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Grade: 87

kdprice2

Major project 2

The three variables I chose to measure over the course of fifteen days were: the hours of sleep I get, the time I spend at the gym, and how productive I was that day. I wanted to measure the hours of sleep I get each day because I feel like that is an important factor in how your day turns out. A lot of time the amount of sleep you got the previous night plays a role into how productive you are that day. I think if you get less sleep in a day, you are more likely to be drowsy and not carry out activities that you might do on a day when you are fully energized so specifically that’s why I measured hours of sleep, time spent at gym, and productivity. I wanted to see if how much sleep I got the previous night played a role into how productive I was the next day and if I spent more or less time at the gym on days I got more sleep. Overall, I hypothesized that if I got around 7 or more hours of sleep, I would be very productive the next day, completing a good amount of tasks and spend at like an hour at the gym.

To measure these variables, I measured them in a continuous way. I recorded the number of hours of sleep I got, the number of minutes I spent in the gym, and the number of items I completed throughout the day that was on my to do list. For this, I basically asked myself the same three questions everyday which were, “how many hours of sleep did I get last night? How long was I at the gym today? How productive was I today, how much did I get done off my to do list?” For my variable of how many hours of sleep I got over fifteen days the standard deviation was 1.6 and the average was 6.1. For the variable of how much time I spent at the gym, the standard deviation was 31.7 and the average was 45. Lastly, for the variable of how productive I was that day, the standard deviation was 1.8 and the average was 2. The average and standard deviations were compatible with my expectations.

For my scatter plot, my scores increased and decreased. Throughout the days if I got a good amount of sleep, I tended to be very productive and spent more time at the gym. So since the amount of time I spent at the gym and my productivity depended on the hours of sleep I got, some days my scores decreased and some days they increased. The trend line of my scatter plots raised on the graphs for the hours of sleep I got and the time I spent at the gym, but for the productivity plot my trend line was straight across. The correlation for the variable of the amount of sleep I get was 0.16. The correlation for the variable of how productive I am was 0.01 and the correlation for the variable of the amount of time I spent in the gym is 0.15.

Through the process of analyzing the data of the three variables I chose to measure, I learned a lot about my personality. I learned that I can be very lazy sometimes and more to myself and other times I can be very productive and open. From measuring these variables on the days I had less sleep, I often found those were the days that my boyfriend and I got into an argument or those were the days when I didn’t talk to many friends or want to be around anyone. I just wanted to be in my bed or be at home. I was in a rather bad mood or grouchy mood on those days. Days where I had a decent amount of sleep, I was happier. I was more chipper and actually had the motivation to complete any work that I needed to do. I was more talkative on these days and had more interactions with others on these days as well. Variations in one attribute were very well closely related to variations in another attributed like I hypothesized in the beginning of this project. On any day where I’ve had less than 6 hours of sleep, I automatically feel like it won’t be a very productive day. On days when I feel well rested, I always feel like it will be a very good productive day, which is why in the beginning of this project I figured the amount of sleep I get is connected to my productivity and the time I spend at the gym. If I do not get enough sleep, I will not spend a lot of time at the gym because I’m already tired or I don’t go at all. So I expected to see the amount of sleep I get effect my productivity and the time I spend at the gym.