

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*