

RESEARCH PROPOSAL

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INTRODUCTION

- Sleep is a vital process for every person, as it helps with mental and physical restoration, memory formation, and helps improve overall health.
- The amount of sleep needed differs with age, as adults need 7 hours of sleep while adolescents (ages 13-19) need 8-10 hours of sleep
- Although it is important, many individuals of all age groups do not get the sleep they need due to different reasons (life stressors, sleeping disorders, etc.)

RESEARCH QUESTION

- The research question that will be discussed is: do early start times cause highschoolers to have lower self-esteem?
- Previous research shows that if students do not get enough sleep, it will effect their academic performance, mental health, as well as healthy growth of the brain
- Getting more research on this topic will not just help the students get the help they need, but it would also help researchers learn more about the effects of sleep deprivation on adolescents and how early start times effects students' level of alertness, ability to learn and their emotional well-being.

LITERATURE REVIEW

Sleepless in Fairfax, by Robert Meadows
(2015)

- Study conducted to see the sleep average, feelings of hopelessness, use of substances, and feelings of suicide thoughts of high school students in Fairfax county, Virginia
- Results showed that students get an average of 6.5 hours of sleep, and that with just one less hour of sleep, there is a significant effect on students mental health and well-being

School start time, and adolescent sleep patterns by Diana Paksarian, et. al (2015):

- Conducted a study using data from the National Comorbidity Survey - Adolescent Supplement, to see how early start times affect students sleep patterns
- Results showed that students with later start times tend to go to bed later but still get the adequate sleep they need then students with earlier start times

METHODOLOGY

- Research Design: Quantitative Correlational

Due to examining the relationship with early school start times and students mental health, this would be the best approach

- Participant / Sample: Stratified Sampling

The population being studied is high school students, so forming subgroups (students with early start times and students with later start times) then performing random sampling would be the best fit

- Data Collection: Survey

After gaining consent from both parents and students, a survey would be sent to the student with general questions as well as questions from the Beck Depression Inventory(BDI), Beck Anxiety Inventory (BAI)

Data Analysis: Statistical Software

Due to having a quantitative correlational design, the best way to analyze the data would be using a statistical software(such as SPSS) to easily analyze different variables of the survey results

CHALLENGES & LIMITATIONS

- Due to the study's main focus being on high school students, many students are not above the age of 18, so gaining the consent of parents could be a limitation
- Another challenge could be that due to the survey involving mental health, the students may not answer truthfully in fear of getting in trouble or being watched over more by parents
- Other variables should also be considered, such as living in urban or rural areas, transportation, and other life stressors

CONCLUSION

- Sleep is vital for students and with early start times it could effect students academic performance as well as emotional well-being
- With more research, this could help us learn more about sleep deprivation in adolescents as well as see if certain early start times are needed to be change so it will help students overall health

REFERENCES

- Paksarian, D., Rudolph, K., He, J.-P., & Merikangas, K. (2015). School start time and adolescent sleep patterns: Results from the US National Comorbidity Survey–Adolescent Supplement. *American Journal of Public Health, 105*(7), 1541–0048. <https://doi.org/10.2105/AJPH.2015.302619>
- Winsler, A., Deutsch, A., Vorona, R., Payne, P., & Szklo-Coxe, M. (2015). Sleepless in Fairfax: the difference one more hour of sleep can make for teen hopelessness, suicidal ideation, and substance use. *Journal of Youth and Adolescents, 44*(2), 362–378. <https://doi.org/10.1007/s10964-014-0170-3>