

## **SLEEPING HABITS AMONG UNIVERSITY STUDENTS**

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### **Abstract**

Inadequate sleep had harmful effects on both students' health and on the academic routine of the students. Almost one-third of the adults reported having difficulty in sleep. Many students had reported that they were sleep deprived. Poor sleep behaviour not only contributes to the development of depression but also contribute to lowered satisfaction with life and poor academic performance. This studied was aimed to find out the prevalence of common sleeping habits among university students. Both male and female university students of age group 18-26 years were included in the studied. A standardized structured questionnaire validated by statistical procedures was used for the studied. Studied was done on 78 participants. Out of which majority were females 55.1% and 44.8% were males. It was concluded that the majority of the students 26.9% go to bed at night between 11-12 pm. This study also had found that 35.8% of students receiving less than 6 hours of sleep per night. Adequate sleep was fundamental to health because it affects many aspects of one's emotional, cognitive, and psychomotor abilities. So it was very important to take sleep of 8 hours daily for good health and wealth.

**Keywords:** Sleeping habits, Insomnia, stress, sleep cycle, sleep and health

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## 1. BACKGROUND AND INTRODUCTION OF THE STUDY

Sleep is an essential part of human life and a physiological process which is necessary to live. It serves several different functions such as growth and repair, learning and memory consolidation and all these occur throughout the brain and the body. Adequate sleep is fundamental to health because it affects many aspects of one's "emotional, cognitive, and psychomotor abilities. Its quality is firmly identified with mental and physical health and different proportions of prosperity.

Without appropriate sleep, the brain and body can't work. When we don't get enough sleep we feel tired, effectively disturbed, and hungry and not well. The right amount of sleep makes us feel vigorous and prepared for the day to day challenges. During the sleep, the body heals itself, merges learning and recollections and reestablishes its synthetic equalization. The instant effects of sleep problems include the inability or decreased ability to perform tasks, and tiredness at day time. Inadequate sleep has been found to be related with serious conditions such as cardiometabolic and psychological problems including diabetes, weight gain, and hypertension with this high level of depression, nervousness, eating disorders, dementia, and many other problems. Worldly trends have suggested that lack of sleep and problems due to sleep are increasing day by day, especially among adolescents. Sleep deprivation and symptoms related to sleep disorders have not only been ignored but also inadequately understood.

In today's era, a student's life has become complex due to the various challenges in their respective field of study as a result of which sleep has become a major issue. Due to the lack of sleep, their body does not function properly and the risk of several different health problems increases at a tender age. Inadequate sleep affects their social and educational life as well. As a result, learning becomes challenging and students face difficulty in memorizing the context. Around the globe, thousands of students are at risk of sleep deprivation which contributes to lower academic outcomes and furthermore to problems at the workplace. Getting an ample amount of quality sleep at the right times can help and improve mental health, physical health, quality of life, and safety.

Studies have demonstrated that lack of sleep can cause mental disorder and dysfunctions, for

example, diminished work productivity and learning incapacity. An average adult needs 7-9 hours of sleep at each night. During the adolescence mostly the shortened sleep duration result as it is the interaction of psychological, biological and social factors.

Almost one-third of adults report difficulty in sleep. Inadequate sleep is a common problem among college students. Many students report that they are sleep deprived. In addition, “25-50% of students report significant daytime sleepiness”. Several studies have been conducted on sleeping habits and have indicated that poor sleep negatively affects a person's health and the behaviour of person will also change the state of mind changes and efficiency during the work and college time.

Poor sleep behavior not only contributes to the development of depression, but also contribute to lower satisfaction with life and poor academic performance. When college students habitually attain less sleep, they are significantly in a high risk to score lower on pleasure with Life Scale, which reveals poor emotional health. Insufficient falling in sleep is characterized by sleep and wake difficulties resulting from "daily living activities that are inconsistent with the preservation of quality sleep and normal daytime alertness”. These problems are more prevalent among adolescents. There is a well-known lack of awareness in the adolescents about the sleep, along with the amount of sleep needed. Detection of present-day sleep quality and the negative results of sleep deprivation have an effect on the personal health of an individual. There is a dearth of studies on the sleeping habits of university students. This study is aimed to find out the prevalence of common sleeping habits among the university students as well as to analyze the effects of inadequate sleep upon their academic performance.

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## **1.2 STATEMENT OF RESEARCH PROBLEM:-**

RQ1: What are the common sleeping habits among University students?

RQ2: What are the common physiological factors that affect the quality of sleep among University students?

### **1.3 OBJECTIVES OF THE STUDY:-**

- To explore the common sleeping habits among the University students.
- To analyze the effects of inadequate sleep on the academic performance and physical and psychological health of university students.

## **2. REVIEW OF LITERATURE**

Adriansen et al. conducted a study in 2017 to explore the sleeping habits and the perception of the health effects of college students. Total 61% of students reported obtaining at least normal 7 hours of sleep every night and 77% of students were reported taking a nap in the day time. According to this research, sleep habits not only include the bedtime sleep but also the duration of the sleep, sleep surroundings, the total time needed for the falling asleep, the regularity of waking up all the way through the night, and the whole energy through the day. Students were also inquired as to whether they saw an association between sleep and caffeine, work out, nourishment, scholastics, and social connections. The results also show that academics were affected to a large extent due to lack of sleep (Adriansen RC et al., 2017).

Stages et al in 2017 conducted a research on the adolescents in the age group of 17-25 years and were born preterm and had shown different sleep characteristics and also had Neuro-developmental disabilities, affected the sleeping pattern. The study was conducted on 231 individuals from 1999 to 2000. Parental questionnaires were also involved in the child's sleeping habits from the time of childhood namely, the occurrence of any sleeping problem throughout childhood until the age of adolescence was reached. Besides this the preterm children were clinically assessed for a period of five years. The results that were inferred after these years showed that the preterm babies had different sleeping patterns. EPT showed higher chances of getting sleep problems than the controls throughout childhood. The study concludes that preterm babies had a different sleep pattern to terminate-born controls in the age of adolescence, with the inclusion of those who had completely no signs of Neuro-developmental disabilities. The chances of sleep disorder increase up to a higher range with the occurrence of neuron-developmental disabilities. (Stages et al, 2017).

Noland et al. in their research concluded that the health of the adolescents and children get

affected by the duration of sleep or the disturbed duration of sleeping time. The study also states that the disturbance in sleep or the less time of sleeping may lead to various problems. According to the research, students who take fewer hours of sleep than the recommended duration suffer from various troubles that may be related to their college performance in academics. This is also a very big reason for obesity among the adolescents as researches done among the college students show that most of the students having disturbed sleeping habit were obese too. Results of the survey show that the majority of the students don't take sufficient sleep i.e. 9 hours of sleep as per the recommendation. It was reported that 93% students had disturbed sleep with various complications like feeling exhausted and 83% were not able to concentrate on things. It was reported that such behavior may lead to various complications and dependency on sleeping pills, alcohol and smoking that are injurious to the health. According to the report, it was concluded that such students are more stressed as compared to those having regular or adequate sleeping habits. (Noland et al, 2009).

Fukuda et al in 2008 conducted a survey in which a questionnaire was distributed among 10000 university and school students and adults to find out the pattern of sleep among them. In this study, not only the pattern of sleep but also mental condition or the mental status of the adolescents was also screened. The results of the survey show that time period of sleep changes with age. Till the age of the high school, rise time remains the same. But it gets delayed as the students reach the university age. The high school sample showed less daytime sleepiness compared to the adolescents. More complaints of mental health and sleep problems are seen in adults. So it was concluded that the sleep- disturbance were more common in the university students as compared to the school students. Also, the disturbance of sleep was also high in university students along with complications like stress, feeling exhausted, decreased performance in academics, depression, addiction of alcohol, smoking and caffeine. (Fukuda et al, 2008).

Sandoval et al. in 2005 did a study on college students and investigated sleep difficulties to find out the development of depression. The study showed the prevalence of sleep difficulties among college students. It was also concluded that depression can be prevented by educating and spreading awareness among the students about healthy sleep behaviors. (Sandoval et al, 2005).

In 2002 Tribl et al. conducted across sectional research to explore the relationship between sleeping habits, health and personal and professional problems. A sample of 1049 people of age group 15-82 years was taken and interviews were conducted by professional interviewers. The study shows that the quality of sleep was found to be better among males and younger people as compared to the females and older people. The study concludes that with the changing modern lifestyle, new technology and increased use of electronic gadgets lead to increase in the disturbance of sleep(Tribl et al, 2002).

### **3. RESEARCH METHODS:-**

#### **3.1 Inclusion criteria:-**

Both male and female university students of age group 18-26 years were included in the study. Only the questionnaires that were fully filled were considered.

#### **3.2 Sampling Technique:-**

Nonprobability convenient sampling technique was used in the study. A sample 78students was taken for the study.

#### **3.3 Data collection tool:-**

A standardized structured questionnaire validated by statistical procedures was used for the study.

#### **3.4 Procedure:-**

A preliminary structures questionnaire was prepared and then subjected to validity and reliability tests. Validity was checked with the panel of five experts. For testing of reliability, Cronbach's alpha was calculated with the help of SPSS software. Values more than 0.75 were included in the study. The final questionnaire prepared and was distributed among 78 male and female university students. Data were collected and organized in MS Excel.

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### **RESULTS:-**

The motive of this study was to find out the common sleeping habits of college students. As the survey was done on 78 participants. Out of which majority was Females 55.1% and 44.8% were Males.

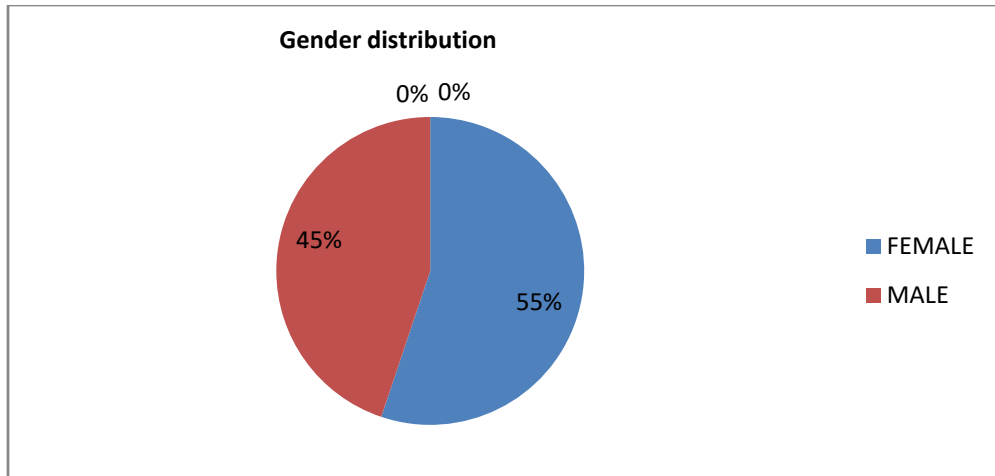


Figure1: Gender distribution

Among the participants, 51.2% were post graduate students and 48.7% were undergraduate students.

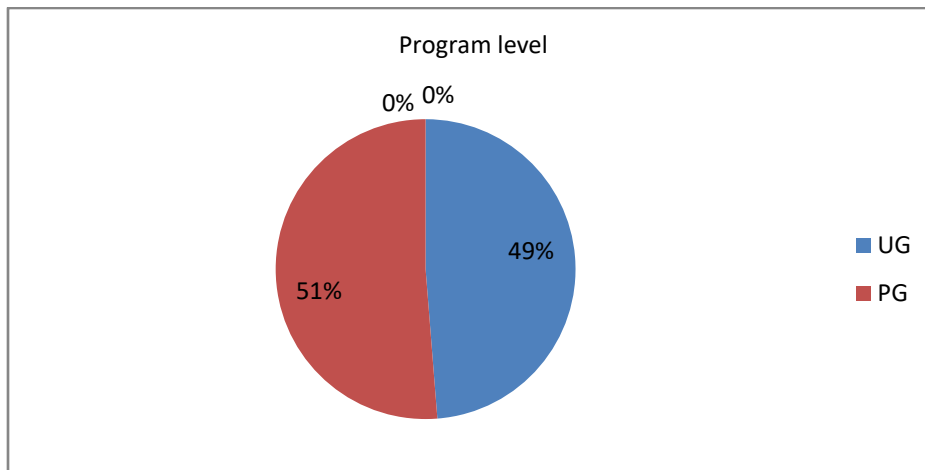
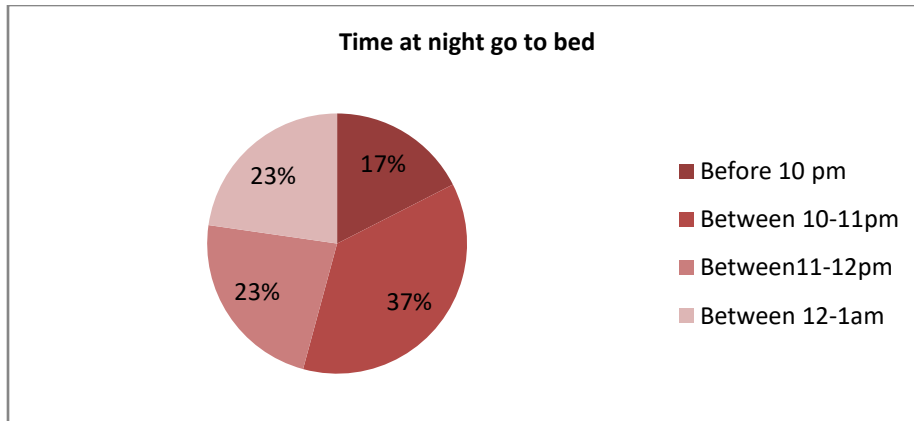


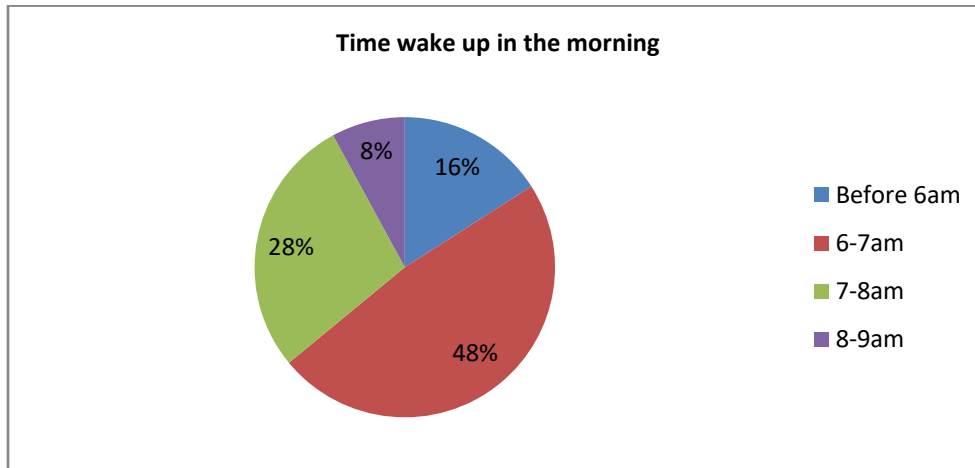
Figure 2: Program level

And the age among the participants between 21-24 years, and the CGPA among the students was between 6-8.5. According to the survey, it was concluded that the majority of the students 26.9% go to bed at night between 11-12 pm. (Figure-3).



**Figure:3**

According to this study it was noticed that 46.15% students wake up in the morning around 6-7 am.(Figure-4).



**Figure: 4**

This study also has found that 35.8% students receiving less than 6 hours of sleep per night.(Figure-5).



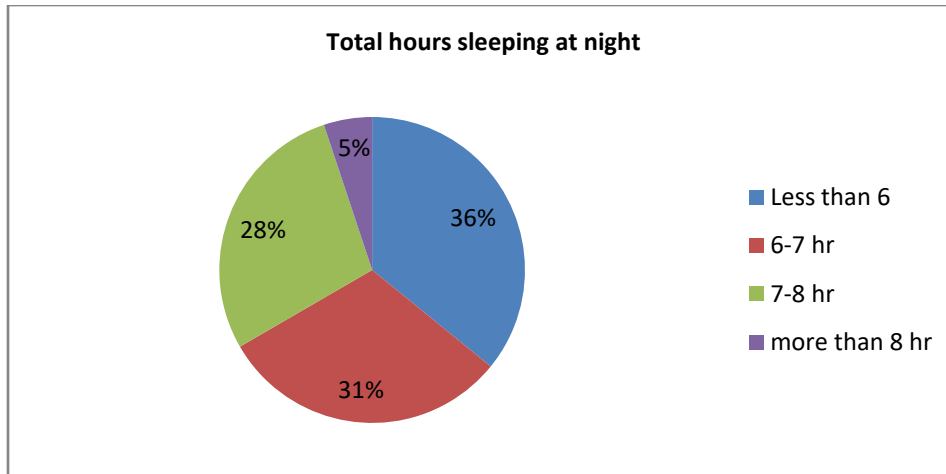


Figure: 5

Among the all participants study has reported that 34.6% students take 10 -20 minutes to fall asleep. (Figure-6)

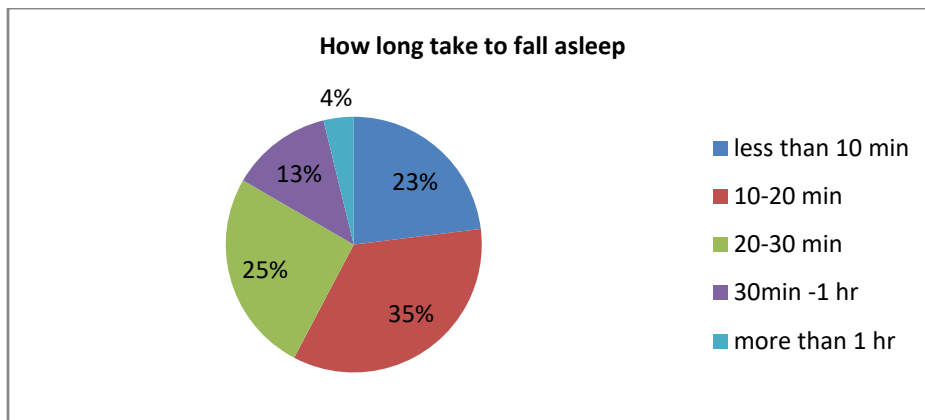


Figure: 6

Study has found that 34.6% studentswake up during the midnight.(Figure-7)

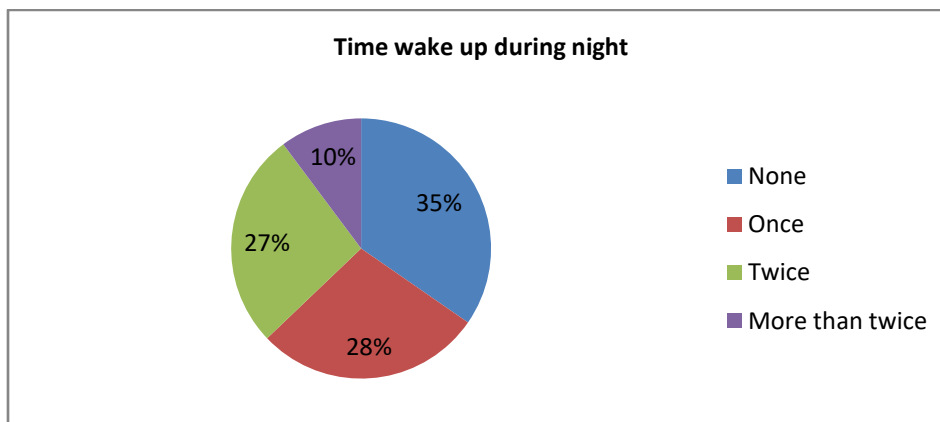


Figure:7

In 38.4% students found that they take a day time nap for 1-2 hours.(Figure-8).

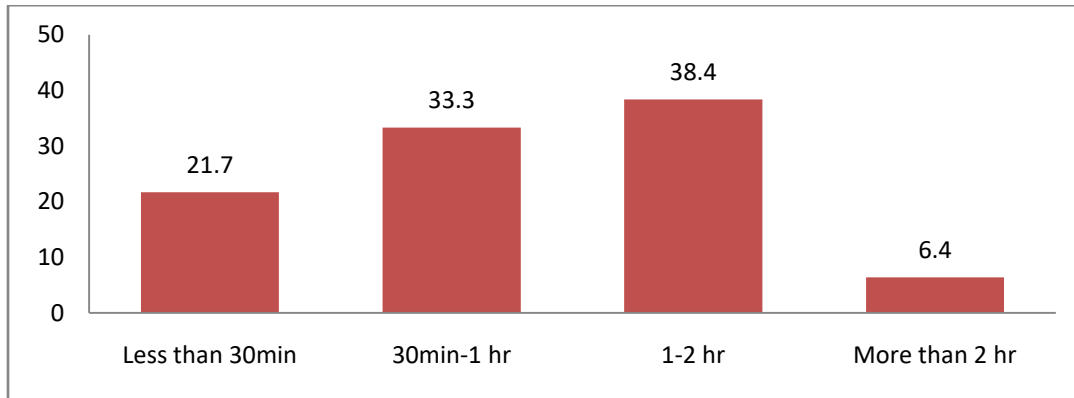


Figure:-8 (Day time nap)

62.8% students reported of having good quality of sleep.(Figure-9)



Figure:-9

50% students said that they had bad dreams rarely in night time. (Figure-10)

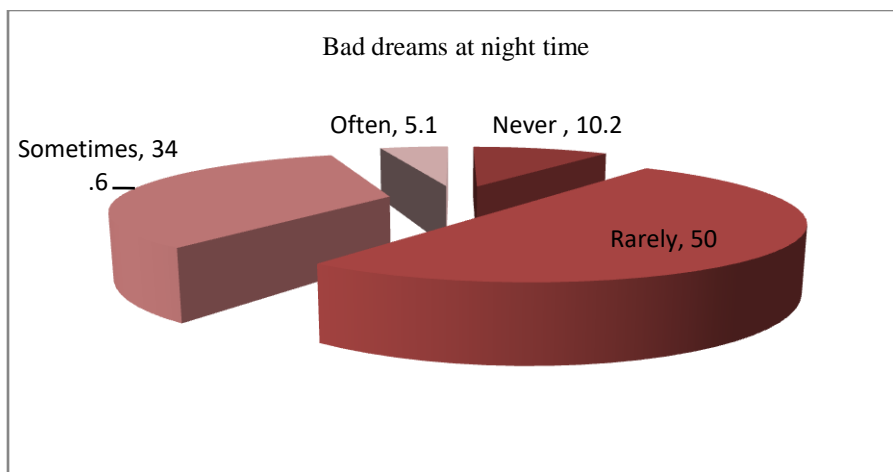


Figure: 10

In many students found the quality of sleep was short, light and restless. 42.3% students feel that everyone need an 8 hour sleep at night to function well next day.(Figure- 11)

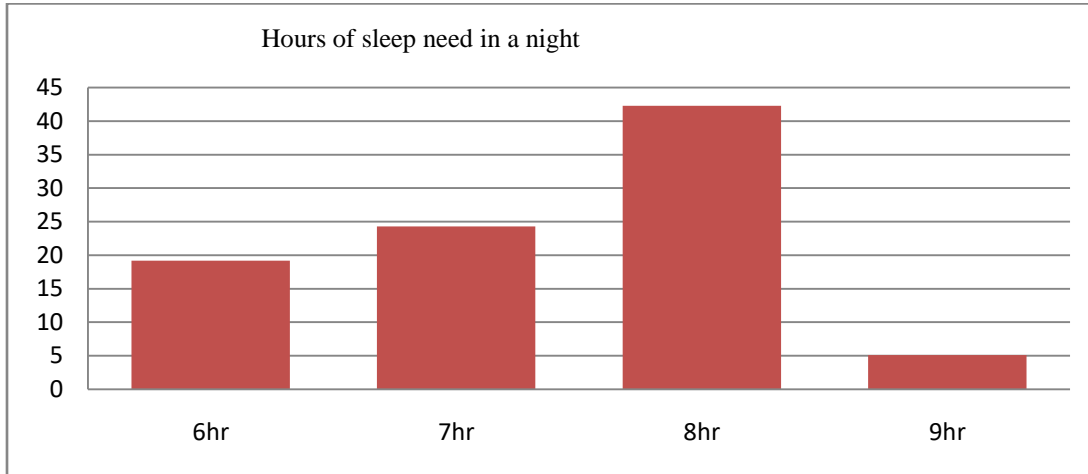


Figure:-11

According to the report 41.0% students having stress reported their inability to fall sleep at night.The cause of the stress among the students was family crises, studies/examination, and relationship problems, socializing with friends and lack of time management skills.(Figure:-12)

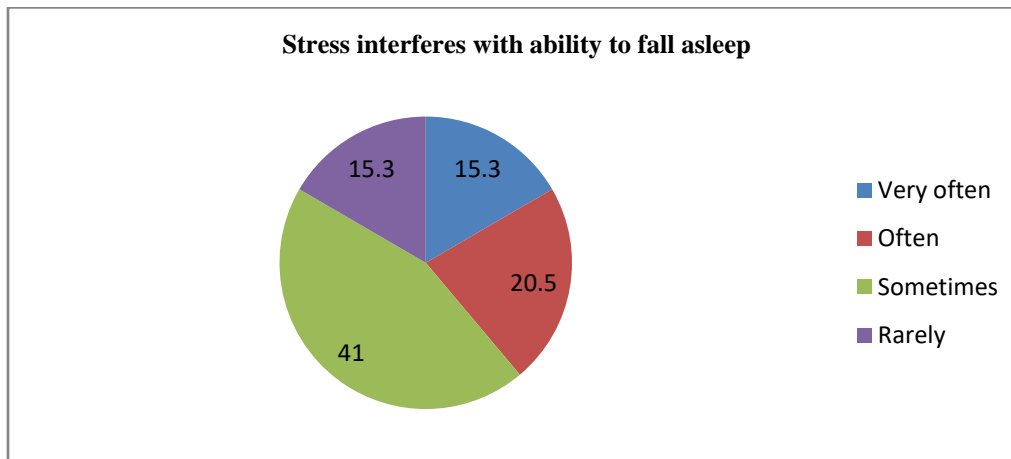


Figure:-12

There were many factors which diminish the quality or quantity of sleep factors like socializing with friends, late night study, and lack of time management skills. The study also found that most of the students were overweight having disturbed sleeping habits, feeling day time sleepiness, less energetic and less motivated throughout the day, sleeping well during the night but still feel sleepy during the day, fallen asleep in social setting such as movies or at a party , have sleep attacks during the day time no matter how hard they try to stay awake, got morning

headache, frequently wake up with dry mouth, In some students also noticed that jerk in some body parts during sleep .Their academic performance was also affected due to lack of sleep.

## 5. DISCUSSION AND CONCLUSION

In this study common sleeping habits among University students were surveyed. A sample 78 UG and PG students was taken in this study. The participants were of the age between 21-24years. The study concludes that good quality of sleep is very important for better health and wellbeing of the students. The findings of this study are similar to the findings of the other studies on sleep quality in university students; large numbers of students are suffering from poor quality of sleep that have negative effects on their health, learning and academic performance. Its quality is firmly identified with mental and physical health and different proportions of prosperity. The study concludes that the sleeping quality is directly proportional to the health and mental status of the person. Adequate sleep is fundamental to health because it affects many aspects of one's emotional, cognitive, and psychomotor abilities. So it is very important to take sleep of 8 hours daily for good health and wealth.

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