

A STUDY OF HOW SLEEP QUALITY AND QUANTITY AFFECTED BY YOUNG PEOPLE'S MENTAL HEALTH

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ABSTRACT

The significance of sleep quality has garnered increasing attention among patients, underscoring its integral role in daily functionality and overall health. Effective management of sleep quality is essential as it intersects with numerous medical conditions and sleep disorders, contributing to their manifestation and severity. Addressing these issues proactively is crucial for improving patient outcomes and enhancing their quality of life. Unfortunately, most doctors do not have easy access to objective measurements of sleep quality, such as sleep studies, and these tests are too costly, time-consuming, and inconvenient for use in epidemiological and research studies. However, a number of self-report questionnaires have been developed. Negative sleep quality has serious negative effects on one's health. An explanation In order to educate students, support coherent theoretical and operational definitions in research, and create prevention and treatment plans, sleep is essential.

KEYWORDS: *Sleep quality, Mental Health*

INTRODUCTION

Sleep plays a critical role in various physiological processes essential for health and well-being. During sleep, the body undergoes crucial repair and maintenance, consolidates memories, and regulates hormone levels. In reality, even when you're asleep, your body is still working. During this time, your body repairs worn-out muscles and cleans the brain of toxins that have accumulated while you were awake. It's also essential for keeping your memories intact. Moreover, emotional regulation depends on sleep. A single sleepless night might increase your emotional response to negative feelings by 60%. Additionally, a lack of sleep may affect your body's ability to control essential functions like immunity, metabolism, appetite

control, and body weight. Not to mention, sleep is necessary to maintain your internal clock, or circadian rhythm.

CHAPTER-2

REVIEW LITERATURE

1. Antonino Crivello, Paolo Barsocchini, Michele Girolamo, Filippo Palumbo (15 November 2019)

“The Meaning of Sleep Quality: A Survey of Available Technologies”, the article emphasizes that sleep is a fundamental aspect of human daily life, essential for physical, cognitive, and psychological well-being. Quality sleep is associated with better restoration and overall health benefits. Conversely, poor or disrupted sleep can adversely affect cognitive function, psychological performance, and physical health. Understanding variations in sleep quality is crucial, necessitating a comprehensive definition of what constitutes restorative or quality sleep. The article suggests that achieving this understanding requires multidomain research efforts. The study proposes categorizing methodologies and approaches for assessing sleep quality, focusing particularly on technological solutions such as wearable devices, on-bed sensors, and actigraphy equipment.

2. June J. Pilcher, Douglas R. Ginter, Brigitte Sadowski (5 January 1998)

“Sleep quality versus sleep quantity: Relationships between sleep and measures of health, well-being and sleepiness in college students”, The research involved two studies where participants maintained a 7-day sleep diary followed by assessments of health, well-being, and tiredness. The results indicated that average sleep quality was more closely associated with various aspects of health and well-being compared to average sleep quantity, particularly among individuals sleeping an average of 7 hours per night. Specifically, higher sleep quality was linked to better health outcomes, improved affect balance (emotional state), greater life satisfaction, and lower levels of negative emotions such as stress, despair, anger, weariness, and confusion. These findings suggest that while the duration of sleep is important, the quality of sleep plays a critical role in determining overall health, well-being, and emotional resilience among college students.

CHAPTER-3

RESEARCH METHODOLOGY

Research Type:

Quantitative study, it is a process of collecting and analyzing numerical data. It can be used to find Patterns and average, make prediction, test causal relationships and generalize results to wider population

Sources of Data:

Research design is the framework of research methods and techniques chosen by a researcher.

Primary Data:

Primary data was collected from youngsters in Google form Secondary

Data:

Secondary source of data is collected from articles and journals.

Sampling Technique:

Simple random sampling non-Probability sampling method

Sample Size: 3

Tools of data collection:

Questionnaire, it is a list of questions or items used to, gather data from the respondents about their attitude, experience and opinions. Questionnaires can be used to collect quantitative or qualitative information. For this study researcher used self-prepared questionnaire.

Objectives:

- To Explore the Impact of Sleep Quantity on Mental Health Outcomes
- To Assess the Role of Sleep Interventions.
- To Investigate the Relationship Between Sleep Quality and Mental Health.
- Provide Recommendations for Intervention.

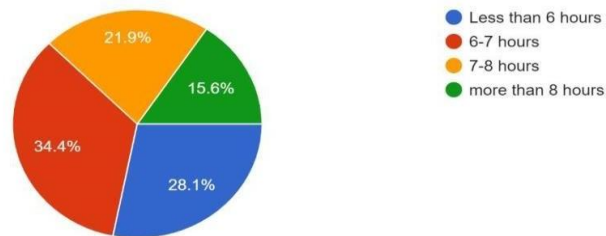
CHAPTER-4

DATA ANALYSIS AND INTERPRATATION

TABLE 1: DISTRIBUTION OF RESPONDENTS BASED ON SLEEP HOURS

Particulars	Frequency	Percentage %
8-7 hours	7	22%
18-24 more than 8 hours	5	16%
35-44 less than 6 hours	9	28%
6-7 hours	11	34%
TOTAL	31	100

1. On average ,how many hours of sleep do you get per night?
32 responses



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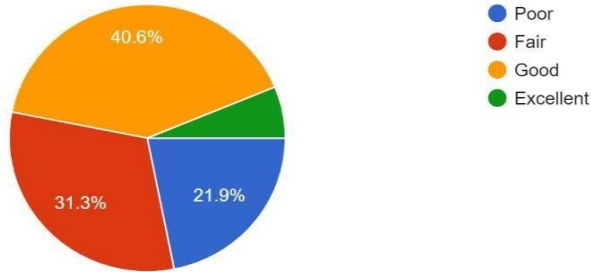
The majority of respondents, 34%, sleep for 6-7 hours, followed by 28% who sleep for less than 6 hours. Additionally, 22% sleep for 8-7 hours, and 16% sleep for more than 8 hours.

TABLE: 2 DISTRIBUTIONS OF RESPONDENTS BASED ON QUALITY OF SLEEP

Particulars	Frequency	Percentage %
Poor	7	21 %
Fair	10	31%
Good	13	41%
Excellent	2	6%
TOTAL	31	100

2. How would you describe the quality of your sleep?

32 responses



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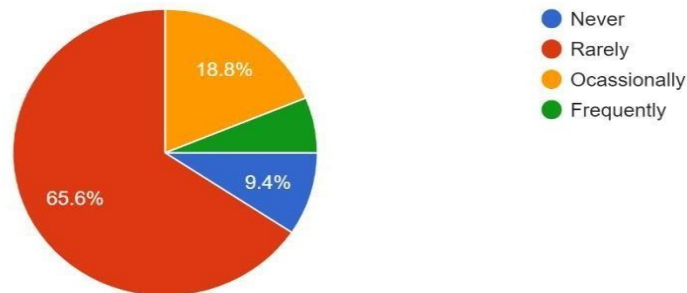
There are no respondents in the "others" category. Therefore, the majority of the respondents, 84%, are female.

TABLE: 3 DISTRIBUTIONS OF RESPONDENTS BASED ON DIFFICULTIES OF SLEEP

PARTICULARS	FREQUENCY	PERCENTAGE%
Never	3	9%
Rarely	21	66%
Ocassionally	6	19%
Frequently	2	6%
TOTAL	31	100

3. Do you experience difficulties falling asleep?

32 responses



INFERENCE:

From the above table inferred that The majority of respondents, 66%, experience the event rarely, followed by 19% who experience it occasionally. Additionally, 9% reported never experiencing it, and 6% reported experiencing it frequently.

FINDINGS

- Vast majority of respondents are aware of proper sleep
- Less than two third of the respondents go to sleep at the duration of 9pm-11pm
- Half of the respondents are wake up at the duration of 5am-6Am
- The duration of less than two third of the respondents falls asleep after going to bed was less than 20min Less than More half of the total respondents feels sleepy in day time while being in class. More than two third of the total respondents sleeps more on leave days.

SUGGESTION

The amount of time it takes to fall asleep after going to bed is called sleep latency, sometimes referred to as sleep onset latency. A sleep delay of ten to twenty minutes is ideal. Few responders in this study reported having a sleep delay of more than 20 minutes. Sleep deprivation might leave you feeling drowsy and irritable the next day. A sleep deficit over time may begin to seriously impair your mood, your ability to focus, and your capacity to complete everyday chores. Additionally, it may increase your chance of contracting diseases like diabetes, heart disease, obesity, infections, depression, and anxiety. You can identify the source of your sleep latency problems with the assistance of a healthcare professional, allowing the issue to be.

CONCLUSION:

The overall experience by analysing the sleep quality among youngsters made the researcher aware about sleeping habits and quality of sleep among youngsters and the researcher gained knowledge about the underlying reasons for poor quality of sleep and also suggested remedies to overcome it. Educating students about the importance of good sleep quality is crucial as it directly impacts their health, academic performance, and mental well-being. Establishing healthy sleep habits early can enhance productivity, emotional resilience, and overall quality of life, preparing students for long-term success and well-being.

REFERENCES

1. June J. Pilcher, Douglas R. Ginter, Brigitte Sadowski (5 January 1998) “Sleep quality versus sleep quantity: Relationships between sleep and measures of health, well-being and sleepiness in college students”.
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