

The Reality of Life for High School Students

1. Motivation behind Research Paper

Are you sleeping well? Do you have good lifestyle habits? I think that there is a problem with the lifestyle of Japanese high school students today. Why research this topic, so I often see people sleeping during classes in high school or dawdling, unable to concentrate in class. Therefore I set this theme because I wondered why I felt so sleepy and unable to think straight. In researching this topic, I hope it will motivate high school students to learn more. This research paper will focus on the reality of life for high school students.

2. Introduction

The aim is to identify how the life habits of high school students influence their academic performance. I intend to accomplish this goal by surveying Nara Prefectural Kokusai High School students. According to a paper written by Takashi Sakamoto (Bulletin of Faculty of Health and Welfare, Osaka University of Health and Sport Sciences), a study of the lifestyle of high school students (report no. 6) The influence of insufficient sleep on the school life of high school students. The data collected for this study will include surveys and questionnaires. From there, I know the impact of sleep deprivation on breakfast deprivation and school life.

3. Results and Analysis

Lack of sleep is connected to missing breakfast, which in turn affects how well they concentrate in class. From this point of view, I thought that the best way to improve one's lifestyle was first of all to get enough sleep. Many high school seniors, who are also students preparing studying for a test, complain of sleep deprivation because they are shifting more to a night owl type of lifestyle while their morning school hours remain unchanged, resulting in a decrease in sleep time. They also exercise less, which makes it harder for them to feel physical tiredness. I believed that proper exercise would help them feel physical tiredness and ensure proper sleep time. Getting enough sleep sets the rhythm of daily life.

Since a study of the actual lifestyle of Japanese high school students would be too large, we will focus our research on international high school students. In conducting this research, we asked students about their sleeping hours and whether or not they eat breakfast. As a result, How many hours of sleep do you get? Many of the respondents answered that they slept between 6 and 7 hours, and none of them were able to get more than 8 hours of sleep, which is required for high school students. About half of those who slept between 7 and 8 hours said they felt sleepy during class, and about half said they did not feel sleepy. All those who slept less than 7 hours said they felt sleepy during class. The most common reasons given for not getting enough sleep were studying for a test and other school assignments, and things they could do to improve themselves, such as spending too much time on their smartphones or watching YouTube. This lack of sleep has led to effects on learning during the day, such as loss of concentration, lethargy, dullness, and feeling sick. Also, when asked, Do you have breakfast every day? When asked, 80% of the

respondents answered that they eat breakfast every day, and as in the previous study, international high school students were not found to miss breakfast as often as in the previous study. The minority who responded that they do not eat some days or do not eat at all cited inability to get up in the morning and lack of time as the reason for not eating, indicating that sleeping time is also related to missing breakfast.

4. Conclusion and Future Problems

In conclusion, the results of previous research and a questionnaire survey of actual international high school students revealed the reality of high school students' lives. High school students are no longer able to get enough sleep, which they were able to do when they were in elementary and junior high school. Many of the reasons behind this were typical of high school students, such as owning smartphones, having time to study, and coming home late due to club activities. In addition, the fact that students preparing for entrance examinations need to study late into the night and lose the ability to concentrate during the daytime has caused them to shift to a nocturnal lifestyle. This lack of sleep deprived them of time to eat breakfast, which further reduced their motivation to study in class.

As for future issues, I think it is necessary to let international high school students know a little more about the reality of your current lifestyle. We would also like to conduct more in-depth research not only on sleep and eating habits, but also on the relationship between sleep and eating habits, such as how regular lifestyle habits and eating behaviour are related to physical and mental health, and how problematic behaviour are related to sleep and other factors. We will also look for

ways to improve sleeping hours and breakfast deprivation, and find solutions to these problems so that we can communicate them to international high school students. I would like to take the lead in finding new issues and communicating them to international high school students so that they will be more motivated to learn and stay healthy. I also felt that I needed to find my own way to help high school students sleep, deal with the media, and make better use of their time.

5. Reflection

As a researcher myself, I often feel sleepy during class, so before I can tell others about this, I need to make sure I get enough sleep and eat a good breakfast. I felt that as a high school student, I must show a firm commitment to my studies by setting a firm bedtime and getting up early regardless of whether it is a holiday or a weekday. If I cannot confidently say that I have done everything, I will not be able to convince the international high school students. I cannot review the entire lifestyle of international high school students on my own, so I will start by talking to those close to me, and if the review of lifestyle habits spreads from there, I think this research will be worthwhile.

6. Work Cited

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