Adolescents with Narcolepsy: Limitations on Social Relationships
Melissa Gaiti, Rida Rasool, Leyla Fonseca
LC 03, ENG 101 and SOC 101, Professors Christen Madrazo and Antonio Pastrana

Introduction
Narcolepsy is a chronic sleep disorder characterized by overwhelming daytime drowsiness and sudden attacks of sleep. The early onset of narcolepsy symptoms was found to have a negative impact on all basic areas of psychosocial functioning and well-being in adolescents. After researching the effects of narcolepsy, it is plain to see that conflicts with parents appeared to be highly prevalent in young adults. [4]

Materials & Methods
- For this research we used peer-reviewed articles that included informative charts, experiments, and profound knowledge on narcolepsy.
- We would conduct interviews with adolescents that have narcolepsy and ask questions that relate to their social relationships such as: What dangers have you experienced due to narcolepsy? How do people react? What’s your relationship like with your family? Friends?
- We would also gather children from ages 6-10 and adolescents ages 14-20 and observe their daily lives. In addition, we would put a child with narcolepsy in a playroom with kids that do not have it and see what their initial reaction would be if the child fell asleep. We would do the same experiment with adolescents in a different setting.

Proposed Questions & Findings

<table>
<thead>
<tr>
<th>Proposed Questions</th>
<th>Findings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Would you hire someone with narcolepsy?</td>
<td>People with narcolepsy cannot work and their disease comes in the way of their independence.</td>
</tr>
<tr>
<td>2. Would you be in a relationship with such person?</td>
<td>Along with other problems, people with narcolepsy do not have healthy relationships with others, especially their parents.</td>
</tr>
<tr>
<td>3. How would you feel if your child has narcolepsy?</td>
<td>Narcolepsy not only causes depression in the lives of people who have it but also the caretakers of such people.</td>
</tr>
</tbody>
</table>

Findings

- Graph 1 shows a comparison between narcoleptic children and normal children.
- Narcoleptic children participate in few leisure activities.
- Patients must have emotional control which can result in an emotionless face.

- Graph 2 shows a comparison between narcoleptic adolescents and normal adolescents.
- Close relationships are difficult and can result in isolation and depression.
- Issues at school can affect others’ views of the patient; they may be thought of as lazy or unintelligent.


Conclusions
According to our research, narcolepsy is an illness filled with total limitations from certain everyday activities such as driving or using public transportation. People with narcolepsy live with the constant struggle of keeping a job. Furthermore, these people differentiate in the way they act towards others according to their age. Children with narcolepsy do better at school than adolescents and have a stronger dependency with their parents while adolescents are closer to their friends. Also, society should take into consideration that people with narcolepsy cannot be left alone to do everyday tasks that are easy to us yet can be life-threatening to them. [2]

References