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Association of screen time on sleep quality of Indian older adults: A cross-sectional study

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Abstract

Sleep quality in older adults is already known to be poor due to a variety of causes. However, there has been no research specifically on the association between screen time and sleep quality in Indian older adults. This study aimed to determine the relationship between screen time and quality of sleep in Indian older adults. The study objective was to compare screen time between Indian older adults with good and poor sleep quality. This cross-sectional observational study included 128 Trivandrum residents ranging in age from 60 to 99 years old. Telephonic interviews were used to collect data in six Trivandrum subdistricts from October 2021 to February 2022. The Screen Time Questionnaire (STQ) identified the screen time on TV, smartphones, laptop, and tablets. The Pittsburgh Sleep Quality Index (PSQI) measured sleep quality. The Mann-Whitney U test compared the screen time among older adults with good and poor sleep quality. The median screen time for people with poor and good sleep quality was 8.3 (4.9, 12.0) and 6.8 (1.4, 10.0) hours respectively ($P=0.208$). The P -value was insignificant. The study concluded that there was no difference between screen time and sleep quality in older adults with poor and good sleep quality.