

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

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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

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

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

RESULTS

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

GPA	B	SE B	t	p
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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