

AN EXAMINATION OF HOW SLEEP AND  
EMPLOYMENT VARIABLES RELATE TO  
ACADEMIC SUCCESS AMONG UNIVERSITY  
STUDENTS

Sarah Albertson

Dr. Dale Smith

Olivet Nazarene University

# OVERVIEW

- Sleep and GPA
  - (Lowery, Dean, and Manders, 2010)
- Work and GPA
  - (Miller, Danner, and Staten, 2008)
- Initial Motivation for Employment
  - Type of Organizational Involvement (Logan, Hughes, and Logan, 2013)

# HYPOTHESIS

- $H_A$ : Average number of hours slept, average number of hours worked, and initial motivation for employment are related to student GPA.
- $H_0$ : There is no relationship between average number of hours slept, average number of hours worked, initial motivation, and student GPA.

# METHODS

- Participants
  - Distribution
- Procedure
- Design
  - Observational
- Measures
  - Groningen Sleep Scale (Leppämäki, Meesters, Haukka, Lönnqvist, and Partonen, 2003)
  - Survey

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Grade Level	
Freshman	38
Junior	35
Senior	35
Sophomore	17
<i>Total</i>	<i>125</i>

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Sex	
Female	75
Male	50
<i>Total</i>	<i>125</i>

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# RESULTS

- Multiple Regression
  - Groningen Sleep Quality Scale
    - $b=.0342$   $p=.066$
  - Adjusting for other covariates
    - None significant

<b>GPA</b>	<b>B</b>	<b>SE B</b>	<b>t</b>	<b>p</b>
Reason Dummy 1	.084	.118	.71	.481
Reason Dummy 2	.029	.178	.16	.872
Avg. Hrs Worked	-.006	.008	-.80	.424
All-Nighters	-.0008	.015	-.05	.960
Sleep Quality	.034	.018	1.87	.066
Age	.041	.044	.93	.358
Avg. Hrs Slept	.054	.058	.93	.357

# RESULTS

- Correlations
  - All-nighters
    - Avg. hours worked per week
      - .277  $p=.011$
    - Quality of Sleep (Groningen)
      - .301  $p=.002$

# CONCLUSIONS

- Hypothesis Rejected
- Limitations
  - Sample
  - Scale
  - Data Collection
- Further Research
  - Job Satisfaction

## REFERENCES

- Leppämäki, S., Meesters, Y., Haukka, J., Lönnqvist, J., & Partonen, T. (2003). Effect of simulated dawn on quality of sleep: A community-based trial. *BMC Psychiatry*, 3 doi:10.1186/1471-244X-3-14
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