

JOHN B. LACSON FOUNDATION MARITIME UNIVERSITY-MOLO, INC.

M.H. DEL PILAR, STREET, MOLO, ILOILO CITY

A.Y. 2017-2018

SLEEP DEPRIVATION AND ACADEMIC PERFORMANCE AMONG STUDENTS IN

JOHN B. LACSON FOUNDATION

MARITIME UNIVERSITY-MOLO

In partial fulfillment of the requirements

to the subject Practical Research 1

Researchers:

IVAN MARK II CALANAO

MARVIN REPOPOLO

GRADE 11 - BETELGEUSE

Presented to:

DR. ELVIRA DELGADO

9/20/18
A.

JOHN B. LACSON FOUNDATION MARITIME UNIVERSITY-MOLO, INC.

M.H. DEL PILAR, STREET, MOLO, ILOILO CITY

APPROVAL SHEET

This research project entitled: **SLEEP DEPRIVATION AND ACADEMIC PERFORMANCE AMONG STUDENTS IN JOHN B. LACSON FOUNDATION MARITIME UNIVERSITY-MOLO, Academic Year 2017-2018**, prepared and submitted by **Marvin Repospolo**, and **Ivan Mark II Calanao**, Grade 11 - Betelgeuse in partial fulfillment of the requirement in the subject **Practical Research 1** has been examined and hereby recommended for approval and acceptance.

ELVIRA DELGADO, PH, D
Research Adviser

MA. ELENA J. ELEPERIA, PH, D
Principal

Abstract

Sleep is an important biological necessity that all people need to maintain a healthy lifestyle. It helps people work at an optimum level and is critical for brain functioning, helping with all the cognitive functions such as memory, learning, decision making, and critical thinking. This makes sleep extremely important for academic performance. However, research shows that not everyone is getting enough sleep to function properly, especially college students. Researchers state that sleep deprivation is one of the main reasons college students receive low academic scores aside from stress which contributes to sleep deprivation. The purpose of this research proposal is to examine what contributes to sleep deprivation and see how it then affects academic performance.

ACKNOWLEDGEMENT

In doing this study, the researchers encountered many problems, troubles and revisions that wrenched them to burst and disencumber. Hence, as time goes by, the researchers pondered upon their need to accomplish and pursue this study for the end purpose of passing their Psychology Course. At the beginning, the researchers were confused and oblivious about the necessary subjects to be studied. Yet with the help of dear families, friends and mentors, the researchers had assured the success of the study.

First, the researchers give thanks to God for bestowing them patience, wisdom and gift of knowledge in doing this study.

Second, to their loving parents, who helped them financially in their study. In addition, for the support they give as the researcher pursue their future careers.

Third, the Students of JBLFMU-Molo who formed and inspired the researchers to make their study significant.

And lastly, to Dr. Elvira Delgado, for helping and guiding the researchers through their study. Thank you for your patience and imparting your knowledge. May God, bless you always. The researchers put their hearts and minds to make this study possible. God bless everyone.

Table of Contents

Preliminary Page	Page Number
Approval sheet	0
Abstract	1
Acknowledgement	2
Table of contents	3
Chapter 1: Introduction	4
• Background of study	
• Theoretical framework	
• Conceptual framework	
• Statement of the problem	
• Assumption of the study	
• Significance of the study	
• Scope and limitation	
• Definition of terms	
Chapter 2: Review of the Related Literature	8
Chapter 3: Methodology	12
• Research design	
• Respondents	
• Sample size	
• Sampling Technique	
• Instrument	
• Data gathering procedure	
• Data analysis procedure	
Chapter 4: Results and Discussion	14
Chapter 5: Summary, Conclusion and Recommendation	18
• Summary	
• Conclusions	
• Recommendations	