

100 學年度大四工工專題摘要

第 22 組	Sleeping Behaviors in the Classroom of University Students in Taiwan
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摘 要	
Sleeping behaviors...What do students actually think when they hear about it? In fact, do students care about this? It may be possible that the number of hours students sleep every night influences their performance the next day? Are students concerned about how well or how bad they can feel if they sleep few hours per day? Be able to answer these kinds of questions is one of the principal purposes of this project. The name of this research is “Sleeping Behaviors in the Classroom of Universities in Taiwan”, one of the tasks of this project is try to understand why so many students in Taiwan sleep during class, However, to answer this question we need to take into account several facts such as: Could it be that the schedule in college is so heavy that students do not have time to sleep well at night and therefore, have a need to do it in class? Or could be that sleeping in class is just a part of college culture in the country? These two statements lead to other questions such as: Are students fully exploiting the time in class? And; are they really learning from their teachers? The research consist in make a large scale study using three of the biggest universities in Taiwan, National Taiwan University, National Cheng Kung University and National Tsing Hua University, located in different regions which can gives us different points of view from the population when it comes to sleeping behavior. For this study we decided to ask both the international and the Taiwanese population in the universities, in order to acquire the way of thinking from both, the Taiwanese people grown with their own culture; and the international students, to show the differences in culture makes in the same environment. This study has a necessity to interact with the students from the colleges mentioned before; we use a survey which is thoroughly prepared to cover the most important aspects of the topic that we are investigating. Along with the survey, we listen to the opinions of the students in each of the universities to have a better understanding of their feelings towards the subject in hand and be able to express them in this research. After the gathering of all the surveys, we tabulate all of them for an easier visualization of the data, then, once the data is clean and easy to understand, we use it to make conclusions about the	

reasons behind why do the students sleep in class. Trying to understand this data is important, because if we find a most probable cause for it, then we can give effective solutions and strategies to cope with these behaviors. Once the results are shown, changes could be made to the teaching system in Taiwan, all for the sake of improvement.

We, as international students, came to this country's educational system without any idea of how it worked. With the knowledge gained from this experience, we hope we can share the point of view of the student population, both Taiwanese and international; this can be a way to exchange culture and ideas from all over the world all looking for the same goal, show which are the reasons why students fall asleep in class and give strategies for dealing with them.

