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“A study to assess the sleep quality and academic performance among the undergraduate students of selected Nursing Colleges of Udupi District, Karnataka”.

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"ABSTRACT

A research study titled, "A study to assess the sleep quality and academic performance among the undergraduate students of selected Nursing Colleges of Udupi District, Karnataka" was conducted by Ms. Sally Jane J.K in partial fulfillment of the requirement for the degree of Master of Science in Nursing at Manipal College of Nursing Manipal, Manipal University, Karnataka.

The objectives of the study were to assess the sleep quality among the undergraduate students by using the Pittsburgh Sleep Quality Index Scale, assess the academic performance among the undergraduate students by using a structured questionnaire, explore the factors influencing the sleep quality among the undergraduate students using a semi structured questionnaire, find the association between sleep quality and academic performance and to find the association between sleep quality and selected factors influencing sleep quality.

The conceptual framework was on the basis of Sister Callista Roy's adaptation model in the year 1976. A survey approach with a cross-sectional design was adopted for the study. Complete enumerative sampling was the sampling technique used in the study.

Content validity was established by giving the tools to seven experts and modifications were made as per the expert's suggestions. The pretesting was done among six undergraduate students from a selected Nursing College of Udupi District, Karnataka. Reliability was established for the Pittsburgh Sleep Quality Index Scale by test-retest method, using intraclass correlation coefficient formula with $r=0.70$,

assessment of academic performance using test-retest method with $r=0.87$, factors

influencing the sleep quality using test-retest method with $r=0.75$. Data were collected using demographic proforma, Pittsburgh Sleep Quality Index, structured tool to assess the academic performance and tool to assess the factors influencing the sleep quality.

Descriptive and inferential statistics were used to analyze the data. The major findings are, that majority 206 (92.0%) students were females, and 175 (78.1%) students were hostelites. Mostly 190 (84.8%) students belonged to nuclear families. Majority 173 (77.2%) students did not have the habit of riding to college. Majority 123 (54.9%) students had poor sleep quality. The mean and standard deviation of global PSQI score is 4.98 ± 2.705 . Majority 119 (53.1%) students had a fairly good subjective sleep quality. Maximum 100 (44.6%) students had no difficulty in their sleep latency, that is to get to sleep. Maximum 102 (45.5%) students slept for 6-7 hours and had good sleep duration, maximum 80 (35.7%) students had good sleep efficiency, and majority 155 (69.2%) students had mild sleep disturbance.

Majority 209 (93.3%) students did not use any sleep medications during the past month. Maximum 109 (48.7%) students had no daytime dysfunction during the past month. Maximum 109 (48.7%) students had acquired first class in their previous university examination and second class 94 (42.0%) in the current year's I and II Sessional examination. Majority 204 (91.1%) students slept peacefully at night, 199 (88.8%) students did not have difficulty in falling asleep, 203 (90.6%) students had good environment to sleep and 150 (67.0%) students did not have noise disturbance at night. Maximum 156 (69.6%) students studied till late night after 11 pm and 139 (62.1%) students wrote assignments till late at nights. Maximum 143 (63.8%) students got enough sleep before examination. Maximum 89 (39.7%) students had good performance in the previous university examination.

There is no significant association between sleep quality and academic performance in the previous University examination ($\chi^2(1)=0.510$, p value= 0.775) and current year of examination ($\chi^2(1) = 0.593$, p value = 0.743).

There is a significant association between sleep quality and the selected factors like, sleep peacefully at night ($\chi^2(1)=10.921$, p value=0.001), get enough sleep at night ($\chi^2(1)=18.611$, p value=0.001), duration of sleep at night ($\chi^2(1)=72.301$, p value=0.001), did not often wake up at night ($\chi^2(1)=11.688$, p value=0.001), no difficulty in falling asleep ($\chi^2(1)=7.155$, p value=0.007), good environment ($\chi^2(1)=11.839$, p value=0.001), studying till late at night after 11 pm ($\chi^2(1)=5.931$, p value=0.015), writing assignments late at nights ($\chi^2(1)=7.166$, p value=0.007), did not work continuously the whole night ($\chi^2(1)=8.000$, p value=0.005), get enough sleep before examination ($\chi^2(1)=16.473$, p value=0.001), did not lack confidence during examination ($\chi^2(1)=4.084$, p value=0.043), performance in the current year II Sessional examination ($\chi^2(1)=7.674$, p value=0.006), not engaging in social activities late at nights ($\chi^2(1)=4.339$, p value=0.037).

The following recommendations have been made, based on the findings of the present study:

- A similar study can be replicated on a larger sample.
- The strength between the assessment of sleep quality and its associated factors can be established.
- A comparative study can be conducted to find the strongest association.

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