Connection Between Lack of Sleep and Aggression

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# Proposed Method

## Participants

The study will be conducted on the youth with ages ranging from 20 to 30. A total of 4000 people will be put in one group, known as the sample group. They will have some group activities arranged for them to assess their behavioral performance before the sleep deprivation part of the research begins. After a period of 1 month, the same set of group activities will be repeated in which the behaviors of both groups will be tested again using a definite set of variables. The two sets of results will then be compared to answer the proposed questions of research.

## Procedure

A questionnaire consisting of common analytical and mathematical questions, that can only be solved by discussion, will be provided which they will have to solve in groups of three. This will be solved by the sample group once before sleep deprivation and once after sleep deprivation and their behaviors will be rated by professional psychologists every 15 minutes. The data collected, will then be used for further analysis and study.

## Materials

Psychologists will monitor the behavioral patterns of the subjects and rate the participants out of 5 in the following categories in order to measure their aggressiveness.

1. Voice tone (5 for harsh, 1 for polite)
2. Facial expressions (5 for uninterested, 1 for very interested)

The voice tone of the participants will be used as one aspect of the qualitative measure of the aggressiveness found in the sample group. Readings will be taken every 15 minutes during the test to maintain a reasonable standard of ratings. All the readings will then be aggregated to come up with a reasonable answer to the research questions. Afterwards, the data from multiple people will be collected and analyzed using advanced data analysis techniques. The data analysis techniques used will then help us prove or disprove our hypothesis of positive correlation.

Similarly, data about the facial expressions of the participants will be collected and plotted to complete the second part of the research. Conclusions based on the evidence collected will then be made and published in the final part of the paper.

Since the study is not about the effects of lack of sleep on the mental ability of humans, the data collected by the solution of the analytical problems by students will be discarded.

## Correlational Study

The behaviors as mentioned by the psychologists will be plotted for further analysis. Conclusions will be drawn once the data is collected. A comparison will be made between the readings of sample group collected before sleep deprivation and after sleep deprivation. An increment in all the ratings will suggest that aggression exists in positive correlation with the lack of sleep. A decrease will suggest a negative correlation. A reading consisting of a decrease in one variable and an increase in another variable will also be entertained as the study aims to be as objective as possible. The expected results, however, include a sudden increase in the ratings of voice tone and facial expressions of the sample group after sleep deprivation, thus proving the hypothesis that aggression increases with the lack of sleep. The anticipated data can be seen using the following graph.

Figure 1-Expected voice tone graphs

Figure 2-Expected Facial expression results.

This data is plotted by aggregating the data of the sample group into one by taking their means.

For further research, the data collected will be studied based on gender. Further variables can be introduced to increase the scope of the study such as time taken for tasks, etc.