



UNIVERSITI TEKNOLOGI MARA, SARAWAK

FACULTY OF ADMINISTRATIVE SCIENCE & POLICY STUDIES

DIPLOMA IN PUBLIC ADMINISTRATION

**A STUDY OF SLEEP AND ACADEMIC ACHIEVEMENT AMONG
UITM STUDENTS**

AIRIL ANNUAR BIN JITAI

2008530773

NORHASHIAH BINTI SAPIAN

2008751223

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ABSTRACT

The title of our study is “Sleep and Academic Achievement among Uitm Students”. It is all about the factors of sleep; quantity of sleep, quality of sleep, classifications of sleepers and sleep deficit and how the sleep factors can be related to academic achievement of the Uitm students. In order to find how the factors of sleep can affect the academic achievement, we have distributed 150 sets of questionnaire to selected students.

This study is object to analyze the sleep factors with the academic achievement of the students and also to seek out the most appropriate suggestions and recommendations in order to give awareness on how important of good sleep patterns for students’ life and to improve the students’ performance in their studies.

For the method of research, we have chosen to use questionnaire method. Through this method, our study can be ongoing more easily in this short time frame. We also felt that using this method our findings could be analyzed more systematically in proper way. Therefore, we have distributed 150 sets of questionnaire for the selected students who were in semester 4 to 6 only. The selection also was limited for the students of Diploma in Public Administration only.

During the analysis of the findings, we have observed and indicated the level of respondent’s perception, experience and expectation whether the objectives of this study are achieved or not. Most respondents were giving responses towards our questions in every questionnaire and for the feedback section; we got many positive suggestions and opinions. Therefore, we have picked some best among those suggestions to be suggested for the students. Hopefully, the students can have awareness in themselves and can practise the suggestions in their life in order to achieve the objectives of this study successfully.

CHAPTER 1

INTRODUCTION

1.1 Introduction of the study

In this modernization era, there are many students out there who are already aware of the importance of sleep towards the academic achievement. This is because sleep is nearly related to academic achievement. Sleep can be defined as a period of rest for the body and mind, during which volition and consciousness are in abeyance and bodily functions are partially suspended; also described as a behavioral state, with characteristic immobile posture and diminished but readily reversible sensitivity to external stimuli. While academic achievement is the ability to study and remember facts and being able to communicate your knowledge verbally or down on paper.

This study is conducted in order to find the relationship between sleep and academic performance of students. There are three classifications of sleepers. These include (1) short sleepers, individuals who when left to set their own schedule, sleep 6 or fewer hours, (2) average sleepers, individuals who sleep 7 to 8 hours, and (3) long sleepers, individuals who sleep 9 or more hours out of every 24 (Webb & Agnew, 1970; Webb, 1982). “Previous research indicated that short sleepers (those who typically sleep 6 or fewer hours out of every 24) report more symptoms of psychological maladjustment than do long sleepers (those who sleep more than 9 hours)” (William E. Kelly).

The presence of psychological maladjustment symptoms have been found to bring negative effect on academic performance. A college student sample's self-reported typical sleep length and grade-point averages were explored. Hence, it was hypothesized that short sleepers would report lower grade-point averages than those classified as long sleepers. This is because different types of sleep measures were related to different types of function. The function is said to contribute to brain development of a person. Therefore, this study will find out the suitable sleep length for students to overcome improve in their study.

CHAPTER 2

LITERATURE REVIEW & CONCEPTUAL FRAMEWORK

2.1 Introduction

As cited by “**The Free Dictionary**” sleep can be defined as a period of rest for the body and mind, during which volition and consciousness are in abeyance and bodily functions are partially suspended; also described as a behavioral state, with characteristic immobile posture and diminished but readily reversible sensitivity to external stimuli. While the academic achievement is defined as an excellence in all academic disciplines, in class as well as in extracurricular activities which includes excellence in sporting, behavior, confidence, communication skills, punctuality, assertiveness, Arts, Culture, and the like according to “**Answer.com**”.