**SLEEP DEPRIVATION: ITS CAUSES AND EFFECTS TO THE**

**ACADEMIC PERFORMANCE OF THE SENIOR**

**HIGH SCHOOL LEARNERS**

**A Quantitative Research**

**Presented to the Faculty of**

**Senior High School Department**

**Abanon National High School**

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**In Partial Fulfillment**

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**Practical Research II**

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**CHAPTER I**

1

**THE PROBLEM**

This chapter presents the background of the study, conceptual framework, research hypothesis, statement of the problem, objectives, definition of terms, importance of study, and scope and delimitation.

**Background of the Study**

At a time when several studies have highlighted the relationship between sleep, learning and memory processes, an in-depth analysis of the effects of sleep deprivation on student learning ability and academic performance would appear to be essential. Most studies and investigations, where sleep deprivation among students are connected with academic achievement. Nonetheless,were able to actively manipulate sleep in order to observe neurocognitive and behavioral consequences, such as learning, memory capacity and school performance. The findings strongly suggest that: students of different education levels are chronically sleep deprived or suffer from poor sleep quality and consequent daytime sleepiness,sleep quality and quantity are closely related to student learning capacity and academic performance,sleep loss is frequently associated with poor declarative and procedural learning in students, studies in which sleep was actively restricted or optimized showed, respectively, a worsening and an improvement in neurocognitive and academic performance. These results may been related to the specific involvement of the Prefrontal Cortex (PFC) in vulnerability to sleep loss. Most methodological limitations are discussed and some future research goals are suggested.

Sleep deprivation affects diverse facets of intellectual and psychological functioning; minor alterations in sleep span may result in learners’ cognitive and behavioral deficiencies. Sleep is paramount for learners’ mental restoration; they need to have at least eight hours a night to fully obtain the full cognitive function to do their academic studies sufficiently. It impacts how knowledge is acquired, how they study, and how they retain their memory. The occurrence of sleep deprivation is pervasive among senior high school students spend multiple restless nights. Due to overburdened academics, work duties, and mental health concerns, they tend to “kill their sleep" by doing certain activities and using substances to remain open-eyed. Lack of sleep can lead to unproductivity and more significant distress in learners. Poor sleep could substantially influence a person's physiological health, emotional well-being, and academic performance over time. Therefore, this research strives to scrutinize and determine how sleep deprivation affects learners’ health and academic performance.

The effects of sleep-deprived to academic performance of students tend to have a negative attitude, weariness, fatigue, and diminished alertness to academic performance. Dependence on electronics, anxiety, work responsibilities, and other medical issues are all factors that contribute to sleep deprivation among students. Furthermore, there are numerous alternatives for preventing sleep deprivation among senior high school students. This study aims to provide an effective strategy on how a student may sleep adequately and stay motivated in their academic performance; sleep deprivation is an epidemic occurring in students that can and must be addressed in Abanon National High School.

In a global scale, according to Maheshwari and Shaukat (2019), most young adults sleep less than the advised quantity of time. The connection between sleep deprivation and stress is like a chain reaction. Distressed and insufficient sleep leads to critique impairment, agitation, irritability, and inability to process knowledge in the short term. It can contribute to cardiometabolic disorders and even increased mortality in a long time. Psychological stressors sometimes cause sleep problems, and these psychosocial stressors lead to sleep inadequacy.

Also, according to Kang and Chen (2009), in young people, an inconsistent nighttime routine is a frequent issue that can have a negative impact on sleep quality. According to their findings, students with irregular bedtimes had poor sleep quality even after adjusting for sleep time. They discovered that students who slept infrequently also had a short average sleep time per day, perhaps putting them at risk of sleep deprivation.

Sleep deprivation is terrible for everyone’s health. It is incredibly awful for students, particularly in Senior High School in Abanon National High School Academic Year 2022-2023. They have been badly affected because of this circumstance. In this research, the researchers investigate different references and explore in-depth information to have possible solutions to their following problems. They will try to have enough time to analyze and observe well to find a solution and easy to collect data.

Since the researchers are the Grade 12 Senior High School students in this institution, they will carry out this study to warn students about the dangers of sleep deprivation. The researchers will demonstrate their capability to conduct credible research because they quoted the most dependable sources they could locate. The researchers will solely utilize a well-grounded and factual basis and gather more credible sources to demonstrate the importance of their research to students. The resources and credible references were obtained on the internet, which they scrutinized thoroughly. They will simplify it for the students to comprehend because the researchers will offer you correct information. They are assured in their knowledge to fulfill the study due to a mixture of their skills and abilities and their unity among themselves, which will place them asunder from the others. They can admit that they are credible and trust worthy adequately to manage this study.

**Statement of the Problem**

This study aims to ascertain the acknowledgment and identity the impact of sleep deprivation on the academic performance in Abanon National High School Senior High students. Primarily this will aim to answer the following questions:

1.What is the demographic profile of respondents in terms of;

* 1. Age
  2. Gender
  3. Year level
  4. Strand

2. What is the causes of sleep deprivation in terms of

2.1. exposure to gadgets;

2.2. mental health issues; and

2.3. work obligations?

3.What is the effects of sleep deprivation in terms of;

3.1. psychological risk;

3.2. physiological health; and

3.3. social interaction

4.What are the common sleep deprivation symptoms experienced by the students ?

5. Is there a significant relationship between the causes of sleep deprivation to the students?

6.Is there a significant relationship between the effects of sleep deprivation on the students ?

7.What could be the possible awareness to prevent developing sleep deprivation in students ?

**Scope and Delimitation**

This study the researchers will analyze the cause and effects of sleep deprivation that can affect their academic performance of the Senior High School Learners in Abanon National High School . And also this study make a solution for the possible awareness to prevent sleep deprivation among the students .The respondents of the study using Slovin’s Formula will be composed of 71 Senior High School students only in Abanon National High School.

The data gathering instrument utilized will be an adopted questionnaire to Senior High School learners only. This study will start during the 1st semester of the school year 2022- 2023, so that there is enough time for the researchers to observe and analyze will.

**Significance of the Study**

The information from this study will have great value to the students. It will provide information on how sleep deprivation could affect their academic performance. The study of the cause and effect of sleep deprivation could help students improve their academic performance and mental health.

This study is beneficial to the following:

**Students.** The knowledge attained in this study will enable the students to be mindful and this will make them better comprehend of how sleep deprivation influences their behavior in terms of academicl performance.

**Teachers.** This study acts as an eye-opener to teachers who are oblivious of the extent of sleep deprivation among students and teachers. This will also guide the teacher to determine why some students are sleep deprived, remind their students how vital sleep is, and develop and learn how to prevent sleep deprivation.

**School Administrators.** This study will raise awareness to all the teachers that communication with their students is necessary. Hence, teachers will understand the situation of their students. It also help the school administrators to implement the possible solution to prevent sleep deprivation.

**Parents.** Parents will also benefit from this, seeing the necessity to teach and discipline their children. This study will allow parents to comprehend how sleep deprivation might impair their children’s academic performance. They will apprehend the essential to provide complete parental monitoring to their child, which can help their children improve their academic performance and excellence.

**Community.** This study will inform and encourage the community to value time management and consider it a vital measure in their daily routine. With a better understanding of how sleep deprivation can affect one’s performance, people will be able to function anf fulfill their task.

**Researchers Themselves.** This research will help the researchers to gain knowledge on how to avoid it and what effect it has on the student. This is important to encourage us researchers in the right way to sleep.

**Future researchers**. The study findings will be used as reference material and a guide for future researchers who intend to undertake similar studies on the impact of sleep deprivation on students’ academic performance.

**Definition of Terms**

The following terms are defined operationally and conceptually based on how they were utilized and how they will be used in the study to comprehend the multiple concepts employed in this research. Primarily, this will aim to give the definition of terms:

**Academic performance.** In this study, it portrays as the measurement of student achievement across various academic subjects.

**Academic**. As a result of this research, it construes to has something to do with education and scholarship.

**Deprivation**. In this study, it relates to the inability to refuse anything deemed necessary.

**Exposure to gadgets**. As an outcome of this research, it takes to mean excessive exposure to an electronic device or tool.

**Health**. As a culmination of this research, it explicates the absence of disease or disability but a condition of total bodily, mental, and social well-being.

**Mental health issues**. As the denouement of this study, it points to the disorders that affect your mood, thinking, and behavior.

**Performance**. In this research, it elucidates to a play, concert, or another type of staged or presented entertainment.

**Physiological health.** In this study, it points out that it is an active process involving distinct adaptation mechanisms coordinating interactions between all physiological systems of an organism.

**Psychological** **risk**. As the completion of this research, it explains the possibility of psychological injury occurring when exposed to a hazard.

**Sleep**. As a result of this study, it defines a bodily and mental state where the nervous system is generally inert and occurs for many hours every night.

**Sleep Deprivation**. is a general term to describe a state caused by inadequate quantity or quality of sleep, including voluntary or involuntary sleeplessness and circadian rhythm sleep disorders.

**Social interaction.** As an aftermath of this research, it expounds as an exchange between two or more individuals and is a building block of society.

**Students**. As a conclusion of this research, it depicts a student enrolled in a school or college.

**Work obligations.** In this study, it conveys about the minimum work and expenditurerequirements from time to time being conditions of grant of the Permit.

**CHAPTER II**

**REVIEW OF LITERATURE AND STUDIES**

Several similar studies on the topic have been conducted. The review of literature not only serves as a foundation for the study but also strengthens it. A meaningful and insightful review of the literature and studies is hereby presented.

**Related Literature**

Sleep quality ensures better social interaction, physiological and psychological well-being. Nonetheless, environmental, and behavioral factors also play a role in sleep hygiene. Lack of sleep directly affects how we think and feel. While the short-term impacts are more noticeable, chronic sleep deprivation can heighten the long-term risk of social, physical, and mental health problems. (Eric Suni, Staff Writer, 2021), multiple factors can cause or contribute to sleep deprivation, affecting students' health and afflicting their academic performance. Insights Learned from Review of Related Literature and Studies People have been through a lot in the midst of a pandemic, especially students struggling to cope with the situation, which is online learning. They are required to adjust their routine and handle their time.

However, there is also a hindrance to properly managing their time as students and as part of their perspective family. Except for doing schoolwork, they are accountable for performing house chores. Additionally, young people seem to have difficulties resisting any distractions such as playing video games and browsing social media. Most of the reason is that they want to be distracted to avoid thinking about their personal or family problems. Hence, they wouldn't be interested in doing their tasks in school, which would affect their time management, which also impacts their academic performances. Due to the circumstances, students tend to perform their school works at night which makes them sleep-deprived, their academic performance will be utterly affected. In some instances, they wouldn't be attentive in class because of lacking sleep, and they'll perhaps sleep during class hours or be distracted to keep negative social behaviors, such as anger, aggression, and rejection, mutually amplify each other. When people sleep poorly, they are less satisfied with their relationships, more aggressive, and to name a few social consequences (Gordon, et al. 2017).

**FOREIGN LITERATURE**

**Mental Health Issues**

According to Harvard health publishing (2021), sleep and mental health are closely connected. Sleep deprivation affects a human's psychological state and mental health. Moreover, those with mental health problems are more likely to have insomnia or other sleep disorders. Some psychiatric conditions can cause sleep problems, and sleep disturbances can also exacerbate many mental illnesses, affecting one's sleep. Mental health problems can affect individuals' sleep in different ways. Anxiety can cause their thoughts to race, making it hard to sleep. Depression can lead to oversleeping: sleeping late or sleeping a lot during the day. It can also cause insomnia if they have troubling thoughts. Post-traumatic stress disorder (PTSD) can cause nightmares or night terrors. These may wake them up and make them feel anxious about falling asleep. Mania can make them feel satisfied or energetic, so they might not feel tired or want to sleep. Sleep-deprived people may also have racing thoughts that make it hard to sleep (Suni, 2021).

**Work Obligations**

Sleep is one key aspect for students to balance studying, working successfully, and health wellness. The impact of work obligations for students on sleep has received attention in recent years. Poor sleep has been associated with absenteeism, accidents, and various diseases. The researchers summarized the causes and consequences of sleep problems, including class and work obligations, sleep disorders, and bad habits. Therefore, these sleep problems may harm students' mood and academic performance. It is common for students to have work obligations while simultaneously attending school. However, it can be challenging for students to maintain the delicate balance of study, work, and sleep. Students may sacrifice sleep time to work and study; work pressures and examinations may impact sleep quality and quantity. Getting quality sleep can be beneficial for students' learning and memory abilities, and in turn, it may benefit their studies and work performance. A better understanding of sleep will help academic administrators increase awareness of coping strategies. In turn, the students may be encouraged to balance their time spent studying, working, and sleeping instead of sacrificing one in favor of another (Chiang, et al. 2020).

**Psychological Risk**

In children and teens, sleep also helps support their growth and development. Nevertheless, many individuals, including students, suffer from sleep deprivation. The most common causes of sleep deprivation are contemporary lifestyle and work-related factors. Researchers and doctors have repeatedly seen the link between sleep deprivation and mental health. The more person experiences sleep deprivation and the more frequently they wake at night, the higher the chances of developing mental health issues. (Islamez, 2013), students are known for their variable sleep schedules. Such schedules are associated with poor sleep hygiene. They are noted for obtaining insufficient sleep during the week and sleeping long hours during the weekend. Lack of sleep may lead to many negative consequences, such as decreased mental health, mood swings, irritability, concentration problems, anxiety, and depression. Students, who are in psychological distress and have poor mental health, like anxiety, may receive a lower grade on academic activities, lower academic self‐efficacy, and less effective time management. It also affects their memory, which is essential to

learning. Sleep-deprived students cannot pay attention in their class lectures, forget their essential tasks, and get slow in work. It causes irritability and anger

and may lessen their ability to cope with stress. All these impacts lead them to poor mental health and more significant anxiety.

**Addiction and too much Exposure of Gadgets**

According to Rashid (2021), the use of technological gadgets has rapidly been increasing among adolescents, which may result in health issues and technology addiction. With the enormous amount of entertainment options, children tend to stick to their gadgets in their free time. The more frequent tendency of adolescent gadget use is increasingly contributing to several sleeping problems and physical health complications. However, people may not realize that technology may prevent them from getting a decent night's sleep. Most individuals nowadays go to bed with their gadgets to keep them company. Unfortunately, the light from these gadgets can result in a long night awake (Brooks, 2018).

**LOCAL LITERATURE**

**Sleep deprived people have difficulties to perform daily activities**

Sleep is crucial to maintain people’s cognitive performance during wakefulness, when they are carrying out their daily activities, such as studying and working. Adolescents show a phase delay in their sleep-wake cycle during free days (weekends). In addition, they frequently suffer a reduction of sleep during weekdays because they go to bed late, but they have to wake up early to comply with the school start time. Hence, it is important to study how adolescents’ cognitive performance is affected by the lack of sleep.

According to Aida Garcia and Pablo Valdez (2021), total sleep deprivation for more than 24-h decreases human performance on a variety of tasks and activities, such as: response speed (reaction time), memory, verbal comprehension, as well as the efficiency to perform mathematical operations. Performance on all these tasks and activities may be compromised by the alteration on three basic cognitive processes: attention, working memory, and executive functions. Further, brain damaged patients with a disorder in any of these three basic cognitive processes, show a reduction on the execution of most neuropsychological tasks and tests, that assess more complex processes, such as language comprehension and expression, reading, writing, learning, arithmetic calculations, long term memory, and thought processes.

The discussion of total sleep deprivation effects on performance has been centered on two basic cognitive processes: attention and executive functions. On one hand, studies propose that total sleep deprivation primarily affects attention, while executive functions remain preserved1. Therefore, people can respond to demanding situations, but they have trouble responding efficiently to monotonous tasks, due to attention deficiencies. On the other hand, different studies discuss that sleep deprived people can perform simple tasks, but they have difficulties to accomplish complex tasks, in which executive functions are implicated. Nevertheless, those studies do not consider that each cognitive process has several components. Attention has four components, tonic alertness, phasic alertness, selective attention, and sustained attention. Working memory has two storage components, phonological and visuospatial, a central executive and an episodic component. Executive functions include several components, such as initiative, planning, cognitive inhibition, cognitive flexibility, and self-monitoring. Hence, it is important to study the effects of total sleep deprivation on each component of the basic cognitive processes.Even though previous studies have found 24-h sleep deprivation effects on these three basic cognitive processes, only few papers analyze the effects on specific components of these cognitive processes, to identify which components are more affected. Additionally, few studies analyze total sleep deprivation effects through a comparison with a matched control group.

It is important to mention that this study analyses several components of these cognitive processes but does not intend to examine exhaustively all the components of these processes. The following sections review the components of the three cognitive processes, attention, working memory and executive functions, as well as the studies that have documented total sleep deprivation effects in these components.

**Psychological Risk**

Nowadays, students have mental health issues circulating all around the country. Peer pressure, tons of schoolwork, and family matters contribute to the instability of the mind. On the other hand, sleep deprivation is the lack of time needed for the body to rest. Students cannot focus or give all of their efforts with the damaging mental volatility that they have, and multiple happenings of sleep deprivation can also ruin one's mental health. (Frias, et al. 2018) Lack of sleep can also affect a child's school performance and could be linked to an increased risk of mental health problems developing a mood disorder, such as anxiety, stress and depression. Furthermore, the researchers reported poorer sleep quality can be a risk factor in developing Alzheimer’s disease.

**WorkObligation**  
 According to Velasco (2015), the one significant phenomenon that has been gradually eroding the health of the Philippines is lack of sleep. Filipino are choosing to sleep less and less, with dangerous effects. They think that staying awake to finish work is the lesser evil. It is not. It is a danger we have to address, and soon. There are many causes as to why sleep deprivation occurs in students. In a study done by Ahrberg (2012), and his colleagues, they found that different stress modes affect the circadian sleep rhythms of the students; these modes of stress from work obligations and school are the most prevalent. A student who has work obligations can feel stress from going to school, working too hard, and doing more school work until the early hours.

**Social Interaction**

According to Velasco (2015), proper sleep has been proven to help students perform better in school the following day. Decision-making and emotional stability are also affected by the right amount of good sleep.

Sleep deprivation has played a critical role in daily life, especially socializing. Insufficient sleep can significantly affect both long-term and short-term consequences for an individual. In the short-term result, sleep deprived. Individuals have been shown to have reduced alertness, decreased reaction time, shortened span of attention, weak judgment capacity, poor memory, lowered concentration, and reduced awareness of their surroundings. People who are also sleep-deprived are easily irritated and inability to control their emotions (Arzadon, et al. 2020).

**Exposure of Gadgets**

According to Cristina Lopez Antigo and Marie Fe D de Guzman (2021), there is a negligible relationship between academic performance, health, and the level of effects on the use of electronic gadgets. Many students are misusing modern technology. Their study habits and academic standing were merely affected. They could not focus on their studies because of too much pleasure brought about by contemporary technology. Moreover, it has also influenced students' sleep. The blue light radiated from devices can reprogram the brain to delay a quality rest. Electronics may take a toll on children to stay awake during the night and be lightheaded during the day. Study shows that children in the Philippines are using their phones past bedtime. Recently, there has been a surge of gadgets users among the young ones, increasing the number of Pinoys using their phones in the dead of night. Ninety percent of teens in the Philippines use their gadgets to help them relax before sleeping. However, technology stimulates your brain as it rewires your brain to sleep late. Studies show that bright light delays melatonin production, the hormone responsible for sleep (Moralidad, 2020).

**Theoritical Framework**

This chapter presents different theories as theoretical foundations to support the ideologies of this research paper. This will also strengthen the objectives and primary purpose of this study to make it more prominent. These theories are the following: Restoration Theory by Oswald, (1966), Hibernation Theory by Webb, (1974), and Brain Plasticity Theory by James, (1890). The theories they gathered are conducted to give a broad explanation of this study. It will introduce information that is associated with this matter.

Restoration Theory by Oswald, (1966) is a theory that discusses sleep. It stated and explained the essence of sleep to a human being. In accordance with the theory, sleep functioned by restoring the vitality of our human body and the vitality of our brain. Oswald claims the aims of two types of sleep: the Non –rapid eye movement (NREM) and Rapid eye movement (REM). As he started his theory, REM functioned by replenishing the proper process of our brain and renewing it through the process of protein synthesis. This discussion justified the ideology of this research that sleep deprivation is a welfare and mental concern.

Hibernation Theory by Webb, (1974) is part of the evolutionary theories of sleep. This theory discusses the impact of sleep on a human’s body and behavior. According to it, sleep evolved because it was forced to conserve energy. He claims that during sleep, behavioral activities are not performed; therefore, the energy of movement is spent less. This statement supports the claim of this study that sleep-deprived students are drained. Since they spent their time doing homework at night, they also spent too much energy of movement that can utterly drain them and make them fragile.

Brain Plasticity Theory by James, (1890) is a psychological theory. It explained that neuroplasticity response to learning and experience is through changes and adaptation in the structure and function of the brain’s capacity. In accordance with this theory, traditionally associated with changes in childhood, recent research indicates that mature brains continue to show plasticity due to learning. This ideology is said to be associated with the explication of our study. Sleeping is a way of facilitating neural plasticity; therefore, it could help young people adapt to their environment and learn conveniently. Hence, it suggested that in order for students to improve their learning capacity and academic performance, it is preferable not to be sleep-deprived.

**Conceptual Framework**

People lives during the pandemic had utterly changed, particularly the young ones. Students are in a new normal situation where they face gadgets to learn instead of listening to their perspective teacher without facing their phones or laptops. Hence, they cannot utterly comprehend and might feel pressure. It drives them to do their tasks eager and without proper time management. There are also productive tasks in their household that they should do, depriving their time and sleep. Since this situation is new for them, students are certainly still children, and it is unhealthy for them to have insufficient sleep at a young age. It is a struggle for them to cope-up, which would negatively impact their academic

performances.

As a schematic diagram, figure A will show the illustration of the interplay of the dependent and independent variables and the output of the study. The independent variables will show the profile of the respondents: Which obtain the age, gender, grade level, and economic status of the respondents. Also, in the following column, they have the dependent variable, mainly focusing on Senior High School students’ academic performance. Moreover, lastly, the output of the study, which they intend to employ in awareness programs to educate and give awareness to both students who have experienced sleep deprivation and those who have.

**Figure 1. Paradigm of the Study**

**INPUT**

**1.What is the demographic profile of respondents in terms of;**

**1.1 Age**

**1.2 Sex**

**1.3 Year level**

**2. What is the causes of sleep deprivation in terms of**

**2.1. exposure to gadgets;**

**2.2. mental health issues; and**

**2.3. work obligations?**

**3. What is the effects of sleep deprivation in terms of;**

**3.1. psychological risk;**

**3.2. physiological health; and**

**3.3. social interaction**

**PROCESS**

* **Awareness of Sleep deprivation**
* **Analyzing and observe to make a possible solution .**
* **Evaluate the**

**causes and effects of sleep deprivation that can affect their academic performance of senior high school students.**

* **KNOWLEDGE**
* **SOLUTIONS**
* **INFORMATION**

**AND**

* **IMPROVEMENT IN ACADEMIC PERFORMANCE**

**OUTPUT**

**CHAPTER III**

**METHODOLOGY**

This chapter presents the method and procedure used in this study. It also discusses the following sub-headings: research design, research environment, respondents, and data gathering procedure, research instruments, their validity, and the statistical treatment of the data.

**Research Design**

This study will utilize a quantitative research method. This research will use the descriptive correlational research design.  Descriptive correlational studies describe the variables and the relationships that occur naturally between and among them. This research design will help the study about Sleep Deprivation: Its Causes and Effects to the Academic Performance of the Senior High School Learners in Abanon National High School. According to Euclid Seeram (2019), the aim of descriptive collerational research is to describe the relationship among variables rather than to infer cause and effect relationships. Descriptive collerational study are useful for describing how one phenomenon is related to another in situations where the researcher has no control over the independent variables, the variables that are believed to cause or influence the dependent or outcome variable.

**Sources of Data**

*Locale of the Study*

The research study will be conducted at Abanon National High School an ISO-Certified which is currently under the administration and management of Dr. Raul S. Bautista- Principal III. Specifically, the study will be administered in Senior High School Department.

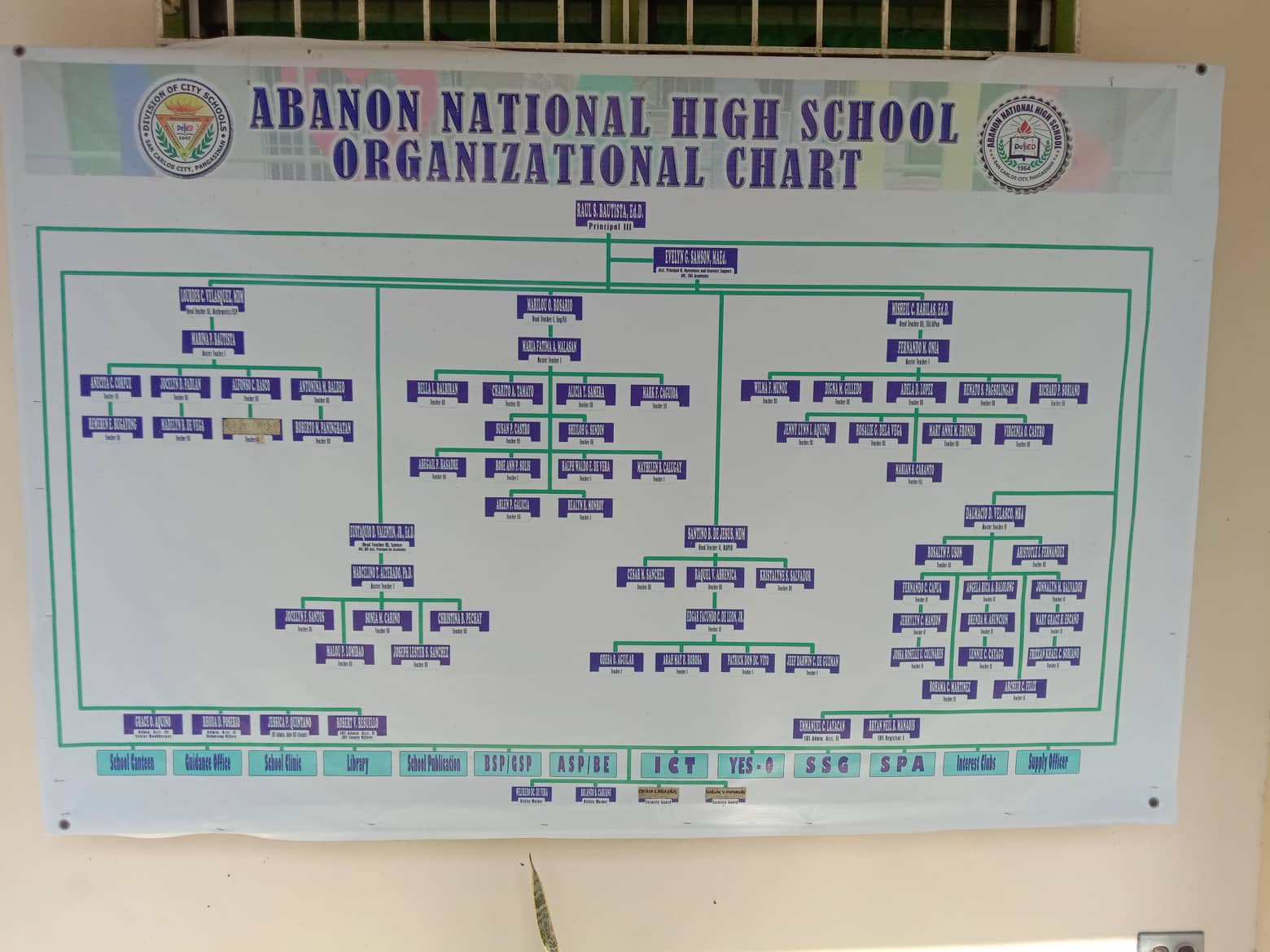
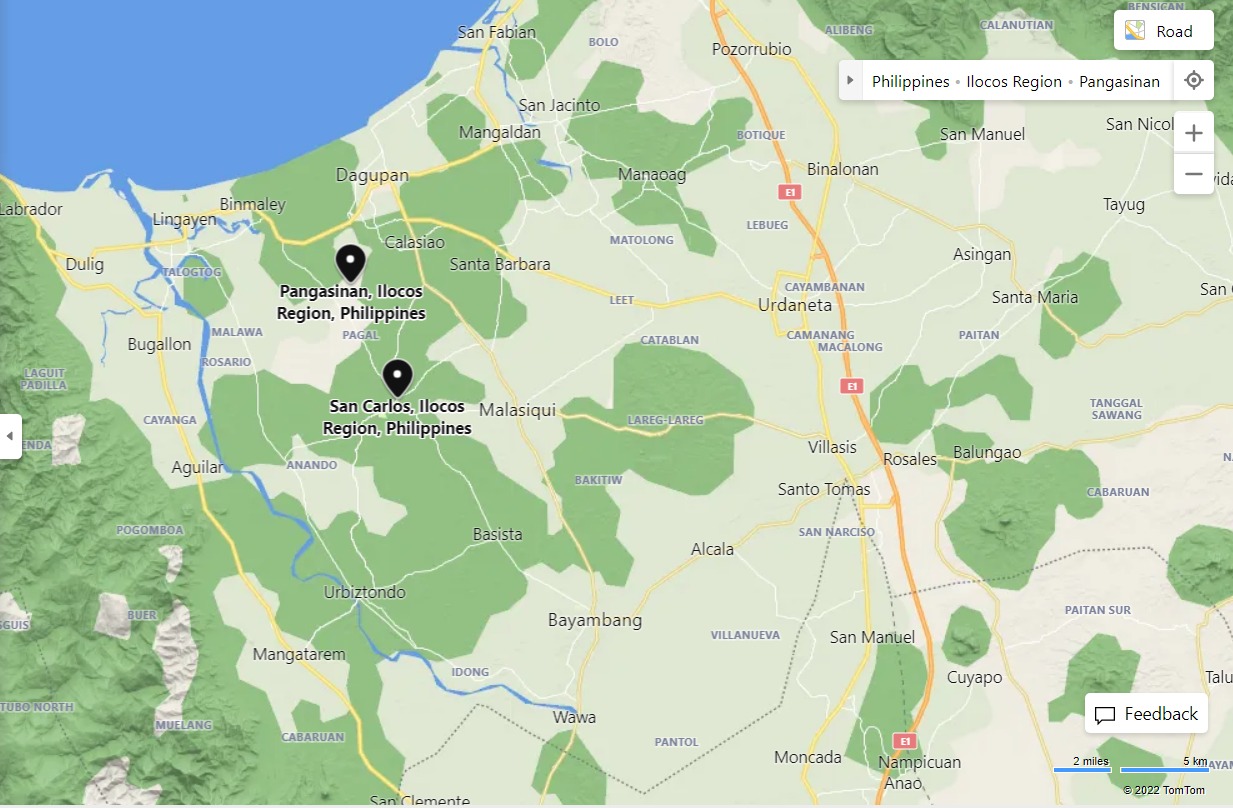
The said students is located at Barangay Abanon, San Carlos City, Pangasinan. It caters majority of the students from Barangay of Abanon.

Abanon National High School is one of the biggest school in San Carlos City Division. Currently, the school is a Gr.11 and 12 ready institution with various strands which are all open for admissions. Under the Academic Track, Abanon National High School has General Academic Strand, suitable for students who are still open for options on what course to pursue in college. Accountancy, Business and Management Strand is also offered to those who are interested in terms of business courses. Humanities and Social Sciences Strand for learners who want to take journalism, communication arts, liberal arts, education, and other social sciences related courses.

In addition, the school also offers Technical-Vocational and Livelihood courses which aim to hone the technical skills of the students that are significant on their professional career. Abanon National High School under TVL track offers Information and Communication Technology, and Beauty Care.

Sleep deprivation is often driven by voluntary choices that reduce available sleep time.

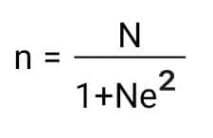
**Figure 2. Location Map of Abanon NHS**



***Population and Sampling***

The study focuses on the cause and effects of Sleep Deprivation in Grade 11 Students to Grade 12 Students. A stratified random sampling was used in this study for the selected respondents. The total number of grade 11 and Grade 12 Students to get appropriate of the participants. It is important that the total number of samples is determined by using:

Slovin's Formula



Where:

n= sample size

N= total no. Grade 11 & 12 students

e= margin of error (0.10)

And to know the respondent's in each grade level, the respondent's will be selected through stratified sampling which method where the total population is divided into smaller groups or strata to complete the sampling process.

**Stratified**

**Random =**

**Sampling**

**Population of Subgroups**

**Entire Population**

**x**

**Total Sample Size**

**Grade 11**

**Stratified**

**Random =**

**Sampling**

**Grade 12**

**Stratified**

**Random =**

**Sampling**

**162**

**246**

**x**

**71 = 46.7 or 47**

**84**

**71= 24**

**246**

**x**

|  |  |  |
| --- | --- | --- |
| **GRADE 11** | | |
| **POPULATION**  **N=246** | **Total Number Of Students**  **Per strand** | **Sample**  **n=71** |
| STEM | 22 | 6 |
| HUMSS | 57 | 17 |
| GAS | 50 | 14 |
| ICT/BC | 20 | 6 |
| ABM | 13 | 4 |
| **TOTAL 47** | |

|  |  |  |
| --- | --- | --- |
| **GRADE 12** | | |
| **POPULATION**  **N=246** | **Total Number Of Students**  **Per strand** | **Sample**  **n=71** |
| STEM | 9 | 3 |
| HUMSS | 37 | 10 |
| GAS | 21 | 6 |
| ICT/BC | 10 | 3 |
| ABM | 7 | 2 |
| **TOTAL : 24** | |

**Table 1 and 2: Total Number of Respondents per strand in Grade 11 and 12 Senior High School**

**Instrumentation and Data collection**

The researchers of this study will utilize the descriptive correlational research design in gathering data from 71 respondents.An online research survey method will gather the data using instruments in questionnaires and documents by using cellular phones and other gadgets. The documentary analysis will be employed to determine Sleep Deprivation: Its Causes and Effects to the Academic Performance of the Senior High School Learners, conducted in Abanon National High School. This study will use the respondents in senior high school in ANHS and the results throughout the study.

To acquire the data for the fulfillment of the study, the researchers will amass data from books, journals, and online references correlated to the study. The researchers will also develop a questionnaire through a review of literature initially; it will undergo approval from at least 2 professionals. The researchers will also seek permission from the Abanon Senior High School department to distribute the questionnaires to the subjects who belong to the stated department. After the sought approvals, the researchers will distribute the questionnaires to the respondents through a link to a google form. They will ask for the subjects’ consent to answer the questionnaires, and once approved, the researchers will explain to the topics the instructions in answering the questionnaires. The researchers will stand by while the issues are responded to assist when needed. When the respondents are unable to provide the answers in the questionnaire, a follow-up the following day will be done by the researchers. After acquiring all the data needed, the researchers will go through a series of steps in data gathering and tally and subject the results to statistical treatment.

Start

1. We will determine whether to conduct a survey.

2. We will prepare approval letters.

3. We'll conduct the survey questions.

4. We will validate the questionnaires.

5. We will conduct and administer the survey.

6. They will retrieve the questionnaires.

7. They will examine, assess, and interpret the outcome.

End

Most students use an internet connection and Facebook Messenger. It will be accessible to most students in senior high school. It will eliminate room for error since these students most likely answer the survey during their free time; they will feel relaxed or at ease, yielding more accurate results. It will be significantly better than the paper-based survey because the respondents will answer either on the spot or for a limited time. Whereas in the online survey, the respondents will answer it anytime and thoroughly assess each question.

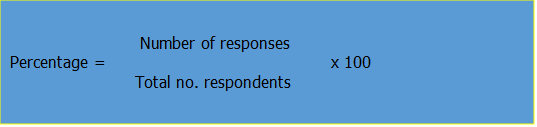
TABLE 1. Scoring Plan

|  |  |  |
| --- | --- | --- |
| Rating Scale | Interval Scale | Descriptive Equivalent |
| 4 | 4.00 - 3.00 | Strongly Agree |
| 3 | 2.99 - 2.00 | Agree |
| 2 | 1.99 – 1.00 | Disagree |
| 1 | 1.00 – 0.99 | Strongly Disagree |

**Data Analysis Tools**

The data that will be gathered by the researcher from the responses of students will be tallied, tabulated, and presented in tabular form. The data will be analyzed and interpreted through the use of the following statistical tools:

Where:



P – Percentage

F – Number of responses

N – Total number of respondents

100 – Constant multiplier

**CHAPTER IV**

**PRESENTATION , ANALYSIS AND INTERPRETATION OF DATA**

Data analysis and interpretation is the process of assigning meaning to collected information and determining the conclusions, significance, and implications of the findings. It is an important and exciting process of research. In order to gather data, a questionnaire is needed. A questionnaire is a research instrument that consists of set of questions or other types of prompts that aims to collect information from a respondent. Research Questionnaires By 1838, the Statistical Society of London had established these methods. Researchers send survey questionnaires to the selected responder in order to collect further data for the study, which will be responded online and provide the researchers with their data, the study's problem, or its solution. In order to learn more about the interviewees, the data collected from the respondents was then carefully examine.

**Presentation of findings**

This chapter reports the analysis of data collection from a sample of 71 students who selected no. of respondents in defferent strands from grade 11 and 12 who agreed to participate in the study. The first part of this chapter presents descriptive demographic information about the sample obtain in the survey.This demographic information is the student’s backgrounds using percentage.

**Part I. Profile of the respondents**

The profile of the respondents in terms of Age, Gender,Grade level and Strand are listed below:

Table 1.1 .Presentation of Age of Grade 11 and 12 respondents

|  |  |
| --- | --- |
| Age | Percentage |
| 15 | ------ |
| 16 -17 | 80.3% |
| 18 - 19 | 19.7% |
| 20 | ------- |
| Above 20 | ------- |

Table 1.2 Presentation of Gender of Grade 11 and 12 respondents

|  |  |
| --- | --- |
| Gender | Percentage |
| Male | 59.2% |
| Female | 40.8% |

Table 1.3 Presentation of Grade level of Grade 11 and 12 respondents

|  |  |
| --- | --- |
| Grade level | Percentage |
| 11 | 66.2% |
| 12 | 33.8% |

Table 1.4 Presentation of Strand of Grade 11 and 12 respondents

|  |  |
| --- | --- |
| Strand | Percentage |
| STEM | 12.7% |
| HUMSS | 36.6% |
| GAS | 29.6% |
| ICT/BC | 12.7% |
| ABM | 8.5% |

**Age**

In terms of age , we can conclude from table 1.1 that majority of the respondents from grade 11 and 12 are 16 – 17 years old that consist of 80.3% while the remaining 19.7% are age of 18 – 19 years old. The other age that mention like 15 and 20 years old consist of 0% . That only means that majority of the respondents are 16 – 17 years old.

**Gender**

In terms of gender, it can be noticed that most of our respondents from table 1.2 are male with 59.2% while female is 40.8%. The only means that majority of the respondent from grade 11 and 12 are male.

**Grade Level**

In terms of the grade level , it can be noticed from the table 1.3 that 66.2% of our respondents are grade 11 while the remaining 33.8% came from grade 12 . That means that majority of the respondents are grade 11 students,

**Strand**

Since this study focuses on the Sleep Deprivation : It’s Causes and Affects to the Academic Performance Of the Senior High School Learners, the researchers decided to get those students from different strand in grade 11 and 12 as their respondents .We devide them through slovin’s formula and stratified sampling method to equally distributed the questionnaire and answered the questions. In grade 11 and 12 STEM with 12.7% , grade 11 and 12 HUMSS 36.6%, grade 11 and 12 GAS with 29 .6% , grade 11 and 12 ICT/BC with 12.7 % , grade 11 and 12 ABM

8.5 % this conclude of the total of 100% from 71 respondents that was equally distributed through proper way of computation through sampling technique.

Demographic profiling provides data regarding research and is necessary for the determination of whether the individuals in a particular study are representative sample of the target population for generalization puposes. Usually demographics or research participant characteristics in the methods section of research and serve as an independent variable in the research design.

**Part II. Sleep Deprivation : It’s Causes and Affects to the Academic Performance Of the Senior High School Learners**

Indicators:

|  |  |  |
| --- | --- | --- |
| Rating Scale | Interval Scale | Descriptive Equavalent |
| 4 | 4.00 - 3.00 | Strongly Agree |
| 3 | 2.99 - 2.00 | Agree |
| 2 | 1.99 – 1.00 | Disagree |
| 1 | 1.00 – 0.99 | Strongly Disagree |

This sections presents the part II of the survey questionnaires. It contains the cause and effects that could give the solutions and could clearly identify the cause of the problem in the research statements.

II. Sleep Deprivation : It’s Causes and Affects to the Academic Performance Of the Senior High School Learners

**Part III. Causes of sleep Deprivation**

**N= 71**

1. **Exposure to Gadgets**

|  |  |  |  |
| --- | --- | --- | --- |
| Rating Scale | | | |
| Questions | **4** | **3** | **2** | **1** | Weighted Mean | | Descriptive  Equivalent |
| I use electronic gadgets before I sleep | **16** | **52** | **3** | **0** | **3.18** | | **SA** |
| I use electronic devices for more than 3 hour a day | **22** | **44** | **4** | **1** | **3.22** | | **SA** |
| I have trouble falling asleep when using my phone. | **18** | **34** | **17** | **2** | **2.95** | | **A** |
| I don’t have adequate sleep because I am always on my phone | **10** | **26** | **34** | **1** | **2.63** | | **A** |
| I experience sleep disturbances due to my phone | **16** | **36** | **19** | **0** | **2.95** | | **A** |
| **Average Weighted Mean** | | | | | | **2.98** | **A** |

The data presented in this table shows that exposure to gadgets is one of the causes of sleep deprivation among the students of Senoir High School in ANHS because of overtime use of gadgets and they have no limitations of using it . The average weighted mean show that they “Agree “ with an equivalent of 2.98. And aslo the second highest among the group of questions in the causes of sleep deprivation which means that this is where the researchers must focus to.

**B. Mental Health Issues**

|  |  |  |  |
| --- | --- | --- | --- |
| Rating Scale | | | |
| Questions | **4** | **3** | **2** | **1** | Weighted Mean | Descriptive  Equivalent | |
| I cannot fall asleep with ease because of overthinking | **15** | **40** | **16** | **0** | **2.98** | **A** | |
| I experience sleep disruptions because of nightmares. | **16** | **30** | **24** | **1** | **2.85** | **A** | |
| I find difficult to sleep due to panic attacks | **4** | **32** | **34** | **1** | **2.54** | **A** | |
| I feel anxious before going to sleep due to my negative thoughts | **16** | **32** | **21** | **2** | **2.87** | **A** | |
| I find it hard to sleep because of depression | **9** | **34** | **27** | **1** | **2.73** | **A** | |
| **Average Weighted Mean** | | | | | **2.79** | | **A** |

The data presented in this table shows that mental health issues can be also cause of sleep deprivation among the senior high school learners that have a impact on student’s academic performance as they losses the focus they needed.The average weighted mean shows that they “Agree” and has an equivalent of 2.79.

**C.Work Obligations**

|  |  |  |  |
| --- | --- | --- | --- |
| Rating Scale | | | |
| Questions | **4** | **3** | **2** | **1** | Weighted Mean | | Descriptive  Equivalent |
| I sleep late due to meeting assignments deadlines | **25** | **42** | **4** | **0** | **3.29** | | **SA** |
| I can’t handle my time management due to a lot of house works | **24** | **36** | **10** | **1** | **3.16** | | **SA** |
| I sleep late , assisting my family to prepare for our business | **5** | **36** | **28** | **2** | **2.61** | | **A** |
| Do my work at night because the daytime is not enough for me to finish my obligations as a student and as part of our household | **20** | **39** | **10** | **2** | **3.08** | | **SA** |
| I cant focus on doing my school works in the daytime | **10** | **40** | **19** | **2** | **2.81** | | **A** |
| **Average Weighted Mean** | | | | | | **2.99** | **A** |

The data presented in this table shows that work obligations is the number one causes of sleep deprivation and priority of the students why they experience sleep deprivation and have a big impact of their academic performance.The average weighted mean show that they “Agree” with an equivalent of 2.99 and also the highest among the group of questions about the causes of sleep deprivation which means that this is where the resesrchers must focus the most.

**Part IV. Effects of sleep Deprivation**

**N= 71**

**D. Psychological Risk**

|  |  |  |  |
| --- | --- | --- | --- |
| Rating Scale | | | |
| Questions | **4** | **3** | **2** | **1** | Weighted Mean | | Descriptive  Equivalent |
| I usually experience mood swings if I’m sleep - deprived | **11** | **41** | **18** | **1** | **2.87** | | **A** |
| I’m easily irritable when I don’t have a night of adequate sleep | **17** | **37** | **16** | **1** | **2.98** | | **A** |
| I find it hard to cope with stress if I don’t have a night of sufficient sleep | **12** | **37** | **22** | **0** | **2.85** | | **A** |
| My anxiety levels exacerbate if I don’t sleep enought | **8** | **37** | **22** | **4** | **2.69** | | **A** |
| I easily forget things if I’m sleep - deprived | **12** | **37** | **22** | **0** | **2.85** | | **A** |
| **Average Weighted Mean** | | | | | **2.84** | **A** | |

The data presented in this table shows that psychological risk can be the effects of sleep deprivation because of sleeplessness by the often symptom of mood disorders , such as depression and anxiety also affect their academic performance. The average weight mean show that they “ Agree” with an equivalent of 2.84 and also is the second highest among the group of effects of sleep deprivation.

**E. Physiological Health**

|  |  |  |  |
| --- | --- | --- | --- |
| Rating Scale | | | |
| Questions | **4** | **3** | **2** | **1** | Weighted Mean | Descriptive  Equivalent |
| I experience muscle tremors if didn’t have enough sleep | **8** | **34** | **24** | **5** | **2.63** | **A** |
| I experience body aches after having inadequate sleep | **16** | **36** | **18** | **1** | **2.94** | **A** |
| I experience fatique during the daytime due to lack of sleep | **18** | **32** | **20** | **1** | **2.94** | **A** |
| I have a headache after I don’t sleep sufficiently | **18** | **42** | **10** | **1** | **3.08** | **SA** |
| I have experience anemia when I don’t have enough sleep | **10** | **39** | **19** | **3** | **2.78** | **A** |
| **Average Weighted Mean** | | | | | **2.87** | **A** |

The data presented in this table shows that physiological health also the effects of sleep deprivation because the primary signs and symptoms about the sleep deprivation include excessive daytime sleepiness and daytime impairment such as reduced concentration , lower thinking and mood changes. The average weighted mean show that they “ Agree” with an equivalent of 2.87 and also the highest among the group of questions about the effects of sleep deprivation which means that this is where the researchers must focus the most.

**F. Social Interaction**

|  |  |  |  |
| --- | --- | --- | --- |
| Rating Scale | | | |
| Questions | **4** | **3** | **2** | **1** | Weighted Mean | | | Descriptive  Equivalent |
| I don’t enjoy interacting with other people when I’m sleep- deprived | **12** | **32** | **26** | **1** | **2.77** | | | **A** |
| It is hard for me to efficiently recognize someone’s emotions if I don’t have enough sleep | **18** | **26** | **26** | **1** | **2.85** | | | **A** |
| I avoid close contact with other people if I’m sleep – deprived | **14** | **27** | **27** | **3** | **2.73** | | | **A** |
| I feel lonelier when I’m sleep deprived | **13** | **28** | **27** | **3** | **2.69** | | | **A** |
| I feel unconfident if I’m sleep - deprived | **17** | **30** | **22** | **2** | **2.87** | | | **A** |
| **Average Weighted Mean** | | | | | | **2.78** | **A** | |

The data presented in this table shows that social interaction is one of the effects of sleep deprivation because of feeling loneliness, lack of confident and lack of social interaction that can effect the way they sleep at night time. The average weighted mean show that they “ Agree “ with the equivalent of 2.78.

**Solutions to Adress Sleep Deprivation : It’s Causes and Affects to the Academic Performance Of the Senior High School Learners**

Table dwells with the solutions to address the Sleep Deprivation : It’s Causes and Affects to the Academic Performance Of the Senior High School Learners in this study; it is very essential , timely and relevant , since the top most priority is to solved this phenomenon. After knowing the result of this study, the researchers suggest that the following solutions should be taken consideration in order to lessen the students that will experience sleep deprivation and improve their academic performance and avoid such phenomenon in occurring.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Causes of Sleep Deprivation** | | | | |
| **Exposure to Gadgets** | **Mental health issue** | | **Work Obligations** | |
| Every students should be  limit the use of gadgets .  It should be enough to take 1 hour or 30 minutes of using  gadgets at night to take a  rest and prevent distruction  of sleeping**.** | Much better to consult to  the experts like Psychiatrist  doctor of mental health to  help and advise the better  way on how you adress  your mental health issue to  prevent sleep deprivation. | | Time management to bala-  nce your work obligations  at home and school works.  Make a good plan on how  you start your work obligatio  -ns at home and school  works . | |
| **Effects of sleep Deprivation** | | | | |
| **Psychological Risk** | | **Physiological Health** | | **Social Interaction** |
| Try going to bed early around  8 or 9 oclock at night with  peaceful mind and don’t think  anything that can irritate or dis-  truct you. And waking up ear-  ly the same time everyday and  read some encouranging books. | | If you wake up early and  sleep early at night you don’t have experience struggling of sleepiness at day time. You can focus your goal in every day. | | Make it a good routine on  how you maintain your  better way of sleeping at  night , to don’t distruct  and interrupt you in day time because of lack of  sleep , to have a good communication and conversation with someone. |

**CHAPTER V**

**Summary , Conclusions and Recommendations**

The purpose of this study was to determine Sleep Deprivation : It’s Causes and Affects to the Academic Performance Of the Senior High School Learners . This chapter presents a summary of the study and the conclusions and recommendations from the data collected.

**Summary**

This study aims to ascertain the acknowledgment and identity the impact of sleep deprivation on the academic performance in Abanon National High School Senior High students. Primarily this will aim to answer the following questions:

1.What is the demographic profile of respondents in terms of;

* 1. Age
  2. Gender
  3. Grade level

1.4 Strand

2. What is the causes of sleep deprivation in terms of

2.1. exposure to gadgets;

2.2. mental health issues; and

2.3. work obligations?

3.What is the effects of sleep deprivation in terms of;

3.1. psychological risk;

3.2. physiological health; and

3.3. social interaction

4.What are the common sleep deprivation symptoms experienced by the students ?

5. Is there a significant relationship between the causes of sleep deprivation to the students?

6.Is there a significant relationship between the effects of sleep deprivation on the students ?

7.What could be the possible awareness to prevent developing sleep deprivation in students ?

**Summary of findings**

1. **Respondents Profile**

**Age**

In terms of age , we can conclude from table 1.1 that majority of the respondents from grade 11 and 12 are 16 – 17 years old that consist of 80.3% while the remaining 19.7% are age of 18 – 19 years old. The other age that mention like 15 and 20 years old consist of 0% . That only means that majority of the respondents are 16 – 17 years old.

**Gender**

In terms of gender, it can be noticed that most of our respondents from table 1.2 are male with 59.2% while female is 40.8%. The only means that majority of the respondent from grade 11 and 12 are male.

**Grade Level**

In terms of the grade level , it can be noticed from the table 1.3 that 66.2% of our respondents are grade 11 while the remaining 33.8% came from grade 12 . That means that majority of the respondents are grade 11 students,

**Strand**

Since this study focuses on the Sleep Deprivation : It’s Causes and Affects to the Academic Performance Of the Senior High School Learners, the researchers decided to get those students from different strand in grade 11 and 12 as their respondents .We devide them through slovin’s formula and stratified sampling method to equally distributed the questionnaire and answered the questions. In grade 11 and 12 STEM with 12.7% , grade 11 and 12 HUMSS 36.6%, grade 11 and 12 GAS with 29 .6% , grade 11 and 12 ICT/BC with 12.7 % , grade 11 and 12 ABM . 8.5 % this conclude of the total of 100% from 71 respondents that was equally distributed through proper way of computation through sampling technique.

Demographic profiling provides data regarding research and is necessary for the determination of whether the individuals in a particular study are representative sample of the target population for generalization puposes. Usually demographics or research participant characteristics in the methods section of research and serve as an independent variable in the research design.

**II. Causes of sleep Deprivation**

1. **Exposure to Gadgets**

The data presented in this table shows that exposure to gadgets is one of the causes of sleep deprivation among the students of Senoir High School in ANHS because of overtime use of gadgets and they have no limitations of using it . The average weighted mean show that they “Agree “ with an equivalent of 2.98. And aslo the second highest among the group of questions in the causes of sleep deprivation which means that this is where the researchers must focus to.

1. **Mental Health Issue**

The data presented in this table shows that mental health issues can be also cause of sleep deprivation among the senior high school learners that have a impact on student’s academic performance as they losses the focus they needed.The average weighted mean shows that they “Agree” and has an equivalent of 2.79.

1. **Work Obligations**

The data presented in this table shows that work obligations is the number one causes of sleep deprivation and priority of the students why they experience sleep deprivation and have a big impact of their academic performance.The average weighted mean show that they “Agree” with an equivalent of 2.99 and also the highest among the group of questions about the causes of sleep deprivation which means that this is where the resesrchers must focus the most.

**III. Effects of sleep Deprivation**

1. **Psychological Risk**

The data presented in this table shows that psychological risk can be the effects of sleep deprivation because of sleeplessness by the often symptom of mood disorders , such as depression and anxiety also affect their academic performance. The average weight mean show that they “ Agree” with an equivalent of 2.84 and also is the second highest among the group of effects of sleep deprivation. Which means that this is where the researchers must focus to.

**E. Physiological Health**

The data presented in this table shows that physiological health also the effects of sleep deprivation because the primary signs and symptoms about the sleep deprivation include excessive daytime sleepiness and daytime impairment such as reduced concentration , lower thinking and mood changes. The average weighted mean show that they “ Agree” with an equivalent of 2.87 and also the highest among the group of questions about the effects of sleep deprivation which means that this is where the researchers must focus the most.

**F. Social Interaction**

The data presented in this table shows that social interaction is one of the effects of sleep deprivation because of feeling loneliness, lack of confident and lack of social interaction that can effect the way they sleep at night time. The average weighted mean show that they “ Agree “ with an equivalent of 2.78.

**Conclusions**

There are various causes of sleep deprivation, which can be voluntary behavior, personal obligations, working schedule, or medical problems. it shows that exposure to gadgets is one of the cause of sleep deprivation due to boredness and addicted to gadgets they didn't noticed the time they spend a lot and they forgot to eat their foods and in trouble to falling asleep when using phone furthermore because of overuse and they have no limitation. The mental health issues can lead iInsufficient sleep negatively affects the nervous system, resulting in poor brain function. Because of the cognitive decline that is associated with sleep deprivation, academic performance is often decreased. Work obligation is the number one of causes of sleep deprivation and have a big impact of their academic performance and it have more difficulty concentrating, learning, and communicating. Moreover the effects of sleep deprivation in students can have a serious impact on mental and physical health like anxiety, and depression it can caused of sleep problems and can be symptoms of insomia in different mental health issues and even suicidal thoughts and sleep deprivation put students at risk of depression and high stress. However the Sleep deficiency in health problems including stress. Poor sleep triggers viral loneliness and social rejection that cannot be focused of their academic performance researchers have found that sleep-deprived people feel lonelier and less inclined to engage with others.

**Recommendations**

The findings and conclusions of this study can provide some insight into development of new programs that might assist the school in this effort. It must be understood that these new programs will not provide immediate relief in most cases. The school must be committed to long – term goals that can become a part of their strategic plan.

From the results from the findings in the Sleep Deprivation : It’s Causes and Affects to the Academic Performance Of the Senior High School Learners. We suggest the following solutions to address the phenomena.

1. Using gadgets much better to have a knowledge and understanding on how to limit their self on proper way of using it to prevent to much exposure to gadgets. Using it in purposive way to their studies to improve

academic performance.

1. Grade 11 and 12 Learners in Abanon Senior High School are recommended to improve their study habits for them to perform well Academically.
2. Grade 11 and 12 Learners who have less sleep per night due to their Exposure to Gadgets, Mental Health Issues, Work Obligations suggested to improve their sleep hygiene in order for them to attain the adequate sleep appropriate for their developing body and mind.
3. Grade 11 and 12 Learners are encouraged to get regular exercise and proper nutrition; there are many cases doing exercise late at night may help them focus on sleep because the body needs to rest as soon as possible. Also, having a proper diet may help to fight insomnia.
4. Grade 11 and 12 Learners must avoid staying up all night by surfing the internet or playing games on a screen and avoid napping during the day since it may cause them to be wakeful at night.
5. Grade 11 and 12 Learners should plan out their schedules from their perspective so that they control their time. Also, taking notes or making an outline when they have a lot of house works to finish their obligations as a student and as part of their household may help them with their assigned task or activities.
6. Grade 11 and 12 Learners are highly encouraged to assess their learning style as it may help them develop strategies which will enhance their learning potential and evaluate the method they prefer to study or process information. Furthermore, taking breaks—without any screens—while studying may help the students to refresh their minds.
7. Studying in a quiet environment may help the grade 11 and 12 learners to study peacefully and be more focused. Also, using several study techniques may help them improve as well.

**BIBLIOGRAPHY**

1. **Books**
2. **Published Materials**
3. **Unpublished Materials**
4. **Others**