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Perception of college going youth regarding sleep schedule

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Abstract

The present study was undertaken to assess the perception of college going youth regarding sleep schedule. The total sample for the present study consisted of 120 college going students including 60 boys and 60 girls. The age range of subjects was between 19 to 24 years. Subjects selected were regular college going students who were pursuing their under graduation degree. To maintain the homogeneity of the samples two engineering colleges from Udaipur i.e. College of Technology and Agriculture Engineering, MPUAT and Pacific College of Engineering were selected purposively. Major findings of the study indicated that 40 percent of the subjects preferred to sleep late at night and getting up early in the morning. Further 52.5 per cent of subject devoted 6-7 hours and 41.67 percent devoted about 7-8 hours for night time sleep. Nearly half of the subjects devoted 1-2 hours for afternoon nap and a quarter of the subjects took 1 hour nap. Nearly 52 per cent of the respondents had set sleep timings.

Keywords: Youth, sleep schedule, sleep timing sand sleep duration

Introduction

Sleep has been a fascinating topic after all, people spend about one-third of their adult lives sleeping. For the most of the animals, sleep means collapsing and relaxation of muscles. Sleep plays an essential role in good physical, emotional and psychological health and well-being of any individual throughout the life. Sleep is a naturally repetitive phase in scribed by little or absence of consciousness, relatively suspended sensory activities and quiescence of nearly all voluntary muscles. Getting enough quality sleep at the right times helps to function well throughout the day.

The human's internal body is used to set its own natural rhythms of day and night. If an individual have fixed sleeping and waking up timings it will reinforce the body's natural responses. Inconsistent sleeping may account poor sleep quality, drowsiness, mood swings, poor concentration and weak memory, irritability and decline in cognitive skills in the individual.

Young adults are energetic, innovative, and vibrant age group. This age group is with strong passion, motivation and will power which make them the most salient human resource to strengthen economic, cultural and political development of the nation. The most widely recognized marker of entry into young adulthood age is entering into college for graduation or post graduation. For many individuals going from high school to college is an important aspect of the transition to adulthood (Bowman, 2010) [2].

Relative to adolescents, emerging adults typically experience increased exploration and independence i.e. they reach legal drinking age and do not have parent-set bedtimes and wake times. Young adults also generally experience higher instability in living arrangements and face unique challenges in identity development, establishing and maintaining romantic relationships, and pursuing career goals. Napping in the afternoon is frequently used by college students. The mutable placement of the nap is the central problem in that afternoon time (a popular nap time among college students) is particularly prime in reducing necessary sleep tendency to fall asleep at bedtime. Less than optimal sleep is associated with depression. (Radek and Hartley 2013) [8].

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A study was done to assess the sleep quantity, quality and insomnia symptoms among 320 medical students residing in Jeddah, Saudi Arabia. The findings of the research showed that, respondents obtained average 5.8 hours of sleep in night with average bedtime at 1:53 am. Approximately 30 percent of the students reported excessive daytime sleepiness, 30 percent with poor sleep quality and 33 percent were screened with insomnia. Poor academic performance and stress were associated with insomnia and there was also association between stress, poor sleep quality and excessive daytime sleepiness among the students (Alsagaf *et al.* 2016)^[1].

John (2015)^[5] carried out a study, to explore the sleep patterns, sleep hygiene practices and the extent of parental monitoring among 145 Indian adolescent of age 11 -17 years from grade 6 – 12 in Bahrain. The findings showed that 52.1 percent of adolescents take naps in afternoons, 40 percent respondents' parents influence the time of getting up from bed on school days and 68.6 percent reported parents did not monitor their wake up times. It was also revealed that female respondents sleep slightly less than male respondents during school days.

Eliasson and Lettieri (2010)^[4] conducted a study on college going student to investigate total investing time in wakefulness compared to the total time of sleep in regarding their academic performance. The study was conducted on 60,000 college student from Washington, DC. According to the results forty two percent students were satisfied with their sleep. Majority of the students admitted that they feel drowsy in the daytime especially in the classroom. It was also found that students with highest GPA prefer to go early to sleep in night and getting up early in the morning compared to the students with lowest GPA. Fifty two percent high performers were more likely to take naps regularly compared to low performers.

Kang and Chen (2009)^[6] reported a study to examine the effects of irregular sleep schedule on sleep quality, daytime sleepiness and fatigue among 160 students living in Taipei, Taiwan. Finding from the study revealed that 33.8 percent of students screened with poor sleep quality, 14.4 percent with daytime sleepiness and 37.5 percent with fatigue. With respect to an abnormal sleep schedule, 26.9 percent students reported irregular sleep schedule and average daily sleep time was seven hours per day. Positive significant correlation between irregular sleep schedules and sleep quality was clearly observed in students with the irregular sleep schedule.

Reviews on western researches reflect that delayed sleep schedule may result in poor academic, physical and psychological performance and may accompany migraine, insomnia, depression etc. thus the reviews indicated that sleep schedule has an effect on day to day functioning of individual. Since very few studies have been reported in India, therefore the present study was undertaken to understand sleep schedule of college going youth.

Objective: To assess the perception of college going youth regarding their Sleeping schedule.

Material and Methodology: One hundred twenty college going youth were selected in which 60 boys and 60 girls selected from two engineering colleges of Udaipur city i.e. College of Technology and Agriculture Engineering, MPUAT and Pacific College of Engineering were selected. The age range selected for the study was 19 to 24 years old regular college going youth pursuing their under graduation degree.

Inventory on sleep schedule developed by Choyal (2003)^[3] and Mathur (2003)^[7] was utilized to gather information regarding the sleep schedule of the subjects. This survey proforma consisted of 7 multiple choice questions focusing on sleeping preferences, sleep duration during night and daytime, sleep schedule, sleep timings, extent of the satisfaction of respondents from their sleep schedule and suggestion for improving sleep schedule. To assess the sleep schedule percentage distribution were calculated separately for each section of the proforma. For the sleep timings average sleep and arising time at night and daytime were calculated.

Results and Discussion

Table 1 clearly shows the sleep preference of the respondents wherein nearly 40 percent of the boys and girls preferred to sleep late at night and getting up early in the morning followed by 28 percent of the respondents who wanted to sleep late and getting up late. Further, 27 per cent of girls and 22 per cent of boys preferred to sleeping early and getting up early as well. Only 8 percent of the youth preferred to sleep for a longer time i.e. early sleeping and getting up late. Thus sleeping late and getting up early was the most preferred choice among the youth. Results depict somewhat common sleep preference pattern among boys and girls.

Table 1: Percentage distribution of sleeping preference of subjects (n=120)

| S. No. | Sleeping Preference | Boys % | Girls % | Total % |
|--------|-------------------------------------|--------|---------|---------|
| 1 | Sleeping early and getting up early | 22 | 22 | 24 |
| 2 | Sleeping late getting up late | 27 | 28 | 28 |
| 3 | Sleeping early getting up late | 11 | 3 | 8 |
| 4 | Sleeping late getting up early | 40 | 42 | 40 |

Table 2 depicts that night time sleep duration of majority of the boys (61.67%) was 6-7 hours and for 38.33 per cent it was 7-8 hours. Sleep duration of 6-7 hours as also 7-8 hours was equally experienced by nearly 45 per cent of the girls. Duration of 4-6 hours of sleep was reported by only 11.67 per cent girls.

Overall results reveal that more than fifty per cent of the youth (52.5%) devoted their sleep for 6- 7 hours during night time followed by 41.67 percent devoted about 7-8 hours in sleeping.

Table 2: Percentage distribution of Night time sleep duration of subjects (n=120)

| S. No. | Sleep Duration Night time sleep duration | Boys % | Girls % | Total % |
|--------|--|--------|---------|---------|
| 1 | 4- 6 hours | 0 | 11.67 | 5.83 |
| 2 | 6-7 hours | 61.67 | 43.33 | 52.5 |
| 3 | 7-8 hours or more | 38.33 | 45 | 41.67 |

Table 3 shows 38 per cent of the boys and 15 percent of the girls take 1 hour of afternoon nap followed by 53.33 percent of the girls and 49 per cent of the boys who devoted 1-2 hours for daytime nap. Further, the data revealed that 31.33 percent of the girls and 13 percent of the boys did not sleep at all in day timings.

On an overall basis table 3 depicts that fifty per cent of the subjects (50.83%) devoted 1-2 hours for afternoon nap and 26.67 percent of the subjects took 1 hour nap. It is interesting to note that almost one third of the girls did not sleep in the afternoon.

Table 3: Percentage distribution of Daytime sleep duration of subjects (n=120)

| S. No. | Sleep Duration Daytime sleep duration | Boys % | Girls % | Total % |
|--------|---------------------------------------|--------|---------|---------|
| 1 | 1 hour | 38 | 15 | 26.67 |
| 2 | 1-2 hours | 49 | 53.33 | 50.83 |
| 3 | Don't sleep, at all | 13 | 31.67 | 22.5 |

Table 4 depicts that 52 per cent of the respondents had set sleep timings and 48 per cent did not follow any set schedule of sleep. Analysis of results of weekly sleep schedule depicted that on an average sleep time of subjects was 1:35 AM and waking time was 7:24 AM (Table 5). Thus according to weekly schedule on an average duration of sleep was 6 hours at night. In the daytime, the average sleep time was 3:09 PM to 4:48 PM. Thus the subjects tend to sleep more than one hour in the daytime.

Table 4: Percentage distribution Sleep schedule of subjects (n=120)

| S. No. | Sleep schedule | Boys % | Girls % | Total % |
|--------|----------------|--------|---------|---------|
| 1 | Fixed | 50 | 53.33 | 52 |
| 2 | variable | 50 | 46.67 | 48 |

Table 5: Average sleep time of subjects (n=120)

| S. No | Average sleep time | Boys | Girls | Total |
|-------|--------------------------------|---------|---------|---------|
| 1 | Average sleeping time at night | 1:39AM | 1:28 AM | 1:35 AM |
| 2 | Average waking time in morning | 7:27 AM | 7:16 AM | 7:24 AM |
| 3 | Average afternoon nap time | 3:08 PM | 3:11 PM | 3:09 PM |
| 4 | Average afternoon waking time | 4:41 PM | 4:58 PM | 4:48 PM |

Figure 1 depicts 62 per cent of the subjects were not satisfied with sleep schedule wherein 63 per cent were girls and 60 per cent were boys respectively. Subjects who were dissatisfied with their sleep schedule reported that they slept late at night so they were unable to wake up early in the morning or not able to complete required amount of sleep. However 38 per cent of the subjects indicated that they were satisfied with their sleep schedule. Some of the respondents reported that they sleep excess.

Subjects were inquired regarding suggestions for improving the sleep schedule. This question was answered by only 16 subjects who suggested that less gadgets usage during night, meditation, exercise fix sleep timings, time management, and setting alarm before going to sleep could improve their sleep schedule.

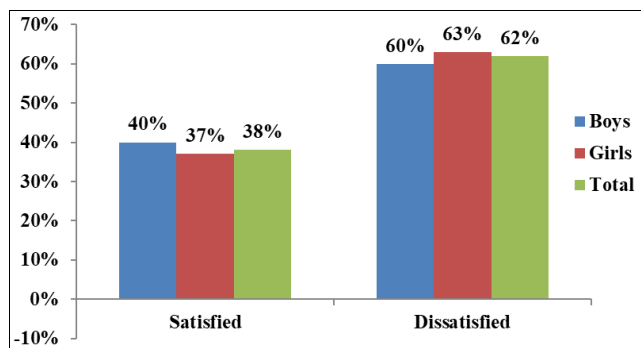


Fig 1: Percentage distribution of satisfaction from sleep schedule

Conclusion

Conclusion drawn from the study is that majority of the respondents preferred to sleep late and getting up early and it is the major reason behind dissatisfaction with sleep schedule among the respondents. Majority of subjects devoted their

sleep for 6- 7 hours during night time.

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