

Get Sleep- Build New Tanzania!

Nyihogo Secondary School



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Introduction

Initial the idea for sleeping programme manner was sparked by us in a particular that we would arrive to school looking pale ,hard to speak and generally in a bad mood .When the teacher broached the matter with us in real we reveal our selves that we didn't sleep well at night, instead we were developed regular habit of reading books throughout the night usually until about 00.00 am and wake up 6am every day. We usually slept better at weekends and sometimes wakes up early and went to farm. On form one class we were best in academic issues but these days we justify under achievements educationally and in this case we associated this failure with consequence of lack of regular enough sleeping. Also we see our family members father, mother and others wakes up early in the morning and sleep late daily weeks, months and even years now. Most of our family members suffer anxiety, stress, obesity and even high blood pressure , others are in high blood pressure medications and others died from heart attack..



Method

We had one to one interview and discussion within our families and 10 neighboring families. This method assisted to capture awareness on how sleep deprivation affect ones physical, mental and psychological health as well as his/her overall economic and social development at individual level as well as testing our project objectives at first impression. Then we transformed the questionnaire in form of hard copies and introduced into the study area in Kahama urban and rural. We went urban Kahama (soko kuu, kahama bus stand , CDT sokoni,Dodoma street, Majengo street, Mhungula sokoni, and Bukondamoyo) and rural Kahama(Zongomela ,Kiragu, Kihinza, and Nyadekwa). We provided questionnaire to 160 respondents aged 25-55 years in Kahama urban where 75 were males and 85 were females and 85 respondents in rural Kahama aged 25-55 years where 35 were males and 50 were females. We collected data in order to know how lack of enough sleep affected their daily activities as well as their general health. The data collection processes were carried under high measure of distance of 2m among individuals due to pandemic disease of COVID19. The information collected in order to obtain data and to know their emotions on how they affected by lack of enough sleep. Also physical observation of each individual was done to observe the chances of obesity.



Again we introduced the topic to our fellow students to know how sleep deprivation affect their daily activities socially, physically ,emotionally and academically.

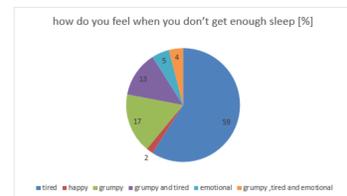
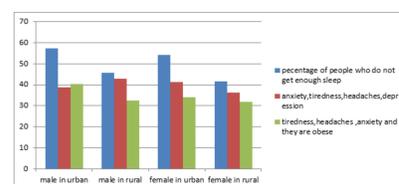


Results

57.33% of males and 54.11% females age 25-55 in urban Kahama reacted that they do not get enough sleep for years now. 45.71% of males and 41.8% of females aged 25-65 in rural Kahama reacted that they do not get enough sleep for years now. 38.67% males and 40.9% females in urban commented to suffer anxiety, tiredness, headache, and depression and 42.6% of males and 32.6% females in rural Kahama commented to suffer anxiety, tiredness, headaches and depression. Average of 40%males and 33.7%females in urban Kahama and 36.2% males and 31.7%of females in rural Kahama respectively said they suffered tiredness , headaches ,depression and they are obese. Also we asked our fellow students in our school Nyihogo secondary to tick how they feel when they don't get enough sleep, we showed these results on a pie chart. From this study We saw that most of the students 59% said that they simply are just tired. Other 17% of the students said that they feel grumpy, 2% said that they are happy, 13% said that they feel grumpy and tired,5% said that they are emotional and 4% said that they are grumpy, tired and emotional at the same time.



B1: A bar graph showing respondents responses towards sleeping, with the corresponding variables measured.



	not get enough sleep	Anxiety,tiredness,headache and depression	Tired,headache,depression,obesity
Male in urban	57.33%	38.67%	40%
Male in rural	45.71%	42.60%	32.6%
Female in urban	54.11%	40.9%	33.7%
Females in rural	41.8%	36.2%	31.7%

From the results and the graphs above; sleeping deprivation is a big problem in our country and most of the people they don't consider sleep as important part of ones life . Both men and women they do not consider sleeping as a very serious need for adult individuals but only for children. But in reality the sleep play great functions since the results indicates that those who sleep less they suffer alot of consequences.

The percentages of respondents who responded to our questionnaires was calculated

Conclusions

When you get less hours of sleep it may result negatively on your overall healthy which might be the reason why you might feel tired ,emotional, grumpy, depressed , gain some weight, headaches as well as anxiety. Also chronic sleep deprivation may results to serious health conditions such as high blood pressure,diabetes,heart attack ,heart failure or stroke. Other are obesity, depression, impairment in immunity, lower sex drive as well as effect in your appearance.(<https://health.clevelandclinic.org>).

Generally we can say government should continue to educate its citizens through newspapers, magazines, direct free mobile written and voice messages , television and radio advertisements and on social medias such as WhatsApp groups, Facebook pages, twitter , Instagram and others on importance's of getting sleep of 7-9 hours per each day and also the side effects one can face if he/she would have chronic sleep deprivation. On top of that the Government should promote exercising schedule manner and eating habits that follow balanced diet to the citizens so that everyone in rank family would be healthy and free from non communicable diseases hence the citizens will work properly and at high efficiency and increase their economy as well as contribute to the country economy

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