

CHAPTER 1

INTRODUCTION

This chapter discusses Background of the Study, Reasons for Choosing the Topic, Research Questions, Objective of the Study, Significance of the Study, Limitation of Study, Definition of Key Terms, and Outline of the Study.

1.1 Background of the Study

Academic achievement becomes an important part of learning. Parents of the students usually measure the output of their children learning in school or college by their achievement. Referring to Abdullah et al (2012), the students who have good achievement must be active to participate in learning process in the class, because based on theory of educational productivity by Walberg (1981) as cited in Farooq et al (2011) the cognitive and affective are part of factors that affect academic achievement.

In teaching learning process, the time of learning is really important to maximize students understanding. When students get more understanding in learning, it can impact their academic achievement in a good way. Generally, morning is the best time to receive the lesson because the students still feel fresh and ready to receive the lesson (Kantartzi, et al, 2010). However, for some people, waking up in early morning is hard to do. It happens because they have different sleeping habit.

As human being, sleep is the part of the life necessary. Sleep is needed to help brain work properly. The brain is preparing for tomorrow while the body sleeps. It is forming new pathways to help to learn and remember information.

Studies show that a good night sleep improves learning. Sleep helps enhance students learning and problem-solving skills whether they learn Mathematics or English. Sleep also helps them to pay attention, make decisions, and be creative (Gibbons, 2012).

From explanation above, students need to be active, creative, and pay attention when learning in class. Those can happen when students get enough sleep. For high school students who usually still live with their parents, they can get enough and proper sleep because they are under parents control. However, it may happen differently for college students who usually do not live in their parents' home. They live in dormitory or boarding house. Usually, sleeping habit of the college students is more deprived. It is caused by many factors, such as their lifestyle, academic striving, electronic using, community activities, etc. Many of them do not care their sleeping habit, and it can impact their academic achievement (Hoefelmann, et al, 2014; Academic Success Center Utah State University, 2016).

Based on the explanation above, the writer would like to find out the university students' perception about the impacts of sleeping habit to their academic achievement. It is interesting because generally college students do not pay much attention to their sleeping cycle or sleeping habit thus it impacts their habit during learning process.

1.2 Reasons for Choosing the Topic

Sleeping may help refresh and prepare brain for the next day. Some of college students do not care much about their sleeping habit or sleeping pattern because they do not know the impact to their learning activity and achievement. The writer would like to investigate also describe the students' perception about their sleeping habit impact to their academic achievement. The college students are chosen as an object of research because many of them live far from their home, so their parents cannot control their schedule or activities every day, so they can sleep anytime as they want. It may give impact to their achievement in academic.

1.3 Research Questions

Based on the background above, the research question of the study can be stated as follow:

1. What is the students' perception about the impacts of their sleeping habit to their academic achievement?
2. Does a good sleeping habit have impacts to academic achievement based on students' perception?

1.4 Objective of the Study

The objective of study can be stated as follows:

To find out students perceive about the impacts of their sleeping habit to their academic achievement and also to describe their perception about the impacts of sleeping habit to academic achievement.

1.5 Significance of the Study

The result of this study is expected to give information as follows:

1. For academic practices

The writer expects that the academic practices especially the students have knowledge about sleeping habit that can impact academic achievement.

2. For students' parents

The writer expects that the students' parents have understanding about sleeping habit that can impact academic achievement therefore they can oversee their children.

3. For readers / other researcher

The writer expects that after read this study, the readers can understand more about sleeping habit, academic achievement, and the relation between them.

1.6 Limitation of the Study

This study is limited into the following aspects:

1. This study only describes the students' perception about sleeping habit, memory process, critical thinking, and their academic achievement by questionnaire.

2. This study did not cover the other aspects outside the aspects that mentioned above which could influence the students' academic achievement.

3. The scale of the population and sample of this study is limited on some college students of an English department in a private university in capital city of Central Java of academic year 2016/ 2017.

1.7 Definition of Key Terms

To avoid ambiguity on terminology used in this study, each term will be clarified as follows:

a. Perception

According to Slameto (2010), perception is a process of perceiving information.

b. Sleeping Habit

Studies have showed that sleeping habit among young people is quite poor which may be due to the biological factors that occur during adolescence, as well as behavioral changes such as increasing school obligations, social activities, and excessive use of electronic equipment (Hoefelmann, 2014).

c. Students' Academic Achievement

Students' academic achievement can be seen by their result, successfulness or their cumulative experience in learning (Pratini, 2005; Rivkin, et al., 2005).

1.8 Outline of the Study

Chapter I is Introduction which contains of Background of the Study, Reason for Choosing the Topic, Research Questions, Objectives of the Study, Significance of the Study, the Limitation of the Study, Definition of Key Terms, and Outline of the Study.

Chapter II is Review of related literature which contains of Definition of Perception, Sleeping Habit, Academic Achievement, and Review the Previous Studies.

Chapter III is Research method which contains of Research Design, Variables of the Study, Subject of the Study, Instrument of the Study, Validity of Questionnaire, Reliability of Questionnaire, Data Gathering Technique, and Data Analysis.

Chapter IV is Finding and Discussion which contains of finding of the research and discussion.

Chapter V is Conclusion and Suggestion which contains of the conclusion of the research and some suggestions from the writer.