

ANALYSIS OF STUDENTS' SLEEP DURATION IN INCREASING STUDENTS' MOTIVATION TO LEARN AT SCHOOL (Case Study of Students at Islamic Boarding Schools)

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Abstract. This study aims to analyze the effect of sleep duration on the formation of student learning motivation at SMPIT IBS Riau through a qualitative approach. Learning motivation is an important factor that affects students' academic achievement, supported by a sufficient sleep duration that is believed to increase students' concentration and energy. The research method used is a case study with data collection techniques through in-depth interviews, observations, and document analysis. The research participants were purposively selected from SMPIT IBS Riau students, supervisors, and academic teachers. The study's results showed variations in the duration of students' sleep. Some students have pretty good sleep rules, while others often fall short in sleep duration from the rules that have been set. Students with adequate sleep patterns reported feeling more energetic and focused in learning, while students with less sleep patterns felt tired quickly and had difficulty concentrating. Factors such as family habits, extracurricular activities, and school policies affect a student's sleep duration. This study concludes that sufficient sleep duration plays an important role in the formation of student learning motivation at SMPIT IBS Riau during the learning process in the classroom. A good sleep duration provides students with the energy and concentration they need to study well. Recommendations for schools include holding educational programs on the importance of adequate sleep patterns, as well as for parents to ensure their children have a regular sleep schedule according to health rules based on their age.

Keywords: *Sleep Duration, Learning Motivation, learning Results*

1. INTRODUCTION

Education is an important aspect of the development of individuals and society. National Education aims to develop the potential of students to be able to become human beings who have more faith and piety to God Almighty, as well as noble character, knowledgeable, creative, independent and able to become a society that has a democratic spirit and is responsible [1]. Education has the goal of advancing the nation, so to achieve this goal, education prepares every individual to be able to live well through moral, intellectual and physical education by mastering the knowledge of life. Education in modern times is a force that can shape a person's quality, so it is hoped that individuals who have good quality

can become an element to welcome the progress of the nation.

There are several types of educational institutions, one of which is education in Islamic boarding schools. School children are considered as the next generation of the nation who will become future human resources (HR) whose potential needs to be fostered and improved. Health is the main prerequisite that must be met for the success of educational efforts. Efforts to improve the quality of human resources begin by addressing the growth of children in the family environment, ensuring that they receive adequate nutrition, appropriate care, and achieve learning goals [2]. The purpose of National Education is to develop the potential of students to become individuals who have more faith and devotion to God Almighty, have noble morals, have knowledge, creativity, independence, and become part of a society that has a democratic and responsible spirit [3].

Motivation is an effort to inspire students' enthusiasm for learning from the beginning of the learning process. In the learning process, it is important to keep learning motivation high so that students are constantly encouraged and do not lose enthusiasm during learning.[4] Learning motivation is the strength or encouragement that drives a person to perform tasks, both from within himself and from outside. Strong or weak motivation levels can affect the level of learning success, so internal efforts from students themselves are required, such as facing various challenges[4]. Learning motivation is a very important need in the learning process, as it plays a crucial role in providing encouragement or enthusiasm to individuals. Learning motivation not only serves as a driver to achieve good achievements, but also includes real efforts to achieve the learning goals that have been set [5]. Learning motivation plays an important role in determining how involved individuals are in the learning process, the extent to which they maintain their efforts, and how they face learning obstacles or challenges [6], [7], [8]. Motivation is very important in learning activities, because there is motivation to encourage the spirit of learning and vice versa, the lack of motivation will weaken the spirit of learning. Motivation is an absolute requirement in learning; A student who learns without motivation (or lack of motivation) will not succeed optimally [9].

Learning motivation is the internal and external encouragement of students that causes excitement and enthusiasm for learning and enables students to achieve superior learning outcomes. If students often face problems in their lives, both physical and mental, this can cause a lack of motivation for students to learn in learning.[10] Motivation is the term most often used to describe the success or failure of almost any complicated task. Almost all scholars agree that a theory of motivation with regard to the factors that drive behavior and give direction to that behavior, is also generally accepted that a person's motive for engaging in a particular activity is based on an underlying need. Learning motivation can arise due to intrinsic factors, desire and desire to succeed as well as the encouragement of learning needs and hopes and ideals [11], [12], [13].

Motivation has an important role in learning because it is one of the main factors that encourage a person to learn [14]. In the context of learning activities, motivation can be considered as an internal force that encourages students to be involved in learning activities, ensure the learning process, and provide direction for these learning activities. Therefore, the existence of learning motivation is crucial; If students lose motivation to learn, then the learning process will not occur. The condition of low learning motivation can hinder the

achievement of educational goals and become a threat to the progress of the nation, so it needs to be handled appropriately [15]. One of the physiological factors that affect learning motivation is that students need to pay attention to and maintain physical or physical health. In an effort to maintain body health, students need to pay attention to diet and sleep patterns that aim to improve the body's metabolism, consume healthy snacks, wash hands, not smoke, weigh weight, measure height, organized and measurable exercise not only to maintain physical health but also to improve agility [16], [17].

The sleep patterns of students who are still in their teens have different patterns compared to other age stages due to hormonal changes and shifts in circadian rhythms that affect sleep quality. Teenagers start to get sleepy in the middle of the night while they have to get up early to go to school. According to Wolfson and Carskadon (1998) (in Aulyanti, 2013), assessed sleep and wake habits in 3120 school children aged 13-19 years in the United States and found that the average length of sleep at night was 7.3 hours. Bedtime at night is at 22:35 and wakes up early at 06:05. On holidays, bedtime starts at 00:25 and wakes up early at 09:32, with a sleep duration of 9 hours and 7 minutes. Sleep not only impacts physical and emotional growth and development but is also strongly related to cognitive function, learning and attention [18]. Irregular sleep patterns have a bad impact on the human body. Nowadays, many students are sleepy while learning is ongoing, this is caused by poor sleep arrangements such as sleeping until late at night. They take this for granted, but if you keep doing it constantly it will become a bad habit [19].

Having a poor sleep pattern can have a serious impact on a child's health. They tend to feel tired easily, and if irregular sleep patterns are not changed, this can lead to a decrease in immunity. In addition, sleep deprivation can also significantly affect children's behavior. Children who don't get enough sleep tend to be hyperactive, have difficulty concentrating while studying, and often experience behavioral problems both at school and at home. This condition can negatively impact their learning ability and daily social interactions. Therefore, it is important for parents and caregivers to ensure that children have regular sleep patterns that are adequate for their age. This is not only to maintain their physical health but also to support their mental development and good behavior[20].

Sleep has benefits that are just as important for body health as exercising and eating nutritious foods. This is because sleep helps in the body's information processing and maintains metabolism. When sleep needs are met, our bodies feel refreshed, not tired, and stay healthy. On the other hand, if the need for sleep is not met, the brain will have difficulty processing new information, it will be difficult to focus, and it can affect emotional stability such as making us easily impatient, moody, irritable, or even depressed. Sleep deprivation also makes it difficult to concentrate. However, excessive sleep can also have a negative impact. Most sleep can make the body feel less energetic and can give rise to feelings of laziness and less comfort to carry out activities the next day. Therefore, maintaining a balance in adequate sleep patterns according to individual needs is essential to support optimal physical and mental health [21].

In addition, sleep patterns can also affect a student's motivation to learn. A good diet can also be said that the amount of food consumed is according to needs, the type of nutrients in the food is fulfilled and the frequency/quantity of meals is good. With a good diet, it can

be conveyed that the fulfillment of children's nutrients is also fulfilled. Nutrients that enter the child's body become fuel for energy fulfillment in carrying out children's daily activities. The existence of good eating habits is also supported by the child's habit of breakfast, so it will also have an impact on children's concentration. A child's good concentration in learning will increase children's motivation. Similarly, on the other hand, a child's lack of concentration, which may be caused by several factors such as a bad diet, rarely having breakfast, will more or less affect his motivation to learn [22].

High learning motivation has a crucial role in achieving optimal academic results. However, learning motivation is influenced by various factors, one of which is the physical and mental health condition of students, including the sleep patterns they have. The duration of sufficient and quality sleep is an important factor in maintaining students' physical and mental health. Adequate sleep not only affects students' physical energy and concentration while studying, but it also has the potential to increase their overall motivation to study. Nowadays, there is a trend of decreasing sleep duration in adolescents and school students. This is due to various factors such as high academic demands, dense extracurricular activities, excessive use of technology, and unhealthy lifestyle changes. Lack of sleep can lead to chronic fatigue, decreased concentration, and reduced motivation to study. According to Kristen Willeumier, PhD, a neuroscientist and author of the book *Biohack Your Brain*, there is an ideal sleeping window from 10 p.m. to 6 a.m. The effective sleep time is 7-9 hours. At 9 p.m., the body begins to produce melatonin, a hormone the pineal gland produces to signal the body to start resting and preparing for sleep. Therefore, it is highly recommended to start getting ready for bed at 21.00 at night [23].

Therefore, research on the relationship between students' sleep duration and learning motivation in school is relevant and important to be conducted. By deeply understanding how sleep duration affects students' learning motivation, effective strategies or interventions can be found to improve students' well-being and their learning outcomes in educational settings. Through this research, it is hoped that new insights will be opened about the importance of healthy sleep patterns in increasing student learning motivation. In addition, the results of this study are also expected to provide recommendations for policies or educational programs that support students' sleep health to support better academic achievement

2. RESEARCH METHOD

This research was conducted at the Al Ihsan Boarding School Riau Islamic Boarding School, Jl. Pesantren RT 004 RW 003, Kubang Jaya Village, Siak Hulu District, Kampar Regency. The research was conducted from May to June 2024. This research is a type of descriptive qualitative research with a case study research strategy. According to Sugiono in Nuri's research [24] said that research with the case study method is where the researcher conducts an in-depth exploration of a certain program, event, process, activity on one or more people. Case studies are bound by the time and activities of the researcher in conducting detailed data collection using various data collection procedures in a continuous time. Qualitative research is research that is carried out with a certain arrangement (setting) that exists in the real/real life environment (natural) with the intention of investigating and

understanding the symptoms or phenomena that occur (what happens, why it happens, and how it happens [25].

The study obtained data using in-depth interview techniques with several treated participants, direct observation, and also other secondary data acquisition. Interviews were conducted both with dormitory supervisors, academic teachers, and students at the cottage. Including the photo evidence found, and then how the procedure is. So everything is mutually confirmed and analyzed using triangulation techniques between sources, as well as triangulation between methods. Then the visualization of the findings was carried out. In this study process, the process of data reduction, data disanalysis, and conclusion drawing are considered findings in this study.[26]

Participants in this study consisted of brothers and sisters students, brothers and sisters dormitory coaches and coaches of the brothers dormitory by conducting interviews with each research subject. Data collection techniques are obtained through in-depth interviews, observations, documentation, and supported by literature from previous researches. In this study, it has met the validity qualifications, both the validity of the construct (i.e. through all triangulation analysis), as well as the validity both internally (i.e. through pattern matching) and externally (i.e. through the visualization of findings), and has also met the reliability (i.e. that the research has been carried out step by step in accordance with the research plan that has been built previously. This research also includes that it has met the criteria of credibility, transferability, auditability, and confirmability

3. RESULTS AND DISCUSSION

3.1 Results

Sleep is one of the most important biological needs for human life. By maintaining a good sleep pattern, the body can prepare itself for the next activity. Sleep quality has a significant effect on students' concentration during learning. Students who experience sleep deprivation tend to experience various negative impacts such as depression, obesity, decreased memory, decreased immunity, difficulty concentrating, and decreased motivation to study. Psychologically, lack of sleep can also cause bad mood, irritability, and so on. There are still many students who face difficulty concentrating in class due to lack of sleep, which has the potential to disrupt their overall learning process. This is a serious problem that can affect students' learning abilities and academic achievements. Therefore, it is important for students to prioritize adequate and quality sleep at the right hours in order to optimize their concentration and study effectiveness.

This study reveals a variety of students' sleep duration experiences in schools that are the focus of the research. Data from in-depth interviews with 2 students, 1 coaching teacher, and 2 academic teachers showed that most of them experienced a lot of variation in sleep patterns while in the dormitory. Some students report sleeping less than 5 hours per night due to being busy with extra lessons or extracurricular activities and compulsory activities carried out in the dorms, while others report being able to sleep between 5-6 hours per night by strictly regulating their sleep schedules. Healthy sleep patterns and optimal mental health are two important aspects in maintaining student well-being and health [27]. Students who slept less

often felt less energetic and had difficulty concentrating in class, often experienced severe sleepiness, and were sick due to ineffective sleep duration. They described experiences that showed that when they didn't get enough sleep, they tended to feel tired throughout the day, which made them less motivated to learn and participate in class discussions. A good sleep pattern has many positive benefits for a person's health and well-being. Some of the key benefits of a good sleep pattern include: Boosting the immune system, mental maintenance, cognitive and academic achievement, improving mood, improving memory [28]. The traits of a good and healthy sleep pattern involve various aspects, including the duration, quality, and structure of sleep. Here are some characteristics of a good sleep pattern: Sufficient duration, sleep quality, consistency of sleep time, normal sleep cycle, no mental or physical health related disorders [29].

However, some other students revealed that if they are disciplined with a predetermined sleep schedule. Then it will help them in carrying out activities at school. Some of the impacts that occur in the field when students feel that they have enough sleep hours in the dormitory are:

1. Students will be solemn in carrying out tahajud and dawn prayers during congregational prayers when they are in the mosque.
2. After congregational prayers, students will easily memorize vocabulary in both Arabic and English programs.
3. Students will easily memorize the Qur'an which will be deposited during academic hours.
4. And students are more enthusiastic in participating in learning in class from start to finish.

However, the most important thing to know is that every student has the same right to sleep, without any reduction or addition. It's just that it is returned to the students. Whether they can control themselves in making the best use of their time or make it trivial. So, students who can condition themselves to rest on time will get enough sleep. So that when in the classroom during the learning process. It can make it easier for them to understand the material from the beginning of learning to the end.

3.2 Discussion

The variation in students' sleep duration reflects the importance of the role of sleep in their motivation to learn. Students who get enough sleep tend to report better levels of concentration, motivation and energy, which allows them to focus more on understanding the subject matter and completing academic tasks more effectively.

The influence of factors such as dormitory sleeping habits, academic load, activities in dormitories and extracurricular activities suggests that efforts to promote healthy sleep patterns in schools need further attention. In light of these findings, schools may consider a more holistic approach in integrating education about sleep health into the curriculum or student health program in general [30]. In addition to learning motivation, adequate sleep also affects students' study concentration, especially for those who experience sleep deprivation or fatigue. Research shows that adequate and quality sleep can improve students' study

concentration, following the teachings of the Prophet PBUH. However, excessive sleep or improper sleep can also be risky because it can interfere with concentration during study or cause a tendency to be lazy.

It is important to involve parents in supporting healthy sleep patterns for their children, as well as considering school policies that support adequate sleep times for students. Thus, it is hoped that a more supportive and conducive learning environment will be created for academic development and overall student welfare. This discovery provides insight for pesantren dormitory managers and educators to improve the quality of education by paying attention to the sleep health of students. Measures such as scheduling that supports quality sleep and an educative approach to raising awareness of the importance of sleep can help improve students' motivation to learn and overall academic performance. Schools can also include educational materials on the importance of sleep. By raising awareness of the impact of sleep on health and concentration, students can better prioritize getting enough sleep [31]. In addition, it is necessary to pay attention to diet and physical activity. Eating a healthy diet and exercising regularly can help improve sleep quality. With the collaboration between schools, parents, and students in implementing these solutions, it is hoped that it can create an environment conducive to good sleep, ultimately improving children's ability to concentrate and excel [30].

Thus, this study makes an important contribution in understanding how aspects of sleep health can affect learning motivation in the boarding school dormitory environment.

4. CONCLUSION

This study confirms that the duration of students' sleep has a significant influence on their motivation to learn in school. Students who get enough sleep tend to show better levels of concentration and energy, which directly contributes to the quality of their participation in learning activities and academic achievement. The variation in students' sleep patterns, which is reflected in the results of this study, highlights the importance of the role of parents and schools in supporting healthy sleep habits. **Considering** factors such as extracurricular activities and academic load, efforts to promote awareness of the importance of adequate sleep are expected to improve students' overall health and well-being. **This study's recommendations include integrating** education about sleep health into school curricula and collaborative efforts between parents, teachers, and educators to create a supportive learning environment. Thus, it is hoped that **implementing** healthy sleep practices can potentially increase students' learning motivation and create a strong foundation for better academic achievement in the future.

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