

Declaration

I, Dennis Ernest Ssesanga do hereby solemnly declare to the best of my knowledge that this dissertation is my original works except otherwise were acknowledged.

Signature.....

DENNIS SSESANGA ERNEST

Date.....

Approval

This dissertation has been approved for submission and examination in partial fulfilment for the award of a Diploma in Healthcare Leadership and Management.

Signature.....

JOY LOUISE GUMIKIRIZA

Supervisor

Date.....

Dedication

This magnificent piece of work is dedicated to my parents and the great Ssibalaata family which has been an inspiration to me. Special thanks go to my father Retired Assistant Commissioner of Police (ACP) Dr. Kakembo Jackson who has been a great pillar in my success. Above all, I credit the almighty God for all the great work done.

Acknowledgement

To the almighty God, I do extend my ultimate thanks for giving me life, the brains, opportunity and resources to reach this point of my academic journey. I must say that I have been blessed and honoured undeservedly beyond measure to reach this point.

I humbly thank my parents with great gratitude for being their best in doing their best towards being my biggest blessing here on earth without knowing. They have without measure worked hard and provided for my needs besides being my point of comfort and courage in the times when I met discouraging challenges at school and at home. I sincerely commend them for their hard work and love because there was never a I ever lacked.

I then gratefully thank my supervisor and lecturer Ms. Joy Louise Gumikiriza for faithfully guiding me as I was doing this research. I greatly appreciate the patience and concern you exhibited while supervising me and my other colleagues. I thank you for the inspiration and caution never to rush but to be steady and sure to come up with the best work proudly done by your own hands.

I thank my colleagues with whom I did the course in healthcare leadership and management. I learned a great deal from your ideas and experiences and without you I would never have been a better student.

Lastly, I appreciate all the contributions from the students who participated in this research. I thank you for your time and I pray that you too may experience a good cooperation from your respondents as you do your research in years to come.

I am grateful!

Abstract

The purpose of this study was to investigate depression, anxiety and self esteem in relation with sleep patterns among teenage students. A total of 100 teenage students were selected to take part in this study. It was carried out at two schools namely; Green Hill Academy and Muyenga High School.

Teenage students who are depressed may show loss of interest, feelings of low self worth, have disturbed sleep and poor concentration. The study inculcates all those in authority, parents and concerned citizens about why we should be concerned about the teenage students' sleep patterns. We should know that sleep affects a teenage student's depression, anxiety and self esteem.

Eighty seven percent slept less than the recommended 8 hours per night while sixty eight percent slept for less than six hours per night on average seven percent of the students probably had severe depression. Fifty percent of students probably had very low anxiety compared to fifteen percent who had severe anxiety.

Eighty seven percent of the students had very good self esteem compared to the thirteen percent who had low levels. The null hypothesis that stated that there was no significant relationship between self esteem and sleep patterns was rejected thus concluding that there is significant relationship between self esteem and sleep patterns among teenage students.

Looking at how many students had moderate scores, on all the variables especially for sleep patterns and depression, there is a possibility that in the next ten years, the majority of students will have severe conditions if no precautions are undertaken by those in authority.

List of tables

Table 1; Sex and class of students.....	20
Table 2; Scholars and their class.....	21
Table 3; How long scholars sleep.....	22
Table 4; Sleep score of respondents.....	23
Table 5; Depression score.....	23
Table 6; Pearson correlation coefficient for depression and sleep patterns.....	24
Table 7; Anxiety score of respondents.....	24
Table 8; Pearson correlation coefficient for anxiety and sleep patterns.....	25
Table 9; Self esteem score of respondents.....	25
Table 10; Pearson correlation coefficient for self esteem and sleep patterns.....	26

Table of contents

Chapter One: Introduction	Page
Introduction statement.....	1
Background.....	1
Statement of the problem.....	3
Purpose of the study.....	3
Study objectives.....	3
Hypothesis.....	3
Significance of the study.....	4
Scope of the study.....	4
Conceptual framework and review.....	5
Chapter Two: Literature Review	
Introduction.....	6
Sleep patterns of teenage students.....	6
Depression in relation with sleep patterns among teenage students.....	8
Anxiety in relation with sleep patterns among teenage students.....	11
Self esteem in relation with sleep patterns among teenage students.....	13
Summary of the literature review.....	16
Chapter Three: Methodology	
Study design.....	17
Study population.....	17
Sample size and selection.....	17
Data collection methods and development of tools.....	18
Ethical consideration.....	19

Data integrity and analysis.....	19
Chapter Four: Data presentation and analysis	
Introduction	20
Demographic data.....	20
Chapter Five: Discussions and recommendations.....	
Introduction.....	27
Sample and sleep patterns.....	27
Depression and sleep patterns.....	28
Anxiety and sleep patterns.....	28
Self esteem and sleep patterns.....	29
Conclusion.....	29
Recommendations.....	30
Implications for policy.....	31
Appendices	
Appendix A: Budget.....	33
Appendix B: Instrument.....	34
Bibliography.....	40

	List of figures	Page
Figure: 1 Conceptual framework.....		5

Figure :2 Depressed student.....39
Figure :3 Depressed students.....39