

# 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

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