

The relationship between quality of sleep and stress among colleges students

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Introduction:

Sleep is a basic human need that plays a significant biological role in many bodily functions. Low sleep quality can have a negative impact on students and cause difficulties in their life course. Approximately 60% of college students suffer from poor sleep quality. Furthermore, the academic workload that students suffer from can impact their sleep negatively and increase their stress levels. Therefore, the purpose of this study is to determine sleep quality and perceived stress prevalence and their relationship among college students.

Methods:

This cross-sectional study was conducted among college students in a suburban area in Saudi Arabia. The study included 243 students from different majors. An online survey including demographic information (gender), academic information (study year, major, and GPA), the Sleep Quality Scale (SQS), and the Perceived Stress Scale (PSS) was distributed to participants. Descriptive statistics including means, medians, and percentages were calculated and multiple regression analysis was conducted to examine the aim of the study.

Conclusion:

The study results showed that poor sleep quality among college students could increase their stress levels. Consequently, this can influence their academic performance. Colleges and faculty members should consider educating their students about the importance of sleep and its impact on their lives. Future researchers should consider examining the relationship among a more diverse and representative sample of college students.

References:

1. Cohen S, Williamson G. (1988) Perceived Stress in a Probability Sample of the United States. Spacapan, S, and Oskamp, S. (Eds.) The Social Psychology of Health. Newbury Park, CA: Sage.
2. Alotaibi AD, Alosaimi FM, Alajlan AA, Bin Abdulrahman KA. The relationship between sleep quality, stress, and academic performance among medical students. J Family Community Med. 2020;27(1):23-28.

Result:

Variable	M
SQS	41.87
Daytime symptoms	19.23
Restoration after sleep	5.36
Difficulty in falling asleep	5.07
Difficulty in getting up.	4.66
Satisfaction with sleep	4.57
Difficulty in maintaining sleep	3.27
PSS	19.61

Variable	B	β	t	p
(constant)	15.879		3.888	<.001
SQS total score*	.127	.168	2.187	.030
Gender	-.073	-.005	-.068	.946
Study year	-.298	-.065	-.781	.436
College	-.042	-.007	-.091	.928
GPA	-.197	-.019	-.229	.819

Most participants were male (66%), majored in nursing (45.3%), and were in their fourth academic year (29.6%). Participants reported a moderate level of poor sleep quality (M = 42), and a moderate perceived stress level (M = 20). The regression analysis showed sleep quality significantly predicted perceived stress levels among college students. For every one-unit increase in the SQS score, a 0.127 unit increase in the PSS scores among study participants. None of the demographic and academic-related variables predicted students' perceived stress levels.

