

# A DESCRIPTIVE STUDY TO ASSESS THE SLEEPING HABITS AMONG NURSING STUDENTS

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## ABSTRACT

Sleeping habits are important for undergraduate nursing students as they influence physical health, mental well-being, and academic performance. Poor sleep can lead to fatigue, stress, and reduced concentration, making healthy sleep practices essential.

This study aimed to assess the sleeping habits of undergraduate nursing students and their association with selected socio-demographic variables. A descriptive research design with purposive sampling was used, involving 30 students. Data were analyzed using descriptive and inferential statistics. The findings showed that 5 (17%) students had good sleeping habits, while 25 (83%) had fair sleeping habits. No significant association was found between sleeping habits and socio-demographic variables such as age, gender, family type, residence, study hours, bedtime, and wake-up time.

Keywords : Assess , Sleeping habit, Students

## INTROCUCTION

Sleep is a fundamental biological process that plays a key role in maintaining physical health, mental well-being, cognitive performance, and daily functioning. Poor sleep quality or inadequate sleep can impair attention, memory, learning ability, and decision-making, ultimately affecting academic performance and overall quality of life.

University students frequently experience irregular sleep patterns due to academic demands, stress, social activities, and excessive screen time. Nursing students are particularly at risk because of the combined pressures of classroom learning, clinical postings, examinations, and patient-care responsibilities. These factors may contribute to sleep disturbances, fatigue, and reduced daytime alertness, potentially affecting both academic achievement and clinical competence.

Understanding the sleeping habits of nursing students is essential for identifying sleep-related problems and promoting healthy sleep practices that support academic success, professional development, and safe patient care.

## NEED OF THE STUDY

Adequate sleep is essential for the academic and clinical performance of nursing students. Increasing academic workload, clinical training, and lifestyle-related factors may lead to poor sleeping habits, which can negatively influence learning, concentration, emotional well-being, and clinical decision-making. Assessing sleeping habits among nursing students can help identify common sleep-related issues and provide evidence for developing interventions that promote healthy sleep behaviors, improve student well-being, and enhance academic and clinical outcomes.

## STATEMENT OF THE PROBLEM:

A descriptive study to assess the sleeping habits of students among selected colleges of Pathanamthitta District.

## OBJECTIVES:

1. To assess the sleeping habits of students among selected colleges in pathanamthitta district.
2. To find out the association between sleeping habits with selected demographic variables.

## OPERATIONAL DEFINITION

1. Assess: In this study, assess refers to the systematic process of collecting, analyzing and interpreting data related to the sleeping habits of nursing students.
2. Sleeping habits: In this study, sleeping habits refer to the routine practices and behaviors related to sleep.
3. Students: In this study, nursing students refer to students who are currently enrolled in the bsc nursing programme in the selected nursing college.

## ASSUMPTIONS

1. Nursing students may have irregular sleeping habits due to academic workload and clinical postings.
2. Poor sleeping habits may affect the physical health, concentration, and academic performance of nursing students.
3. Factors such as stress, use of electronic devices, and lifestyle patterns influence the sleeping habits of nursing students.

## RESEARCH METHODOLOGY

### RESEARCH APPROACH

Research approach involves the description of the plan to investigate the phenomena under study. Research approach is a frequently used term in research, which is an important element of research design. It is used to identify, explore and describe the existing phenomenon and its factors.

The research approach used in the study was Quantitative Research Design.

### RESEARCH DESIGN

The term research design refers to researchers overall plan for obtaining answers for the research question and it spells out strategies that the researcher adopted to develop the information that is accurate, objective and interpretable.

Research design used in this study was Descriptive Research Design.

### POPULATION AND SAMPLE

Population is the aggregation of all the units in which a researcher is interested. The entire set of individuals or objects having some common characteristics, sometimes called population.

In this study, the population consists of BSc nursing students in the 5<sup>th</sup> semester.

### SAMPLING TECHNIQUE

Sampling is a process of selecting a representative part of the population. There are several techniques which includes probability sampling technique, and non probability sampling technique.

In this study, the Non Probability Purposive sampling technique is used.

### CONTENT VALIDITY

Content validity refers to an instrument or test actually testing what it is supposed to be testing. Content validity was established by submitting the objectives, operational definition, and criteria checklist to two nursing education experts. The research tool was finalized according to expert opinion.

## DATA COLLECTION PROCESS

Data collection is the process of gathering and measuring information on variables of interest in a systematic manner. The data collection period was from 13-02-2026 to 28-02-2026. Formal permission was obtained from the concerned authority. The study was conducted among 30 nursing students using a structured Likert scale to assess the sleeping habits.

## PLAN FOR DATA ANALYSIS

Data analysis is the technique used to reduce, organize and give meaning to data. After data collection, themes and subthemes were derived. Quantitative data were organized, tabulated and summarized. Inferential statistics using chi-square test was applied.

The research methodology is making an overall plan for a research problem to solve it in a systematic and scientific manner.

## STATISTICAL TOOL

The statistical tool are those tools by which statistical methods are applied. Statistical tools help with data sorting, to identify and remedy issues with the quality of data through various data sorting methods. The most well-known statistical tool are mean, median, mode, range, dispersion standard deviation, coefficient of variation.

## RESULTS AND DISCUSSIONS

The findings of the study have been discussed with reference to the objective, assumptions, and findings of the other related study under the following sections :

### SECTION I: DISCUSSION RELATED TO SOCIODEMOGRAPHIC VARIABLES OF STUDENTS

| DEMOGRAPHIC VARIABLES        | FREQUENCY(f) | PERCENTAGE (%) |
|------------------------------|--------------|----------------|
| <b>A) Age</b>                |              |                |
| i) 20                        | 18           | 60             |
| ii) 21                       | 10           | 33             |
| iii) 22                      | 2            | 7              |
| <b>B) Type of Family</b>     |              |                |
| i) Nuclear                   | 30           | 100            |
| ii) Joint                    | 0            | 0              |
| <b>C) Place of Residence</b> |              |                |
| i) Hostellers                | 26           | 80             |
| ii) Day scholars             | 4            | 20             |
| <b>D) Daily Study hour</b>   |              |                |
| i) <1 hour                   | 3            | 10             |
| ii) 1-2 hours                | 24           | 80             |
| iii) 2-3 hours               | 1            | 3              |
| iv) 3-4 hours                | 2            | 7              |
| <b>E) Average Bedtime</b>    |              |                |
| i) Before 10pm               | 1            | 1              |
| ii) 10pm - 11pm              | 16           | 53             |
| iii) 11pm - 12pm             | 9            | 30             |
| iv) After 12am               | 4            | 13             |

|           |                       |    |    |
|-----------|-----------------------|----|----|
| <b>F)</b> | Average wakeup time   |    |    |
| i)        | Before 5am            | 4  | 13 |
| ii)       | 5am – 6 am            | 6  | 20 |
| iii)      | 6am-7am               | 19 | 64 |
| iv)       | After 7am             | 1  | 3  |
| <b>G)</b> | Average sleeping time |    |    |
| i)        | Less than 6 hours     | 8  | 27 |
| ii)       | 6-7 hours             | 18 | 60 |
| iii)      | 7-8 hours             | 4  | 13 |

## SECTION II: DISCUSSION RELATED TO SLEEPING HABITS AMONG NURSING STUDENTS.

The sleeping habits of nursing students was assessed among 30 samples. Majority 25 (83%) students had fair sleeping habits and 5(17%) had good sleeping habits. Thus, there is a need to create an awareness to maintain the sleeping habits.

## SECTION III: DISCUSSION RELATED TO ASSOCIATION BETWEEN SLEEPING HABITS AND SELECTED DEMOGRAPHIC VARIABLES

The chi-square value showed that the sociodemographic variables such as age, type of family, type of residents , daily study hour ,average bed time , average wake up time and average sleeping time had no association with sleeping habits.

## NURSING IMPLICATIONS

The findings of the present descriptive study generate implications to the health care delivery system. It has implications in nursing practice, nursing administration, nursing education and nursing research.

### Nursing practice

1. Nurses can assess the sleeping habits of nursing students and identify factors affecting sleep quality.
2. Health education regarding healthy sleep practices can be provided to improve students' physical and mental well-being.
3. Nurses can encourage students to maintain proper sleep schedules and reduce habits affecting sleep.
4. Early identification and counseling of students with poor sleeping habits may improve academic performance and overall health.

### Nursing administration

1. Nurse administrators can use study findings to organize awareness programmes regarding healthy sleeping habits among nursing students.
2. Policies can be developed to promote adequate rest and balanced academic schedules.
3. Continuous monitoring and support services can be implemented to improve student wellness.

### Nursing education

1. Nurse educators can educate students about the importance of adequate sleep and sleep hygiene.
2. Workshops, seminars, and orientation programmes can be conducted to improve awareness regarding healthy sleep habits.
3. Educational activities can include stress management and time management strategies to promote better sleep.
4. Nursing curriculum can include topics related to sleep and student health promotion.

### Nursing research

1. Further studies can be conducted to identify factors influencing sleeping habits among nursing students.
2. Research can be undertaken to evaluate interventions that improve sleep quality and academic outcomes.

3. Similar studies can be conducted with larger samples and in different settings for generalization of findings.
4. Standardized tools can be developed to assess sleeping habits and associated factors among nursing students

## **LIMITATIONS**

1. The study was done with only a small number of nursing students, so the results may not apply to all students.
2. The study included students from selected colleges only.
3. Information was collected from students' own answers, so some responses may not be fully accurate.
4. The study looked only at sleeping habits and not all factors that affect sleep.

## **RECOMMENDATIONS**

1. Similar studies can be done with more nursing students to get better results.
2. Studies can be done in different nursing colleges for comparison.
3. Similar studies can be conducted in different settings.
4. More studies can be done to understand students' opinions and reasons behind their sleeping habits.
5. Health education programmes can be conducted to improve sleeping habits among nursing students.

## **CONCLUSION OF THE STUDY**

The study was aimed at assessing the sleeping habits among students and the association of sleeping habits with selected sociodemographic variables. After obtaining permission from concerned authority, the study was conducted among 30 nursing students and structured Likert scale was used. The result shows that majority has fair sleeping pattern.

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