

عنوان مقاله:

The Effect of Modifying the Sleep Pattern on Reducing the Math Learning Disorder among Elementary School Students

محل انتشار:

مجله بین المللی کودکان، دوره 8، شماره 10 (سال: 1399)

تعداد صفحات اصل مقاله: 8

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خلاصه مقاله:

Background The present study aimed to evaluate the effect of sleep pattern modification on reducing the math learning disorder in the sixth-grade elementary school students in the Kerman city, Iran. **Materials and Methods:** This study was carried out using a semi-empirical, pre-, and post-survey method. A control group and sample population of ۲,۹۵۰, including all of the girl students studying in the sixth grade of the elementary school in the of Kerman in the ۲۰۱۹-۲۰۲۰ academic year, and ۴۰ people with the highest score in the Sleep Disorder Scale for Children (SDSC), who were willing to cooperate with the researcher, were selected as samples and were randomly put into two groups of ۲۰ individuals. The subjects participated in ۴۵-minute sleep pattern modification sessions one day a week for six weeks, and the control group did not receive any council or treatment during this period. At the end of this period, both groups were evaluated using a post-survey approach. The tools used in this study include SDSC questionnaires and Keymath test. Multivariate Analysis of Covariance (MANCOVA), and Analysis of Covariance (ANCOVA) was used to analyze the theories. **Results:** The results of the study showed that sleep pattern modification has a significant effect on math learning, and the modification of sleep pattern effect coefficient on math learning was ۰.۹۷۴. The further results of the study showed that sleep pattern modification significantly affected learning basic concepts, mathematical operations, and applications of mathematics, and the effect of sleep pattern modification on learning basic concepts, mathematical operations, and applications of mathematics was ۰.۹۲۲, ۰.۹۰۴, and ۰.۹۳۵, respectively. **Conclusion** According to the results, sleep pattern modification can reduce students' math learning disorder; therefore, it is suggested to examine, and if needed, modify the sleep pattern of students with a math learning disorder

کلمات کلیدی:

Elementary school students, Sleep Pattern, Math Learning

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