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SLEEP DEPRIVATION CAUSING DELAYS IN HOMEWORK COMPLETION DURING COVID 19 PANDEMIC: A CASE STUDY OF HIGHER SECONDARY STUDENTS IN HOOGHLY, WEST BENGAL

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ABSTRACT

Higher secondary students are considered to be mature, as they are developing. They are expected to routinize their activities, even during the time of crisis, like Covid 19 pandemic, which broke out during 2020-21. As the lives were altered, more maturity was expected from them. But most of the students, stayed awake to study the materials and complete the home works. As a result of this, they became sleep deprived, causing several health problems. These problems were so frequent that their academic performance was at stake. Although, with time, they could bring back the pace in their academic journey.

Key words: sleep, deprivation, delay, homework completion, Covid 19 pandemic, higher secondary students, Hooghly, west Bengal

1. INTRODUCTION

Be it anyone, 7-8 hours of sleep is necessary for ensuring smoothness and adequacy in the bodily functions. For the students, this is essential as they have a routine to follow. One wrong step is detrimental for their academic success. For instance, if the students sleep late, then they are delayed in submitting the homework. Therefore, students are recommended to create routines so that they can sleep well and submit the home tasks well in time. Parents and the members at home have a great role to play in motivating the students, making them feel that they are capable of achieving success in their life, routinizing the activities. All of these aspects were impossible during the Covid 19 pandemic as life took a turn. These issues are analyzed with reference to the higher secondary school students in Hooghly, West Bengal.

2. LITERATURE REVIEW

Sobti, R. C., & Sobti, A. (Eds.). (2023) talks about the teachings which Covid 19 pandemic brought for the people, especially the students. According to the arguments, the pandemic taught the students to take care of their health. If they sleep well, then they felt fresh, by which they concentrated well in their studies. This indicated proper submission of the homework within the deadline, without any delays.

Paul et al., (2022) brought in the case of medical students' sleep patterns during Covid 19 pandemic. Their duty hours increased, as they had to attend many patients, affected by the virus. Therefore, they were left with hardly any hours to sleep. Due to lack of proper facilities to provide hands on experience and training, most of the nurses and medical students were asked not to come after the lockdowns. This led to obstruction in their duties. Clinical teaching was something which developed anxiety among the nursing students, as they were not familiar with this earlier.

Mukherjee et al., (2023) contextualized digitalization and education in terms of the psychosocial dimensions. Digitization of education has deprived the students in rural areas from the basic courses. This affirms further broadening of the gaps between rich and poor. In case of the students of higher secondary grade, from rural areas, psycho-social taunts and mocking, result in dropping out of education after the outbreak of Covid 19 pandemic. Educational policies are also in the developing stage, not yet covering the remote villages,

where digital light has not yet reached. Moreover, genderization of education in the rural areas is also a challenge for the girl students in higher secondary grade, to continue their education after covid 19 pandemic digitization.

Teachers' mentality can also be talked here. Teachers, according to Goswami, (2024), based on the learning needs of the students, allots homework to students. But if the home task is research intensive, then sleep deprivation is the immediate and common behavior to be seen among the students. They have to stay awake whole night and complete the work. Deadline is set accordingly, by which the students can submit, ensuring their proper health. Here, time management and health are related in terms of academic establishment.

Lufityanto, G & Jamaluddin, S.F. (2022) maps the impact of mild sleep deprivation among the students' cognitive functioning towards learning. While performing the Simon's task, students did not feel sleep deprivation. The performance was categorized into Sleep deprivation and sufficient sleep. If the learning process is mastered, then measured approach was expressed for the performance of Simon Task.

3. METHODOLOGY

Probability sampling was conducted to select 200 such students from the higher secondary level school of Hooghly, west Bengal. These students were the ones who were sleep deprived and could not submit the homework properly during Covid 19 pandemic. Survey was conducted on these students to collect data on the reasons for not being able to sleep. Tables, charts and graphs were used to analyze the reasons, rather exploring and deducing the scientific, objective, real and epistemological facts. While collecting the data, the researcher was liberal, ensuring the samples are not uncomfortable. For this, ethical consent forms were distributed along with the questionnaires. This strategic drive enabled the researcher to complete the research within 8 weeks.

4. CONCLUSION

As the students of higher secondary level schools in Hooghly, West Bengal were unable to cope up with the new digital mode of education, therefore, they were sleep deprived. This causes several impacts on their health, and academic performance as a whole. Incomplete

sleep made them fall asleep during the time of completing the assignment. This caused delays in submitting the projects.

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