



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2018; 4(5): 162-166
www.allresearchjournal.com
Received: 27-03-2018
Accepted: 28-04-2018

Manisha Anand

M Sc. Nursing Student
(Bharati Vidyapeeth (Deemed to be University) College Of Nursing Pune, Maharashtra, India

Monita Thokchom

Assistant Professor (Bharati Vidyapeeth (Deemed to be University) College Of Nursing Pune, Maharashtra, India

A non-experimental study to assess the effect of sleep hygiene on quality of life among selected professional college students of Bharati Vidyapeeth Deemed University, Pune

Manisha Anand and Monita Thokchom

Abstract

Background: As we know an India is a country where youth and lifestyle changes very fast. College students are more prone to adopt maladaptive sleep hygiene practices like irregular bed time, academic pressure, internet addiction, alcohol consumption and smoking are some factors that affect college students sleep hygiene.

Purpose: To assess the effect of sleep hygiene on quality of life among selected professional college students.

Methods and Material: Data were collected from 300 professional college students by the probability stratified sampling method. The tool consisted of section I (demographic data), section II (modified sleep hygiene scale) and section III (adapted WHO quality of life scale).

Results: Among 300 samples 252 (84%) participants have satisfactory sleep hygiene and 297 (99%) had an average quality of life. The study shows that sleep hygiene has a positive correlation with quality of life as a p-value is 0.044 and as p-value is less than 0.05 which shows the association of demographic variables like with the course, father's occupation and mother's occupation and sleep problem with quality of life.

Conclusion: Analysis revealed that there was a positive correlation of sleep hygiene on quality of life among professional college students means if sleep hygiene score increases than quality of life score also increases

Keywords: Non-experimental study, assess, effect of sleep hygiene, quality of life among selected professional

1. Introduction

Enough sleep is a natural need, not a comfort, for the usual functioning of humans. For maintenance of satisfactory sleep it is necessary to have good mental and physical wellbeing. Mainly, the college surroundings have new living, social experiences, freedom from their parental guidance, and different academic demands. Sufficient sleep is usually ignored. Some researchers have evaluated that there was a positive correlation among need of the rest & decline physical condition, psychological wellness, & the academic performance. Substance abuse & anxiety have also raised due to improper sleep^[1].

Sleep is depicted as an necessary component of an excellent memory, improved learning method & the mood constancy. This has been seen that sleep deprivation among students can lead to them in psychological dysfunction & severely affect their academic progress. Additionally, inadequate sleep hours at night can significantly influence general health & their quality of life^[1].

College students usually show an improper sleeping pattern, during the changes in their start and end periods, which aims shortly at the weekends inspite of their weekdays. It has been seen that students feel sleep deprivation during class or workdays sleep considered to be shorter throughout the week as compared to weekends. All these alterations somewhere can negatively influence these young people's health^{[1], [2]}. Moreover, it has been observed that the attention, memory, problem-solving capability and their academic progress of these youngster's also get influenced^[2].

Correspondence

Manisha Anand

M Sc. Nursing Student
(Bharati Vidyapeeth (Deemed to be University) College Of Nursing Pune, Maharashtra, India

Busha Arsalan. *et al* conducted a study on sleep hygiene and quality among medical students in Karachi in 2015. There among four hundred five participants, 33.33% were male and 66.67% were female. Overall, 65.3% of participants were categorized as bad sleepers, 34.7% were good sleepers, & most two hundred ninety students were found to be moderate 64 (18.9%) students had SHI score showing best practices, 51 (15.5%) showed inadequate sleep hygiene practices. The study showed that students who had poor sleep quality were falling in the moderate practice of sleep hygiene group. While students who were falling into the group of inadequate sleep practices were more having poor. [3] The National Sleep Foundation (2015) suggested that college students receive seven to nine hours of rest every night. Results of this survey supported that over half of the 19-29 yr-old participants are not carrying this recommended amount of sleep that is seven to nine hours. Previous research reveals similar effects, with college students reporting poor sleep quality and short sleep length, with specific problems linked to getting enough sleep on every weeknights. Moreover, college students have reported less hours of sleep on every weekdays comparative to weekends, as well as excessive sleeping on mainly weekends. With supportive research findings of reported limited sleep length and poor sleep quality amongst college students, it is necessary to see what elements may be leading to inadequate sleep [2].

The quality of human life has been directly influenced by the poor sleep quality, & its looks to get involved in high morbidity because of the autonomous dysfunction, psychiatric disorders, automobile accidents, early aging, depression, kidney failure, glucose intolerance, hypercortisolemia, & reduced efficiency at work [4] According to the result of the poor sleep quality, college students might struggle with problems connected with academic performance, physical wellbeing, and mental wellbeing. Hence, it is important to consider the ways in which poor sleep quality can impact various aspects of a college student's life [2].

Sleep is a problems which is casual in common population, & around 1/3 of adults estimated a insomnia [1]. According to an international survey among ten countries revealed that 32.6% incidence were of insomnia among the primary care patients, & the data were from different countries were moderately reliable to this result: Bad sleep were vulnerable in medical students, because of the lengthy period and high concentration of study, medical duties include whole night working duties, challenging work, & the standard of living choices [4]. One research which was among undergraduates medical students on sleep disturbance because of well-known relationship among sleep and mental health and the concern about academic hassle of medical preparation can be a reason of significant stress. Some undiagnosed sleep problem are likely to aggravate mental anxiety in the students with possible long period complications among persons health and in general health care system. Evidence supports the nation that appropriate quality of sleep is necessary for best neuro cognitive & psychomotor activities plus physical & mental wellbeing. Commonly, four essential sleep characteristics effects their academic performance, sleep quantity, sleep quality, sleep constancy, & sleep scheduling. As we know that medical students go throughout a long and intensive academic years before becoming the physicians. Hence, this is necessary to identify

whether they have any sleep issues, the duration of difficulty, & effect of academic performance on their quality of life. The objective of these reviews is just to summarize, categorize, and explain about recent literature on the sleep problems among undergraduate medical students overall the world [4].

As per the authors opinion, the incidence of poor sleep quality among college students is influenced in major group of students, & independently of nationality (5-71%) which raised the chances of different health issues, non-attendance & decreased productivity; personally associated with their physical and mental conditions & even with death also [13]. At last, college students represent as the capital and upcoming investment of the nation, which helped to build its fundamental about the development of a nation that these all are the healthy people [4].

All over the world among all college students their sleep deprivation is general. Many other reviews indicate that twenty four percentage of university students in the United Kingdom, thirty percentage in Korea, and forty nine percentage in Taiwan revealed that they have less than 7 hour of sleep every night. According to Lithuanian survey sleep issues are compared among medical students, law & economics students & the result reveals that medical students had more prevalence of bad sleep and poor connected quality of life as compared to other group of students. Another study was on comparison of sleep patterns among medical and law students in India & 60.8% of law students had a good sleep at night & medical students had 47.1% good sleep [7] The study show dissimilarities in their dream pattern among medical & law students, mostly medical students' have a nightmares regarding to their exam failure, which was not seen in the law students. The depth of sleep was better in law students as compared to medical students. The actual reason of these dissimilarities in sleep quality is hard to identify because of intrinsic & extrinsic factor. The major factor differentiate the medical students from their peers due to academic loads, attitude towards study, & the lifestyle [5]

2 Need for The Study

An India is a nation where the youth & their daily life change very fast. Specially college students they are more likely to adopt maladaptive sleep hygiene habits like irregular bed time, academic burden, internet obsession, alcohol consumption, and smoking are few factors which influence sleep hygiene of the college students.

College scholars are at higher risk for improper sleep due to physiological, social, and contextual factors, college students generally show an improper sway of sleep pattern, which alter the beginning & end time, which makes weekends later & when it compared to their attention, remembrance, problem-solving skill & academic operations. Recently across the world the percentage of insomnia ranges from 9.4-13.1% among university students. There was a one study in 2015 on sleep quality where 65.3% students were reported as poor sleepers [7]

An integrated study on influence of sleep in an academic performance was conducted in 2015 by Joshy Abraham & in this study the reviews were from the year of 2014. All articles were determined from 4 databases that is CINHALL, Pub MED, Google Scholar and Medline, and the findings reveals, there is still inappropriate facts to enable us to get a

judgment whether the sleep can have an impingement on the academic performances^[6]

According to David D. Gray who conducted a study on sleep hygiene and sleep quality as predictors of positive and negative dimensions of mental health among college students & the findings reveals that there is a need to change in sleep hygiene and sleep quality among college students. And in one study on sleep hygiene practices reveals that the population was unaware with the concept of sleep hygiene^[8].

The studies and reviews conclude that sleep hygiene is one of the vital part of college youth many reviews has shown the youth has not gotten proper sleep quality as per their need they know about the sleep hygiene, but does not follow in their regular life so researcher wants to know how many students are practicing sleep hygiene to get good quality of life and how the effect of sleep hygiene increased among in their quality of life & what are the factors associated with it.

3 Objectives

1. To assess the sleep hygiene of professional college students.
2. To assess the quality of life of professional college students.
3. To assess the effect of sleep hygiene on quality of life among professional college students.
4. To associate the findings with selected demographic variables.

4 Assumption

Sleep hygiene may have some effect on the quality of life of professional college students.

5 Delimitation

This study was delimited to – 3rd year and 4th year undergraduate students from nursing, pharmacy and engineering colleges of Bharati Vidyapeeth Deemed University, Pune

6. Material and Method

The present study was designed to assess the effect of sleep hygiene on quality of life among professional college students. The study was conducted in the Bharati Vidyapeeth Deemed University, Pune. In this study target population of size 300 college students, Samples are 3rd year and 4th year undergraduate students of nursing, pharmacy, and engineering colleges of Bharati Vidyapeeth Deemed University, Pune. 100 from each colleges n 50 each from 3rd year and 50 each from 4th year. Inclusion criteria was 3rd yr and 4th yr undergraduate students from professional colleges of Bharati Vidyapeeth Deemed University, Pune and exclusion criteria was students who have a sleep problem. Probability stratified sampling method was used. The tool consisted of section I (demographic data) which consist 13 demographic variables (Age, gender, course, class year, residence, father's occupation, mother's occupation, type of family, annual income yearly, sleep problem, hours of sleep, habit of any substance use, any night shift). section II (modified sleep hygiene scale) consist 25 set of questions five point rating scale. and section III (adapted WHO quality of life scale) consist 26 set of questions 6 point rating scale.

7 Analysis and Interpretation Of The Data

1. Findings related to demographic characteristics of the subjects: Out of total 300 sample the majority of the age group was 151 (50.33%) that is 21 years and above and the least number 149 (49.67%) were from 18-20 years of age. The majority were females that is 224 (74.67%) and 76 (25.33%) were male the engineering, pharmacy and nursing courses that is 100 (33.33%) samples were from each faculty and 150 (50%) of respondents were from class 3rd year and 150 (50%) in class 4th year under graduation.

The majority was the students who lived in a home that was 150 (50%) and the least number of samples were from the students who lived in paying guest that was 64 (21.33%). Distribution of samples according to occupation of father shows that higher participants' father 115 (38.33%) were doing private job. As compared to remaining occupation 90 (30%) were government service employee, 90 (30%) was self-employed, and 5 (1.67%) had not given any information and 218 (72.67%) mothers were housewife and least number was 14 (4.67%) who were self-employed. From type of family majority were nuclear family that was 176 (58.67%) and the least number was 32 (10.67%) which belonged to separated family. The majority of the family income was 121 (40.33%) of the sample who has had monthly income of Rs50, 000-1 Lakh having the family income of 41 (13.67%) of the sample have less family income of Rs1.5- 2Lakh. Among 300 samples 268 (89.33%) samples had no sleep problem and 32 (10.67%) have sleep problem and 99 (33%) who had 6 hours of sleep, and the least number was 9 (3%) who have 9 hours of sleep and 281 (93.67%) had no habit of substance use and 19 (6.33%) have a habit of substance use and 268 (89.33%) had night shift in last week and 32 (10.67%) have night shift in the last week.

2. Findings related to sleep hygiene and quality of life among subjects: Among 300 samples 17 (5.67%) participants had good sleep hygiene, 252 (84%) participants had satisfactory sleep hygiene and 31 (10.33%) had poor sleep hygiene and total 297 (99%) had an average quality of life and 3 (1%) had good quality of life.

3. Findings related to effect of sleep hygiene and quality of life among subjects Spearman's rho Correlation test was used to assess the effect of sleep hygiene quality of life and the present study shows that sleep hygiene has positive correlation with quality of life among three domains that are physical health, psychological and social relationship. There is no significant correlation between sleep hygiene and environment domain. There is significant correlation between sleep hygiene and quality of life (p-value =0.044).

4. Findings related to association with demographic variable life among subjects: Kruskal-Wallis Test was used to find out the association with demographic variables and the present study shows that p-values for the name of the course, residence, father's occupation, mother's occupation and sleep problem are less than 0.05 which shows that there is an association of demographic variables with quality of life.

8 Discussion

In present study the effect of sleep hygiene on quality of life among selected professional college students of Bharati Vidyapeeth Deemed University, pune and in this study majority of college students hours of sleep were 33% that is 6 hours of sleep and least were 3% that was 9 hours of sleep and to support the present study there was one study conducted by Bindu John in Mangalore on 2014 on sleep duration and sleep hygiene practices among adolescents in this study Bindu John suggested 9 hours of sleep that is only 8.19 hours of sleep. But throughout school days, they slept much less that is 7.68 hours.

Cynthia Subhprada S et.al. conducted a study on an interventional study on sleep hygiene among medical students this study was carried out from September to October, 2015 among II MBBS students, at Kurnool Medical College, Kurnool, Andhra Pradesh, India and the results suggested that out of 100 study subjects, 48 of 7 semester and 52 of 5 semester, had a mean (+SD) age in years, 20.2 ± 0.58 and 19.71 ± 0.61 respectively, 57% were females. A statistically significant association between daytime sleepiness prevalence by semester was found. (Pretest $X^2 = 7.83$, post test $X^2 = 7.19$, p value < 0.01). Weekend sleep schedules showed 2 hours increase than weekdays, in 40% (5 semester) and 30% (7 semester). A statistically significant difference was observed in sleep hygiene post intervention. Day time sleepiness was the most common problem encountered in this study.

9 Conclusion

The present study reveals that sleep hygiene has a positive effect on quality of life. Students have sleep hygiene problem they know that reason for sleep hygiene problems, but because of student's leave and their busy schedule it is not followed, but if this condition will be continue then many students come across with other sleep problems. And it is important to involve the colleges also and tell them about the need of sleep hygiene and how it is affecting quality of life, its not a light issue its becoming a common issue for every college student.

10 Recommendations

A similar study may replicate on large samples, so that findings can be generalized.

A comparative study can be done on professional and non professional college students.

A similar study can be conducted by medical professionals who worked at night.

A similar study can be conducted on the person who work as a private employee.

A comparative study can be done on government employee and private employee

Reference

1. Brown FC, Buboltz W. Development and evaluation of sleep treatment and education program for students; *Journal of American College Health*. 2006; 54:231-236
2. Felix VA, Campsen NA. College students prevalence of sleep hygiene awareness and practices; *Advances in Social Sciences Research, Journal*. 4(4):91-105.
3. Arsalon Busha Sleep hygiene and quality among medical students; *International Journal of Research*. 2015; 2(10):48-6848.
4. Mancio Flavio, Mourade Araujo. sleep quality assessment in college students. 2013; 22(2):352-56
5. Muhammad Chanchal Azad. Sleep disturbances among medical students; *Journal of Clinical Sleep Medicine*: 2015; 11(1):69-74.
6. Abraham Joshy, Scaria Jaimy. Influence of sleep in academic performance-An integrated review of literature, 2015, 78
7. Cates E Marshall, Clark Andraya, Woolley W. Thomas, Saunders Amy; Sleep quality among pharmacy students” *American Journal of Pharmaceutical Education*. 2015; 79(1).
8. Gray D David, Peach Hannah, Gaultney, Jane F, Sleep hygiene and sleep quality as predictors of positive and negative dimensions of mental health in college students, 2016.
9. Felix, Victoria A, Campsen Nathelie A, White Abbey, Buboltz C. Walter; College students prevalence of sleep hygiene awareness and practices, 2017, 91-105
10. Soleimani Farzench, Motaarefi Hossein, Dehkordi Hasanpour Ali. Effect of sleep hygiene education on sleep quality in hemodialysis patients; *Journal of clinical and diagnostic research*. 2016; 10(12):1-4
11. John Bindu. Sleep duration and sleep hygiene practices in adolescents, *Nitte University Journal of health science*. 2014; 4(4):2249-7110.
12. Brick A Cameron, Seely L Darbi, Palermo M Tonya. Association between sleep hygiene and sleep quality in medical students. 2013;8(2):113-121
13. Jefferson CD. Sleep hygiene practices in a population-based sample of insomniac. (5),611-5
14. Brown FC, Buboltz WC Jr. Relationship of sleep hygiene awareness, sleep hygiene practices and sleep quality in university students; *National center for biotechnology*. 2002; 28(1):33-8
15. Sharma Kumar Vikash, Dr. Sharma Rajendra Kumar. Effectiveness of structured psychoeducation intervention on sleep hygiene and sleep disorders in under graduate students; *The International Journal of Indian psychology*. 2017; 4(2):2348-5396
16. Subhprade S Cynthia, Vijayakumari S, Rajasekhar T, Venkateswarlu U. An interventional study on sleep hygiene among medical students. 2017; 4(2):352-356
17. Revethi R, Manjula A, Sujitha E. Correlation between knowledge and practice on sleep hygiene and sleep quality among nursing students. 2016; (2):46-47
18. Kaur Gurjeet, Sharma Vijaylakshmi, Singh Amarjeet. Association of sleep quality with general health. 2015; 4(12):1767-1771
19. Suleiman Khalid, Yates Bernice, Jassem Husein, Alghabeesh Suhair, Shahroor-Abu Luai, Ali Raed. Sleep disturbances among alzarytoomate university students in Jordan. 2013; 3(12):2224-3186.
20. Ribeiro JS Icaro, Ribeiro, Freire V Ivna, Pereira Rafael, Oliveira G, de Bruno *et al*. Eduardo; Stress and quality of life among university students: *Health professional education*, 2017.
21. Singh Ruchi, Shriyan Rhea, Sharma Renuka, Das Shobha. Assess the quality of life, sleepiness and mood disorders among first year undergraduate students of medical, engineering and arts; *Journal of Clinical and diagnostic research*. 2016; 10(5):01-05

22. Pagnin Daniel, Queiroz de Valeria. Comparison of quality of life between medical students and general populations; 2015; 28(3):209-212
23. Ionara Holanda De Moura, Roseanne de Sousa Nobre, Ramiro Marx Alves Cortez, Campelo Viriato, Suyanne Freire de Macedo, Ana Roberta Vilarouca da Silva. Quality of life of undergraduate nursing students. 2016; 37(2)
24. Marcos Antonio Nunes do Araujo, Wilson Danilo Lunardi Filhoet, Lucas Rasi Cunha Leite' Regiane Tu Kun Ma, Anderson Aparecido da Silva, Jose Carlos Souza; Nursing studies. quality of life :Northeast Network Nursing Journal. 2014; 15(6):990-997.
25. Awadh Ihson Ammar. A comparison study of perceived stress and quality of life of pharmacy and non-pharmacy of masters students. 2013; (13):22-28
26. Yang Zhang, Qu Bo, Lun Shishi, Wang Dongbo, Guo Ying, Liu Jie. Quality of life of medical students in china.pubmed, 2012; 7(11).
27. Paro HB, Morales NM. Health related quality of life of medical students. Pubmed. 2010; 44(3):227