Sleep Disorder vs GPA and Relationships

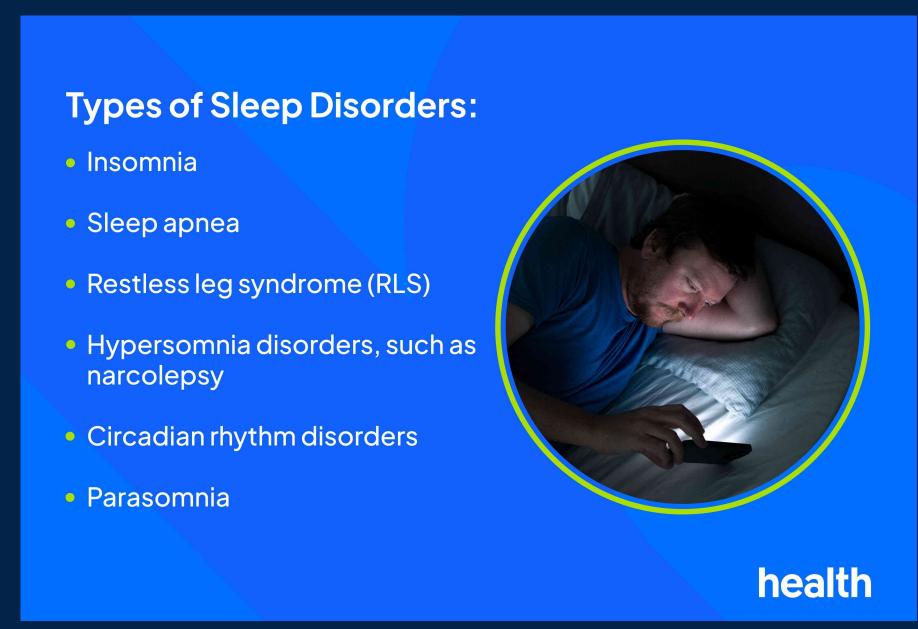
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HYPOTHESES

- 1. The first hypothesis is that students who suffer from sleep disorders have lower GPAs or are not satisfied with their GPAs.
- The second hypothesis is that those who suffer from sleep disorders tend to have worse relationships or be less satisfied within them.



PARTICIPANTS

- 146 Students
- *88 Women/58 Men
- *Race
 - *African American (N = 121, 82.9%),
 - **❖White, (N=7),**
 - **\$Latino (N = 7),**
 - *Asian (N = 1),
 - *Native American, and (N = 2) and
 - *Six participants indicated their race as Other.

MEASURES



- Sleep Disorders (Yes= 17, No=103)
- GPA (3.5 and above; 3.0 to 3.4999; 2.5 to 2.999; 2.0-2.499; 1.00-1.999; below 1.0)

RESULTS

- 1. Sleep Disorders and Relationship Satisfaction
 - Sleep Disorders & Relationship Satisfaction, t(67)=1.474, p=.073
 - Not significant,
- 2. Sleep Disorders and GPA Satisfaction
 - \Rightarrow T(49(=1.690,p=.049
 - Significant,





DISCUSSION

The results of this study suggest the following:

- Students who suffer from sleep disorders are generally satisfied with their grades.
- Students who suffer from sleep disorders are generally not satisfied with their relationships.