



SLEEP PATTERN AMONG +2 STUDENTS WITH PHYSICS AS MAIN SUBJECT

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ABSTRACT

The present study was intended to find out the sleep pattern among higher secondary students with physics as one of the main subjects. Survey method was adopted for this study. The simple random sample consists of 850 +2 Physics students in Sivakasi District. Self-made tool was used to collect the data. Data was analyzed by Percentage and t-test. Finding indicated that the level of sleep pattern of +2 physics students is low. Results also found that there is significant difference between male and female +2 Physics students in their sleep pattern and there is no significant difference between day scholar and hosteller +2 Physics students in their sleep pattern.

KEYWORDS: Sleep Pattern, +2 Physics Students.

INTRODUCTION :

Sleep is an important physiological process which is very much essential to lead a healthy life. Sleep was once considered an inactive, or passive, state in which both the body and the brain "turned off" to rest and recuperate from the day's waking activities. The quality of sleep determines the well being of an individual. Adequate amount of sleep is very much essential to have better academic performance and also to maintain good health. Two interacting systems - the internal biological clock and the sleep-wake homeostatic largely determine the timing of our transitions from wakefulness to sleep and vice versa.

NEED FOR THE STUDY

Adolescents face many problems which includes sleep problem also. The sleeplessness of adolescents mostly due to academic stress. Abnormal sleeping habits not only affect the physiological well being but also the psychological well being. Sleep is an important factor to have successful academic performance as well as personal life. Hence the study is intended to find out the sleep habits, Duration of sleep and sleep pattern among higher secondary students with physics as one of the main subjects.

OBJECTIVES OF THE STUDY

- To find out the level of sleep pattern of +2 physics students is moderate.
- To find out the significant difference between male and female +2 Physics students in their sleep pattern.
- To find out the significant difference between day scholar and hosteller +2 Physics students in their sleep pattern.

HYPOTHESES

1. There is no significant difference between male and female +2 Physics students in their sleep pattern.
2. There is no significant difference between day scholar and hosteller +2 Physics students in their sleep pattern.

METHODOLOGY

Survey method is adopted for this study. The population for the present study consists of the +2 Physics students in Sivakasi district. 850 +2 Physics students are taken for this investigation. The investigator collected the data from schools in Sivakasi district. Sleep Pattern Inventory for +2 Physics students is developed by the researcher with the help of his guide.

DELIMITATIONS OF THE STUDY

- The study is conducted in +2 Physics students under Tamil Nadu Government State Board in Sivakasi District only.

Data Analysis

Table 1: Level of Sleep Pattern of +2 Physics Students

Sleep Pattern	Low		Average		High	
	N	%	N	%	N	%
	347	40.8	446	52.5	57	6.7

From Table-1, 40.8% of the +2 Physics students have low, 52.5% has average, and 6.7% has high level of sleep pattern.

Table 2: Sleep Pattern of +2 Physics Students based on Gender

Gender	N	Mean	SD	t-value	Remark
Male	384	237.11	7.316	2.326	Significant
Female	466	286.31	9.382		

Table-2 shows that the t-value is 2.326 which is significant at 0.05 level. Thus there is significant difference between male and female +2 Physics students in their sleep pattern.

Table 3: Sleep Pattern of +2 Physics Students based on Residence Type

Residence	N	Mean	SD	t-value	Remark
Day scholar	193	285.77	15.224	1.081	Not Significant
Hosteller	657	286.99	7.125		

From Table-2, the t-value 1.081 is not significant at 0.05 level. Thus there is no significant difference between day scholar and hosteller+2 physics students in their sleep pattern.

EDUCATIONAL IMPLICATIONS

1. Female +2 physics students perceive more sleep pattern than male +2 physics students. This may be due to that the female +2 physics students are spending more time for weak subjects, preparing notes while studying and worked in time. These pupils are not studying in holidays. Nearly half of the students are omitting difficult portions not follow through question banks, studied only interest subjects, practice of

memorizing, studying during examination, studying whenever find time and also in bed, reading additional books, avoid group study and studied the subjects taught by teachers whom like most.

2. The study revealed that one third of the +2 physics students suffered with sleeping and in turn it affects the physics achievement. Therefore this has been taken as a serious issue and remedy for those students who will be given to the sleep disturbed students for saving their academic carriers. Meditation, yoga and other physical fitness activities will ensure mental comfort may be given to those students for secure them. The parents also may be intimated regarding the defect of sleep of their own wards for further monitoring in their respective home.

SUGGESTIONS FOR FURTHER RESEARCH

1. A similar study may be undertaken for college students, student teachers and polytechnic students.
2. This study can be extended to school and college teachers.
3. The sample is taken from Sivakasi district only. It can be extended to other districts.
4. Some more dimensions were included in sleep pattern and can be taken into account for further investigation.

CONCLUSION

Educational planners and administrators will make efforts to make change in the organizational set up to eradicate the causes of poor academic achievement. The teachers can keep constant vigil on the parents' behaviour and can rectify their declining attention towards their children. Parents can take preventive steps to keep maladaptive behavior from arising at the very outset. As a result of the knowledge of the findings of this research, the parents and other members of the family will make maximum efforts to bring about behavioural changes in themselves in order to enhance the academic achievement of their wards. Knowledge of the extent to which anxiety, self concept and level of aspiration exert their influence on academic achievement will enable the students to have an insight into their own strengths and weaknesses in order to enhance their academic achievement.

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