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## **Relationship between quality of sleep and mental well-being among university students: A cross-sectional survey**

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**Relationship between quality of sleep and mental well-being among university students:  
A cross-sectional survey**

**Abstract**

**Objective:** Sleep is an essential component for physical, emotional, and mental well-being. University students have poor sleep quality due to academic stress, increased social media use, sedentary lifestyle, academic stress, and other factors. This study aimed to determine the relationship between the quality of sleep and mental well-being among undergraduate and postgraduate university students.

**Methods:** A cross-sectional survey was conducted among 291 university students aged 18-30 years using snowball sampling. The Pittsburgh Sleep Quality Index was used to assess the quality of sleep while the Warwick-Edinburgh Mental Well-Being Scale was used to assess the level of mental well-being among university students.

**Results:** Pearson's correlation coefficient test showed a low negative correlation between quality of sleep and mental well-being  $r = -0.289$ , ( $p < .001$ ). A chi-square test revealed no significant association between average time spent in physical activity and quality of sleep,  $p = 0.394$ , and average time spent in physical activity and mental well-being,  $p = 0.051$ . Social media use was statistically significantly associated with Quality of Sleep,  $p = 0.003$ , and Mental well-being,  $p = 0.002$  ( $p > 0.005$ ). A multiple regression found statistically significant association for mental well-being with average time spent on physical activity, social media use, and quality of sleep  $F(3, 287)$ ,  $P < 0.001$ ,  $R^2 = .103$ .

**Conclusion:** The present study found a low negative correlation between quality of sleep and mental well-being among university students. Findings from our study highlights the need to develop sleep interventions and mental health promotion activities specifically among university students.

**Keywords:** quality of sleep, mental well-being, university students