sleep which is people generally fall asleep some hours after midnight and have difficulty waking up in the morning. Insomnia * Insomnia is most often defined by an individual's report of sleeping difficulties or habitual sleeplessness; inability to sleep. 1. 6 -

Scope of study The study on sleeping habits and sleeping problem involving the participation of 30 student at UMP Gambang campus. The respondents who were selected were between the ages of 21 and 24 years old. The instrument which was used to collect the data was questionnaire. CHAPTER 2

LITERATURE REVIEW 2. 1 - Introduction Sleeping is one of the most important things in our life. We have to do anything at day, such as walking, working, cooking, or whatever. This kind of activity will make our body becomes tired and need to rest. To recharge the energy, we have to sleep to make sure that our nerve and muscle got some rest. 2. 1 What is there sleep disorder?

Physicians and psychologists estimate that as many as 30% of adult may <https://assignbuster.com/a-study-on-sleeping-habit-and-their-effect-on-ump-student/>

have a sleep disorder at some point during teenage hood. Sleep disorders have implications both for social-emotional adjustment and for school performance. For this reason it is important for both parents and educators to understand how sleep works and how disruptions in normal sleep patterns can affect children and teenagers. This handout will provide an introduction to normal sleep patterns, definitions and descriptions of the kinds of sleep disturbances that may affect children and adolescents, and a brief description of recommended treatments.

2. 2 Why people experience sleep disorder?

The deteriorating academic grades and general standards in these institutions could be partly because of sleeping disorder. Studies suggest that the ability to learn is closely associated with memory retention and other cognitive functions, which are generally affected by lack of sleep. These studies also show that sleep-deprived students are not productive and generally lack attention and focus in class. Good sleeping habits are essential for them to cope effectively in the classroom and in other campus activities. Students sacrifice their sleep for various reasons -- the main ones being that they are hooked on the Internet, Facebook, computer games, listening to music, watching late movies and other mostly negative activities. These activities would generally be carried out at night when they are free from other obligations. It is also not unusual to see groups of students from the higher institutions out for a tapau or having a snack late into the night at the small, makeshift food stalls, conveniently scattered around university campuses. Some students even venture out of the university grounds for food and other more adventurous activities. Most of these night food stalls on the campuses are generally operated by wives and lower-ranking staff of the universities. One can only imagine the consequences these might have

<https://assignbuster.com/a-study-on-sleeping-habit-and-their-effect-on-ump-student/>

on their productivity as the workers go about attending to their jobs the next day.

2.3 How to solve the problem of sleep disorder? Different types of sleep disorders call for different treatments.

Night terrors.

Night terrors are sudden, partial arousal associated with emotional outbursts, fear, and motor activity. Occurring most often among children ages 4—8 during NREM sleep, the child has no memory of night terrors once fully awake. If your child experiences night terrors, make sure he or she is comfortable but do not wake the child. In extreme cases, night terrors may require medical intervention.

Sleep walking.

Sleep walking is most common among 8—12 year-olds. Typically, the child sits up in bed with eyes open but unseeing or may walk through the house. Their speech is mumbled and unintelligible. Usually children will outgrow sleepwalking by adolescence. In the meantime, take safety precautions (e. g., using a first floor bedroom), but keep efforts to intervene to a minimum. Awakenings on a regular schedule can reduce or eliminate episodes.

Nighttime bedwetting.

This type of bedwetting is a common sleep problem in children ages 6—12, occurring only during NREM sleep. Primary enuresis (the child has never been persistently dry at night) is associated with a family history of the problem, developmental lag, or lower bladder capacity, and is unlikely to signal a serious problem. Secondary enuresis (a recurrence of bedwetting after a year or more of bladder control) is more likely to be associated with emotional distress. Interventions include use of reinforcement and responsibility training (such as keeping a dry night chart), bladder control training, conditioning (e. g., bedwetting alarms), and sometimes medication. In the case of secondary enuresis it might be most helpful to determine any source of emotional stress and address it directly. (For example, if a child starts wetting the bed

<https://assignbuster.com/a-study-on-sleeping-habit-and-their-effect-on-ump-student/>

at night following parents' separation or divorce, providing counseling to address loss issues might help alleviate bedwetting.) Sleep-onset anxiety. Sleep-onset anxiety refers to difficulty falling asleep because of excessive fears or worries. The problem may be caused by stressful events or trauma or because of ruminating on more commonplace issues of the day. This type of sleep problem is most common among older elementary school children. Intervention strategies include reassurance, calming bedtime routines, and, in some cases, cognitive-behavioral therapy, which is designed to help children develop effective coping strategies to address their worries.

Obstructive sleep apnea. Although more common in adults, 1—3% of children experience difficulty breathing because of obstructed air passages. Symptoms include snoring, difficulty breathing during sleep, mouth breathing during sleep, or excessive daytime sleepiness. In children this type of sleep disturbance is usually not serious, but most children benefit from removal of the tonsils and adenoids. When this is not effective, the condition can be treated (by a physician) with a procedure known as nasal continuous positive airway pressure (CPAP).

Narcolepsy. Narcolepsy is a rare but potentially dangerous, neurologically based genetic condition that may include sleep attacks (irresistible urges to sleep), sleep-onset paralysis, or sleep-onset hallucinations. It affects 1 of every 2,000 adults and may first appear in adolescence. If this disorder is suspected, refer to the child to a sleep specialist. Treatment may include ensuring a full 12 hours of sleep per night or more, scheduled naps, or medication.

Delayed sleep-phase syndrome. This is a disorder of sleep (circadian) rhythm that results in an inability to fall asleep at a normal hour (e. g., sleep onset may be delayed until 2—4 a. m.) and results in difficulty waking up in the morning. Symptoms

<https://assignbuster.com/a-study-on-sleeping-habit-and-their-effect-on-ump-student/>

among children include excessive daytime sleepiness, sleeping until early afternoon on weekends, truancy and tardiness, and poor school performance. Treatment might include light therapy (exposure to very bright light in the morning), chronotherapy (gradually advancing the child's sleep schedule 1 hour per night until a normal routine is achieved), maintaining a consistent sleep schedule, or a short course of sedative medication to help achieve a new schedule. It may be necessary and beneficial to (temporarily) adjust the child's school day to allow for a later start. CHAPTER 3

METHODOLOGY 3. 1 — Introduction In this chapter, details about the instruments or methods used to conduct the investigation on sleeping habits among undergraduate students in UMP will be discussed. This chapter consists of only one part which is questionnaire 3. 2 — Participant A survey will be conducted among UMP undergraduate students. These surveys involve thirty randomly selected students in different residential colleges which are KK1, KK2, KK3, and KK4. 3. 3 - Data Collection Method The data collection method used in this study was aimed at investigate the sleeping habits among undergraduate students in UMP. The data collection were used which is the questionnaire. 3. 4 - Survey Questionnaire A number of questions were asked as a source of primary data to investigate the sleeping habits among undergraduate students in UMP. The survey questionnaire consists of fifteen questions. The questionnaire was divide into two sections which consisted of open — ended and close-ended questions. The open — ended question required students to fill-in relevant information or express their personal opinion. The close-ended question were multiple — choice questions. These questionnaires were handed out with the assistance of friends. 3. 5 - Data Analysis All the data obtained from the survey <https://assignbuster.com/a-study-on-sleeping-habit-and-their-effect-on-ump-student/>

questionnaire was analysed using specific data analysis procedures. The analysed data was presented in the mode of frequency, mean and percentage. Data from the survey questionnaires were analysed using Microsoft Excel spreadsheet.

step 1 Each questionnaire in the survey questionnaire was numbered in the following order to make sure that the questionnaire can be identified easily. It was numbered from 1 — 50

step 2 For each type of question it is independent variable whereas each choice is a variable for rank equations. This is to differentiate the frequency for each choice; the choices are stated as separated variables so that the respondent can choose more than one choice.

Step 3 Data or answer obtained from the survey questionnaire were transferred and arranged into a summary sheet

Step 4 The next process was to count the frequency and calculate the percentage of the data in the summary sheet

Step 5 Finally, the information is tabulated for easy reference.

CHAPTER 4 FINDINGS AND DISCUSSION

4. 1. Introduction

This section presents and discusses the analysis of data and findings obtained from the 30 sets of questionnaires answered by 30 students of University Malaysia Pahang. The data obtained from the questionnaires were analyzed and organized systematically in pie chart, bar chart for discussion purposes. The discussion of the findings is based on the research questions.

4. 2 Analysis of Data-Findings

4. 2. 1 Figure 4. 1: Distribution of students according to gender

Figure 4. 1 show the distribution of students according to their gender. Among of respondents, there are 28 female respondents (60%) and 12 male respondents (40%). The number of male and female students are not equally represented in this study.

4. 3 Analysis of Data-Findings

4. 3. 1 What is the common sleeping habit and sleeping problem that student has?

4. 3. 1. 1 Do you sleep during the day?

<https://assignbuster.com/a-study-on-sleeping-habit-and-their-effect-on-ump-student/>

Figure 4. 2 : Number of student in UMP sleep during the day The figure 4. 2 shows the number of student in UMP sleep during the day. According to the figure 1, 80% student agree that they are going to sleep during the day and 20% student disagree that they are going to sleep during the day. From the finding of sleeping habit and sleeping problem that student provided, we found out that the conditions of sleep during the day was common student's activity. This statement supported by Waleed M Sweileh, Iyad A Ali, Ansam F Sawalha, Adham S Abu-Taha, Sa'ed H Zyoud and Samah W Al-Jabi(2011), state the daytime nap is a popular habit among students in the Middle East. The result show that most of them are experience the sleeping habits which is sleep during the day.

4. 3. 2 How sleeping habits can affect student's academic performance? 4. 3. 2. 1 Do you agree that listening to lecture during class session will make you sleepy? Figure 4. 3 : Number of Students Sleepy during class session The figure 4. 3 shows the number of Students Sleepy during class session. There are five categories that are strongly agree, agree, don't know, disagree and strongly disagree. The figure above show 40% respondent is agree that listening to lecture during class session will make them sleepy. Otherwise, 9% respondent is strongly disagree that They will not sleepy during lecture. From the finding of level regarding sleepy during class session provided , we found out that the conditions of students sleepy during class session is reason that them force themself to not sleep at night with take some caffeine-containing beverages. This statement supported by J. Sleep Res.,(2002), acknowledge the younger teens tended to use more frequently alcohol, tobacco and other caffeine-containing beverages, as less drowsiness at night. The result show that majority of them is having sleeping problem which is affected their focus during lecture.

4. 3. <https://assignbuster.com/a-study-on-sleeping-habit-and-their-effect-on-ump-student/>

3 What are the factors that cause the sleeping habits? 4. 3. 3. 1 What do you do while you stay up at night? Figure 4. 4: The number on what student do while stay up at night Figure 4. 4 illustrates the factors that affects the sleeping habit among UMP students. As the result, shows there are 43% of student who stay up at night end up facebooking, tweetering and the other social networking. This is the biggest factor that affect the sleeping habit among them. This result was followed by 30% of students who spend their time to study. Then, 20% of them spend their time to do the other than facebooking, studying or hanging out with their friends. The lowest percentage is for this problem hanging out with friends. There are 7% student who use the whole night to hang out with their friends. From the finding of the factors that cause the sleeping habits provided, we found out that the conditions of student do while stay up at night was common make social networking activity. This statement supported by Lowry, Dean, and Manders,(2010), state the most of the teenagers or students like to spend at night with a socially web site. In conclusion, most of the student spend their time on tweetering, facebooking, and the other social networking. 4. 4

Summary of Discussion From the survey conducted, it can be summarized that most of the respondents agree that they are sleeping during the day. Besides that, most of respondents agree that they feels sleepy during lectures. Then, most of the student spend their time on tweetering, facebooking, and the other social networking. This shows that the factor that affect the student sleeping habit is tweeting, facebooking and the other social networking. CHAPTER 5 CONCLUSION AND RECOMMENDATION 5. 1

Introduction Our research topic is about sleeping habit among the students of University Malaysia Pahang (UMP). This concluding chapter will summarize <https://assignbuster.com/a-study-on-sleeping-habit-and-their-effect-on-ump-student/>

the concerns of our study and the research findings. In short this chapter will highlight significant findings which are relevant to our study. This will be followed by recommendations for the study.

5. 2 Summary of the study

Summary of the study

From the study conducted, 80% of the respondent agree that they were sleep during the day. This shows that the common sleeping habit of respondents was they use to be slept during day and cannot sleep anymore at night. Unfortunately, this problems can affect the academic performance of students when they were sleepy during lecture session and cannot focus in their class. Based on the study investigated, there are 48% of students got sleep during class while the others was doesn't. The factor that cause this problems was identified and the results shows that 43% of the students spend their time at night on twittering and the other social networking while the other spend their time on hang out with their friends study and do the other activity.

5. 3 Limitation of the study

The results of this study indicates that the majority of students are unable to do well in their studies due to the sleeping problem. However, these findings are only true for the University Malaysia Pahang students in different faculty and cannot be generalized to other universities students. The same study needs to be conducted with other students from different universities to see if there are any similarities in terms of the problems and whether this suggestion can be use to maintain their good performance in academic.

5. 4 Suggestions for further studies

Since this study had only focused University Malaysia Pahang students, it is recommended that further studies be carried out on students from other universities to see whether there are any similarities in the findings. Furthermore, further research could also explore the different problems encountered by students to maintain

<https://assignbuster.com/a-study-on-sleeping-habit-and-their-effect-on-ump-student/>

their good performance in academic and to provide more suggestions to help them solve their sleeping problems. 5. 5 Concluding remarks Students of University Malaysia Pahang agree that sleeping problems is the major factor that affect their academic performance. Students got the sleeping problems due to their time management that is not good. The students agrees that the bad sleeping habit can affect their academic performance. It is very important to create awareness about the danger of bad sleeping habit among students. This is because this sleeping habit can affect the academic performance of students, in addition will affect their level of healthy.