

TABLE OF CONTENTS

APPROVAL PAGE.....	2
STATEMENT OF ORIGINALITY	3
PREFACE.....	4
TABLE OF CONTENTS	8
LIST OF FIGURES	11
LIST OF TABLES	12
CHAPTER I.....	13
1.1 Background.....	13
1.2 Problem Formulation.....	16
1.3 Research Question	17
1.4 Study Objective	17
1.5 Research Benefits	17
1.6 Study Originality	18
CHAPTER II	21
2.1. Internet Addiction.....	21
2.1.1. Definition.....	21
2.1.2 Significance	22
2.1.3 Measurement	24
2.2 Sleep Quality	27
2.2.1 Definition.....	27
2.2.2 Sleep Mechanism.....	30
2.2.3 Significance	32
2.2.4 Measurement	33
2.3 Correlation between Internet Addiction and Sleep Quality	35
2.4 Correlation between Sociodemographic and Lifestyle with Sleep Quality.....	37

2.5 Co-Assisting Student	40
2.6 Theoretical Framework	42
2.7 Conceptual Framework	43
2.8 Hypothesis	43
CHAPTER III	44
3.1 Research Design	44
3.2 Time and Place	44
3.3 Research Population and Subject	44
3.4 Research Variable.....	46
3.6 Operational Definition of Research Variable	47
3.7 Research Instrument	51
3.8 Research Procedure	52
3.9 Data Analysis.....	52
3.8 Research Schedule.....	54
3.9 Ethical Clearance.....	55
3.10 Research Flow	57
CHAPTER 4.....	58
4.1 Result.....	58
4.1.1 Univariate Analysis	60
4.1.2 Bivariate Analysis	63
4.1.3 Multivariate Analysis	65
4.2 Discussion.....	66
4.3 Study Limitations	70
CHAPTER 5.....	72
5.1 Conclusions	72
5.2 Recommendations	72
APPENDICES.....	73

REFERENCES75