

## TABLE OF CONTENTS

TITLE PAGE.....	i
RATIFICATION .....	ii
ASSERTION.....	iii
ACKNOWLEDGEMENT.....	iv
TABLE OF CONTENTS.....	v
LIST OF TABLES.....	viii
LIST OF APPENDICES.....	x
ABSTRACT.....	xi
CHAPTER I INTRODUCTION	
A. Research Background.....	1
B. Problem Formulation.....	4
C. Research Authenticity.....	5
D. Research Benefits.....	7
E. Research Objectives.....	7
CHAPTER II LITERATURE REVIEW	
A. Literature Review.....	9
1. SLEEP	
a. Definition of Sleep.....	9
b. Functions of Sleep.....	9
c. Normal Sleep Rhythm.....	11
d. Neurobiology of Sleep and Wakefulness.....	13
e. Common Sleep Disorders.....	17
2. SLEEP QUALITY	
a. Definition of Sleep Quality.....	19
b. Components of Sleep Quality.....	19
c. Consequences of Poor Sleep Quality.....	20
d. Sleep Hygiene.....	21
3. SLEEP PROPENSITY	
a. Definition of Sleep Propensity..	23
b. Categories of Sleep Propensity..	24
c. Consequences of High Sleep Propensity.....	25
4. ACADEMIC ACHIEVEMENT	
a. Definition of Academic Achievement	26
b. Sleep and Academic Achievement....	27
B. Theoretical Framework.....	28
C. Conceptual Framework.....	29
D. Research Hypothesis.....	30

CHAPTER III METHOD	
A. Research Design.....	31
B. Time and Location of Research.....	32
C. Subjects.....	32
D. Tools and Materials.....	32
E. Variable and Data.....	35
F. Operational Definition.....	35
G. Statistical Analysis.....	37
H. Research Flow Chart.....	38
CHAPTER IV RESULTS AND DISCUSSION	
A. Results.....	39
1. GENERAL CHARACTERISTICS OF STUDENTS...	39
2. SLEEP QUALITY OF STUDENTS.....	40
a. Sleep Quality by Gender.....	41
b. Sleep Quality by Age.....	41
c. Components of Pittsburgh Sleep Quality Index.....	42
3. SLEEP PROPENSITY OF STUDENTS.....	44
a. Sleep Propensity by Gender.....	44
b. Sleep Propensity by Age.....	45
4. CORRELATION OF SLEEP QUALITY, SLEEP PROPENSITY AND ACADEMIC ACHIEVEMENT...	46
a. Correlation of Sleep Quality and Academic Achievement.....	46
b. Correlation of PSQI and Academic Achievement.....	47
c. Correlation of Sleep Propensity and Academic Achievement.....	48
d. Correlation of Sleep Quality and Sleep Propensity.....	49
B. Discussion.....	50
1. SLEEP QUALITY OF STUDENTS	
a. Sleep Quality Characteristics.....	50
b. Sleep Quality in Correlation to Gender and Age.....	52
c. Sleep Quality in Correlation to Academic Achievement.....	53
d. PSQI Components Characteristics...	54
e. PSQI Components in Correlation to Academic Achievement.....	58
2. SLEEP PROPENSITY OF STUDENTS	
a. Sleep Propensity Characteristics...	61
b. Sleep Propensity in Correlation to Gender and Age.....	63
c. Sleep Propensity in Correlation to	

Academic Achievements.....	63
3. CORRELATION OF SLEEP QUALITY, SLEEP PROPENSITY, AND ACADEMIC ACHIEVEMENT..	65
CHAPTER V CONCLUSION AND RECOMMENDATION	
A. Research Findings.....	67
B. Conclusions.....	68
C. Recommendations.....	68
D. Limitations.....	69
REFERENCES.....	71
APPENDICES	