Research Paper

A Descriptive Study to Assess the Quality of Sleep Among Nursing Students in Selected Nursing College

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ABSTRACT

Sleep health is crucial for general health, safety and standard of health, comfort and happiness. Poor sleep is responsible for attention deficit, impaired driving, decreased academic performance, unconsciously controlled behavior, depression, weak social interaction and substandard health. The purpose of the study was to assess the quality of sleep among nursing students and to associate the findings with the selected demographic variables. Non probability sampling technique has been used to select samples. The samples have been drawn from selected nursing college and selection is done on easy geographical accessibility, cooperation and availability of samples. 165 students met the inclusion criteria. Analysis has been done by using descriptive and inferential statistics. Based on the objectives the data was analysed by using various statistical tests i.e. percentage, mean and standard deviation. 23% student were in the age group of 21 years, 66% were doing physical exercise, 81% were from course Basic B.Sc. Nursing, 90% were not consuming coffee, 93% were female and 99% were not using any drug. The finding shows that 18.20% nursing students had poor quality of sleep and 81.80% of students had good quality of sleep. Mean score of the subject was 43.70 and standard deviation was 0.65.

From this analysis it was found that majority of nursing students were having good sleep quality and some of nursing students were having poor sleep quality.

Keywords: Sleep Quality, Nursing students, Nursing college

INTRODUCTION

Sleep is a natural condition of mind and body that recurs for specific duration in which all voluntary muscles are relaxed and sensory activity is decreased.[1] good sleep quality is important for the maintenance of health and well being of an individual. The characteristics of good sleep quality are depth, restfulness of sleep and feeling fresh after awaking. Other features of good sleep are unbroken, uneventful sleep and have short latency and have no awaking in between.[2] Sufficient duration and quality of sleep helps to maintain balance between the state of sleep and wakefulness.[3]

Poor quality of sleep can result in lower grades, increase chances of academic failure, learning comptonization, mood impairment and increased risk of motor vehicle accidents. Poor sleep pattern occurs due to daytime sleepiness, sleep deprivation and irregular sleep schedule.[4] Increased health concern, irritability, depression, fatigue, attention and concentration difficulties along with poor academic

performance related to poor sleep pattern.[5] There is limited knowledge about sleep hygiene and behavior that supports sleep health among college students that may leads to poor sleep hygiene behavior. [6]

MATERIALS & METHODS

A descriptive study where, 165 samples were selected by using non probability convenient sampling technique. The inclusion criteria were the students who were willing to participate in the study. Material used in study included online consent form, demographic data, sleep scale.

The tool was digitally administered by using Google Form along with consent form. The survey webpage was circulated through mobile phones via messaging apps like WhatsApp.

STATISTICAL ANALYSIS

Collected data was entered in Microsoft Excel and analysis was done by using inferential and descriptive statistics. The software used in analysis were SPSS 26.0 and Graph Pad Prism 7.0 version where $p < 0.05$ was considered as level of significance. The statistical test used for the analysis of the result were students unpaired t test, one way ANOVA, Pearson's correlation coefficient and reliability test.

RESULT

Study was conducted in Kasturba Nursing College, Sewagram. 165 students were participated in the study. The duration of study was 5 days from 14 April 2022 to 19 April 2022.

Table 1: Distribution of subjects in relation to their demographic variables (N = 165)

Sr. no	Demographic variables	Frequency (f)	Percentage (%)
	Age		
	<21 years	50	30.30
	21 – 25 years	105	63.6
	>25 years	10	6.1
2.	Gender		
	Male	10	6.1
	Female	155	93.9
3.	Course of Training		
	Basic B.sc Nursing	134	81.21
	Post Basic B.sc Nursing	15	9.09
	M.sc Nursing	16	9.7
4.	Drug		
	Yes	1	0.6
	No	164	99.4
5.	Consumption of Coffee		
	Yes	16	9.7
	No	149	90.30
6.	Physical Exercise		
	Yes	109	66
	No	56	34

Table 2: Distribution of subjects in relation to quality of sleep among nursing students in selected nursing college. (N = 165)

Sr.no	Quality of sleep	Score range	Frequency (f)	Percentage (%)	Mean ± SD
1	Poor quality sleep	10 – 36	31	18.20	43.70 ± 0.065
2	Good quality sleep	37 – 60	134	82.20	

Among 165 nursing students, majority of them i.e. 133 (81.80%) had good quality of sleep and some of them i.e. 32 (18.20) had poor quality of sleep.

About 81.6% of subjects in the age group ≤ 22 years had good quality of sleep and 18.42% subjects had poor quality of sleep.

79.8% subjects in the age group ≥22 had good quality of sleep and 20.22% subjects had poor quality of sleep. 56.25% of subjects who were consuming coffee had good quality of sleep and 43.75% subjects had poor quality of sleep. 83.22% subjects who were not consuming coffee had good

quality of sleep and 16.78% subjects had poor quality of sleep.

About 85.98% subjects who were performing physical exercise had good quality of sleep and 14.02% subject had poor quality of sleep. Among subjects who were not performing physical exercise, 70.68% had good quality of sleep and 29.32% subjects had poor quality of sleep.

DISCUSSION

After analysis result showed that some of nursing students had poor quality and majority of nursing students had good quality of sleep there was highly significance association between quality of sleep and demographic variables as p<0.05. the finding of the study will have implication in nursing practices, nursing education and nursing research. The study finding helps in focusing importance of imparting knowledge of quality of sleep among nursing students. In nursing education this study helps nursing students to maintain sleep hygiene in order to promote their mental and physical wellbeing. In nursing research, it will help the researchers to conduct further research regarding the knowledge of quality of sleep among nursing students.

CONCLUSION

Present study concludes that majority of nursing students had good quality of sleep and some of nursing students had poor sleep quality. There was highly significant association between quality of sleep and demographic variables.

Nursing Implication

The study focuses importance of imparting knowledge about quality of sleep among nursing students. The information through this study can serve as a determining factor in academic performance and to minimize stress and anxiety states. This study helps the students to improve sleep quality and avoid the disturbance that may occur to have good sleep habit. The nursing students can utilize the importance of maintaining

good sleep quality for promoting mental and physical health of adolescent as sleep problem can significantly impair students' academic performance. It helps the students specially those who consistently

Conflict of Interest: None

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