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IMPACT OF SOCIAL MEDIA USAGE ON SLEEP QUALITY AMONG UNDER GRADUATE STUDENTS

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Background of the study

Sleep is a naturally recurring state of mind and body, characterized by altered consciousness, relatively inhibited sensory activity, reduced muscle activity and inhibition of nearly all voluntary muscles during rapid eye movement (REM) sleep, and reduced interactions with surroundings.It is distinguished from wakefulness by a decreased ability to react to stimuli, but more reactive than a coma or disorders of consciousness, with sleep displaying different, active brain patterns[2]

Sleep quality is a vital construct to clinicians and researchers due to the high prevalence of disturbed sleep and insomnia, and the clear relevance of sleep quality to optimal health and functioning. Yet, despite its common usage, "sleep quality" is a term without a clear definition (Krystal & Edinger, 2008). In fact, sleep quality is likely to have different meanings from one person to the next. For someone with problems initiating sleep, the sleep onset period may be the strongest determinant of sleep quality. In contrast, the relative difficulty of going to sleep may be of trivial importance to someone whose sleep is restless and rife with frequent awakenings.

Social media are interactive technologies that allow the creation or sharing/exchange of information, ideas, career interests, and other forms of expression via virtual communities and networks.[3] Social media usage around bedtime can negatively affect how long and how well we sleep. Looking at social media in bed can make it harder for us to fall asleep. It can also reduce the amount of time we sleep for and leave us feeling un- refreshed the next day.[4]

Need and significance of the problem

Previous research studies show that person who sleeps maximum of 6-8 hours is more productive than person who is sleep deprived. Nowadays social media has a major role in sleep quality of human beings.

Social media are now the most popular entertainments in modern societies and they target a variety of people in different ages. Use of social media has tremendously increased. There was an incident happened to my neighbor's son who was completely addicted to online games and social media. He spent much time on internet that he had a lot of sleep disturbances which lead him to poor academic performances and mental health issues.

Statement of the problem

A descriptive study to assess impact of social media usage on sleep quality among undergraduate students in selected colleges under Al Shifa Group of Institutions, perinthalmanna.

Aim and objectives:-

Aim:-

The aim of this study is to examine how social media usage influence sleep quality among undergraduate students.

Objectives:-

1.   Assess social media usage among undergraduate students at selected colleges under Al Shifa Group of Institutions, Perinthalmanna.

2.   Assess sleep quality among undergraduate students at selected colleges under Al Shifa Group of Institutions, Perinthalmanna.

3. Determine the impact of social media on sleep quality among undergraduate students at selected colleges under Al Shifa Group of Institutions, Perinthalmanna.

4. Find out association between sleep quality and selected demographic variables among undergraduate students at selected colleges under Al Shifa Group of Institutions, Perinthalmanna.

Operational definitions

Asses:-

It refers to the act of determining impact of social media usage on sleep quality by determining the relation between social media usage and sleep quality.

Impact:-

It refers to the correlation between social media usage and sleep quality among undergraduates which is measured by Karl Pearson's formula.

Social media usage:-

It refers to intensity of social media usage which is assessed by using social media networking intensity scale [SNAIS].

Sleep quality:-

It refers to frequency and volume of sleep among under graduate students which is assessed by using Pittsburg Sleep Quality Index Scale [PSQI].

Undergraduates:-

Undergraduates refers to students who perceiving UG Programmes from selected colleges under Al Shifa Group of Institutions Perinthalmanna.

Hypotheses:-

H₁: There is a significant impact of social media usage on sleep quality.

H₂: There is a significant association between sleep quality and selected demographic variables.

RESEARCH METHODOLOGY

RESEARCH APPROACH :Quantitative approach.

RESEARCH DESIGN: Non experimental descriptive research design.

SETTING :Selected colleges under shifa institute of medical science .

POPULATION :

Target population :Undergraduate students.

Accessible population : Under graduate students at selected colleges under shifa institute of

SAMPLING TECHNIQUE:Non probability quota sampling tecnique.

SAMPLE SIZE: Sample size is 100.

Research variable: Social media usage and sleep quality.

Demographic variable:Age, gender, religion, stream of education, year of study, use of sleep inducing medication, accessibility to social media, most preferring social media.

ANALYSIS AND INTERPRETATION :Descriptive statistics and inferential statistics.

DISCUSSION AND RECOMMENDATIONS: Communication through the thesis presentation.

Figure 1; Schematic representation of the study

TOOLS AND TECHNIQUES

Data collection tools are the procedures of instruments used by the researchers to observe or measure the key variables in the research problem.The tool was prepared by the reasearcher after an extensive review of research literature and in consultation with experts in field of research.[33] Tools used for the study was ;

Tool 1 ; Structured self administered questionnaire for assessing socio – demographic variables.

It consist of 8 questions in which each question is provided with four options and the respondents are asked to choose the one applicable to them.It include age in years,gender,religion,stream of education,year of study,use of medications,accessibility to socialmedia,most preferring socialmedia.

Tool 2 ; Social media networking intensity scale[SNAIS] for assessing intensity of social media usage.

It is a standardized tool used for assessing the intensity of socialmedia usage. The SNAIS consists of a 14-item questionnaire with two subscales Q1-10 measures Social function use intensity (SFUI) and Q 11-14 measures entertainment function use intensity (EFUI). The SNAIS and its subscales SFUI and EFUI contains good reliability Cronbach's Alpha (= 0.89,0.90 and 0.60). The 14 items are written like questions "How often have you performed the following on online social networking activities" such as sent messages to friends on a message board. The scale is measured using a 5-point Likert scale from 0 (Never), 1(Few), 2(Sometimes), 3 (Often), 4(Always). Total scores are calculated by adding all numeric values together. Despite this, there is no specific cut off for low, moderate or high social network activity usage; higher scores indicate higher usage levels. See appendix for the full SNAIS scale.[33]

Grading of score

- Poor usage ; 0 – 14

- Mild usage ; 15 – 28

- Moderate usage ; 29 -42

- Severe usage ; 43 – 56

Tool 3 ; Pittsburg sleep quality indes[PSQI]scale for assessing quality of sleep.

It is a standardized tool for assessing quality of sleep. It include 10 questions and 7 components. All questions are releated to the sleep. Out of the 7 components first component refers to subjective sleep quality , second component refers to sleep latency , third component refers to sleed duration ,fourth component refers to habitual sleep efficiency , fifth component refers to sleep disturbances , sixth component refers to use of sleeping medications , & seventh component refers to day time dysfunction. Each component has individual score and by adding all of the 7 component scores can get global score and are in between 0 – 21.

Grading of score

- </= 5   ; good sleep quality

- >5   ; poor sleep quality

TECHNIQUE ; Self reporting.

DATA COLLECTION PROCESS

After getting formal permission from the principal and ethical committee of Alshifa college of nursing the researcher will be obtaining permission from other colleges under Alshifa group of institutions.

The investigator selected 100 participants that fulfilled the inclusion criteria by using the non-probability quota sampling technique.

The investigator had taken 25 students from each quota.The investigators introduced them self to the participants and developed a rapport with them. And explained the purpose of the study and ensured them that the data collected would be kept confidential and informed consent was obtained from the participants prior to the study. After that structured questionnaire will be given through online platform and are asked to complete it with in 20 – 30 minutes.

RESULTS

Section 1 : Distribution of demographic characteristics of undergraduate students at selected colleges under Al Shifa group of institutions Perinthalmanna.

The characteristics of the participants were as follows

*Out of 100 undergraduates from selected colleges under shifa institute of medical sciences[SIMS] Perinthalmanna ,1% belongs to the age group in between 17 – 18 years, 13% belongs to the age group in between 18-19 years,35% belongs to the age group in between 19-20 years and remaining 51% belongs to the age group above 20 years.

*12% of participants who participate in the study belongs to male gender and remaining 88% belongs to female gender.

*74% of participants who participated in the study belongs to Muslim category,5% belongs to Christian category and remaining 21% belongs to Hindu category.

*47% of participants who participated in the study belongs to paramedical category ,51% belongs to B pharm category and remaining 2% belongs to arts and science category.

*25% of participants who participated in the study belongs to first year , 25% belongs to second year,25% belongs to third year and remaining 25% belongs to fourth year.

*2% of participants who participated in the study using painkillers and remaining 98% of students are not taking any kind of medications.

*1% of students who participated in the study have no accessibility to social media, remaining 99% of students have accessibility to social media.

*45% of students who participated in the study have watsapp as their most preferring social media,2% of students have facebook as their most preferring socialmedia,39% of students have instagram as their most preferring socialmedia and remaining 14% of students have youtube as their most preferring socialmedia.

Section 2 : : Assesment of intensity of social media usage among under graduate students at selected colleges under Al Shifa group of institutions Perinthalmanna.

The present study reveals that reveals that out of 100 undergraduates from selected colleges under Al Shifa group of Institutions Perinthalmanna, 17% of students have severe socialmedia usage [SNAIS scale score is in between 43-56] 40% of students have moderate socialmedia usage [SNAIS scale score is in between 29-48]39% of students have mild socialmedia usage [SNAIS scale score in between 15-28] and remaining 4% students have poor socialmedia usage [SNAIS scale score in between 0-14].

Section 3 : Assesment of sleep quality among under graduate students at selected colleges under Al Shifa group of institutions Perinthalmanna.

The present study reveals that out of 100 undergraduates from selected colleges under Al Shifa group of institutions Perinthalmanna ,50% of students have good sleep quality[PSQI scale score </= 5] and remaining 50% of students have poor sleep quality[PSQI scale score >5].

Section 4 : Evaluation of association between sleep quality and selected demographic variables among under graduate students at selected colleges under Al Shifa group of institutions Perinthalmanna.

There is no association between sleep quality and age,gender, religion, stream of education,year of study,use of medication,asscessibility to social media,most preferring social media.

DISCUSSION

The study findings revealed that out of 100 undergraduate students most of the students were having moderate use of social media and 50% of them were having poor sleep quality. Out of 100 undergraduates from selected

colleges under Alshifa group of Institutions,perinthalmanna , 4% students have poor socialmedia usage [SNAIS scale score in between 0-14], 39% of students have mild socialmedia usage [SNAIS scale score in between 15-28], 40% of students have moderate socialmedia usage [SNAIS scale score is in between 29-48] and remaining 17% of students have severe socialmedia usage [SNAIS scale score is in between 43-56].The findings of the study conducted by Xiang long Xu et all on the influence of social media on sleep quality among students in Chongqing,China is well supported.

In our study 50% of students have good sleep quality[PSQI scale score </= 5] and remaining 50% of students have poor sleep quality[PSQI scale score >5].The findings of the study conducted by Xiang long Xu et all on the influence of social media on sleep quality among students in Chongqing,China is well supported.[34]

Our study findings revealed that there exist a moderately positive correlation between social media usage and sleep quality.The findings of the study conducted by Xiang long Xu et all on the influence of social media on sleep quality among students in Chongqing,China is well supported.[34]

NURSING IMPLICATIONS

The study has implications which are of vital concern to the field of nursing education, nursing service, nursing administration and nursing research.

Nursing education

It is always wise to bring changes in the grass root level. Nursing curriculum is a way to inculcate change in nursing education.Social media provides many benefits,such as creativity, learning opportunities and chance to connect with others.Social media also has negative impacts both mentally and physically.The students should be educated to limit the time use of social media usage and not to reduce the sleeping hours by the over use of social networking sites.

Nursing Curriculum

Over usage of social media is the main cause of reduced sleep in most of the students.We can add that social media usage as a etiological factor for sleep deprivation and sleep related problems.

Nursing service.

Work efficiency can be distracted by many factors.Social media is one of the main factor to reduce work efficiency.

Nursing administration

A time limit should be set for everyperson themselves how much he or she should spend time for social media.Teach them about the other methods like keeping written notes instead of using electronic devices in administration process.

Nursing Research

Many research studies on impact of social media usage on sleep quality reveals that social media is a main cause of sleep related problems.Nurses should come forward or motivated to conduct more research studies on such topics.

Limitations

*The investigator had time limit as it is an educational study.

* Small sample size was used in this study.

*Due to lack of time, sampling technique adopted was non probability quota sampling.

*Generalization is limited as it is of small sample size.

Recommendations

* A similar study can be replicated on a larger sample for generalization of findings.

* A similar study can be conducted to evaluate the attitude among people regarding social media usage.

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