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## CORRELATION BETWEEN SOCIAL MEDIA USE AND QUALITY OF SLEEP AMONG YOUTH

Jibi Elsa George\*<sup>1</sup> and S. V. Bhanu<sup>2</sup>

<sup>1</sup>\*Carmel College of Nursing, Chunangamvely: 683112, Aluva, Kerala, India.

<sup>2</sup>KVM College of Nursing Cherthala, Kerala, India.

### ABSTRACT

The present study was aimed to assess the correlation between social media use and quality of sleep among youth. The objectives of the study was, to assess the social media use among youth, to assess the quality of sleep among youth, assess the correlation between social media use and quality of sleep among youth, assess the association between social media use and quality of sleep with socio demographic variables. The conceptual framework was adopted for this study is health belief model. The sample size is 215 and were selected by cluster sampling technique. The tools and techniques used was structured questionnaire and Pitts burg sleep quality index. The data collected were analyzed by descriptive and inferential statistics. Study result revealed (40.9%) of youth are moderate social media users and 61.4% youths are having average sleep difficulty. There was negative correlation between the social media use and quality of sleep among youth. And there was no association between social media use and quality of sleep with socio demographic variables except the religion.

### KEYWORDS

Assess social medias, Quality of sleep and Youth.

### Author for Correspondence:

Jibi Elsa George,  
Carmel College of Nursing,  
Chunangamvely: 683112,  
Aluva, Kerala, India.

**Email:** [jibielizabethgeorge@gmail.com](mailto:jibielizabethgeorge@gmail.com)

### INTRODUCTION

Youth is the time of life when one is young and often means the time between childhood and adulthood. It is also defined as “the appearance, freshness, vigor, spirit, etc, characteristics of one who is young”. Its definitions of a specific age range varies, as youth is not defined chronologically as a stage that can be tied to specific age ranges. Many factors contribute to sleep disturbance among young adults. Social media use is increasing rapidly and little known regarding its association with sleep disturbances.

### **Significance and need for the study**

Studies have shown that over use of electronic media is related to sleep disorders. Poor sleep quality influence related to day time functioning, working, memory and mood of individuals. The academic results of young adults are interfered with their interpersonal interactions. At present, little is known about the potential association between social media and sleep of younger adults because the level of physical activity do not show its beneficial effect to poor sleep quality. Therefore it is necessary to identify the sleep quality of social media user and how social media interrupt their sleeping behaviors.

### **Statement of the problem**

A study to assess the correlation between social media use and quality of sleep among youth in a selected college at Alappuzha District.

### **Objectives**

- Assess the social media use among youth.
- Assess the quality of sleep among youth.
- Determine the correlation between social media use and quality of sleep among youth.
- Find the association of social media and quality of sleep with demographic variables.

## **METHODOLOGY**

**Research Approach:** Quantitative research

**Research Design:** Descriptive correlational survey design.

### **Sampling size and technique**

Sample consist of 215 youths belongs to the department of science and arts studying in SN College Cherthala, and meeting inclusion criteria. Cluster sampling technique were adopted for selecting samples.

### **Tools and technique**

#### **Tool 1: Structured questionnaire to collect Socio demographic data**

Technique: Assessed by self- reported questionnaire. A Structured questionnaire for the collection of personal details of the youth was prepared by the investigator. It comprised of 8 items which include age, gender, religion, type of family, family income per month, scheme of study, occupation of father and mother .

#### **Tool 2: Self rating questionnaire to assess the social media use among youth.**

Technique: Assessed by self rating questionnaire. Self rating questionnaire comprising 20 questions with 5 point scale which consist of strongly agree, agree, neutral, disagree, strongly disagree. Tool was prepared by the investigator which includes rating scale regarding the questions which consist of the over usage of social media, how long social media uses, how much the person depend on social media, types of social medias used by the youth, perception about the benefits of social medias among youth.

#### **Tool 3: Standardised tool (PSQI) used to assess the quality of sleep among youth by using self rating questionnaire**

Technique: Self rating questionnaire to assess the quality of sleep.

It consist of 10 items to assess the time that the person spend on bed for sleep and is there any disturbance during sleep time.

### **Inclusion criteria**

Students who are  
Willing to participate in this study.  
In the age group between 19-22 yrs.  
From bachelor of science and arts scheme of SN College.

### **Exclusion criteria**

Students who are recently exposed to the educational session of social media use.

### **Data collection process**

The data collection period extended over a period of 4 weeks .

**Phase 1:** Ethical clearance obtained from ethical committee of the institution. Formal permission to conduct study was obtained from Principal, SN College Cherthala.



**Phase 2:** Investigator selected the specific cluster method. Totally 1538 students were studying. Among that investigator selected science and arts group. There are 320 youth from arts group and 230 from science group. Total 550 students contain from both departments. By using lottery method the investigator took 215 students by using sample size calculation.



**Phase 3:** Investigator gathered 10 youths for 20 days from both department who all are meeting inclusion criteria, in conference hall. Investigator established rapport by self introduction and let them to sit in a comfortable environment without any distractions. Purpose of study was explained and obtained informed consent from participants and instructed them to bring signature.



**Phase 4:** After obtaining consent form the youth, provide questionnaire which consist of structured questionnaire regarding the socio demographic data. It took 10mt for completing the session. After completing investigator gave self rating questionnaire to assess the social media use. It took 10-15mt to complete. After that investigator gave 5mt break to clear the doubts regarding the study. After break standardized tool given to assess the quality of sleep among youth. It took 10-15mt. Totally 45 minutes required for completing the sessions.



**Phase 5:** Likewise investigator selected the remaining youths for 23 days to complete the data collection process. After getting all the required data from youth, investigator expressed sincere thanks to all of them.

## RESULTS AND DISCUSSION

The percentage and frequency distribution of social media use among youth shows that majority 88(40.9%) belongs to moderate social media users, 82(38.1%) belongs to high social media users and least 45(20.9%) belongs to average social media use

The percentage and frequency distribution of quality of sleep among youth shows that majority 132(61.4%) belongs to the youth have average sleep difficulty, 44(20.5%) belongs to the youth with severe sleep quality and least 39(18.1%) belongs to moderate sleep difficulty.

The correlation coefficient was  $-0.091$ , and p value  $.182$  which non significant. This shows that there is no correlation exists between social media use and quality of sleep among youth

There is no significant association of social media use with age ( $2.275$ ,  $p=.321$ ), gender ( $3.512$ ,  $p=.173$ ), religion ( $6.051$ ,  $p=.195$ ), type of family ( $4.714$ ,  $p=.581$ ), scheme of study ( $2.998$ ,  $p=.223$ ), occupation of father ( $3.027$ ,  $p=.553$ ), occupation of mother ( $4.820$ ,  $p=.567$ ).

**Table No.1: Distribution of questions in self rating questionnaire**

S.No	Section	No.of questions
1	Importance of social media in personal life	5
2	Dependency on social media	8
3	Benefits of social media	4
4	Ill effects of social medias	3
5	Total no.of items	20

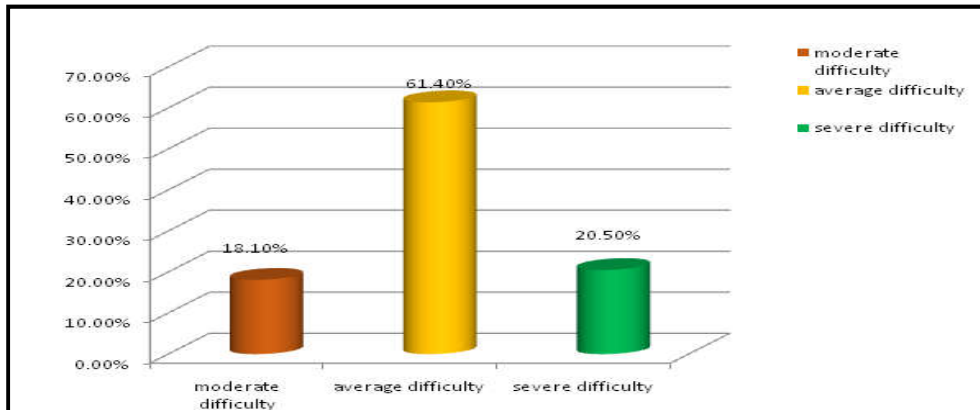
### Scoring

**Table No.2: Scoring of the self rating questionnaire**

S.No	Social media use	Interpretation
1	Over users	80-100
2	Moderate users	60-79
3	Average users	40-59
4	Low users	Below 40

**Table No.3: Scoring of Standardized questionnaire (PSQI)**

S.No	Category	Interpretation
1	Low sleep difficulty	0-6
2	Average sleep difficulty	7-13
3	Moderate sleep difficulty	14-20
4	Severe sleep difficulty	Above 20



**Figure No.1: Reveals that majority 132(61.4) belongs to the students with average sleep difficulty and 44(20.5) belongs to students with severe sleep difficulty and least 39(18.1) belongs to moderate sleep difficulty**

## NURSING IMPLICATIONS

### Nursing service

Nurses can provide educational programs regarding the problems of sleep quality due to over usage of social medias.

### Nursing education

The mental health nursing curriculum makes an awareness regarding the social media usage and how it affects the quality of sleep

Nursing education creates an opportunity to study the influence of social media on the personal and academic life of youth

## NURSING ADMINISTRATION

Nursing administrator gathers information regarding the usage of social networks in youth by conducting surveys.

Nursing administrator may improve the nurse education strategies to assess the relation between the quality of sleep due to social media use among youth. Nursing administrator in collaboration with community professionals and conduct classes to enhance the awareness of ill effects of social media over usage.

## NURSING RESEARCH

Present study findings can be utilized for future researches.

Nurse investigator may aid in understanding the awareness that the quality of sleep may be affected due to the over usage of social medias.

## RECOMMENDATIONS

A study to assess the knowledge of the usage of social media among youth

An interventional study to assess the ill effects of social media by using questionnaire.

A study to assess the attitude of the health related life or the behavioral changes of youth by the use of social media use.

A comparative study can do among different categories of students such as medical and nursing students, students from urban, private and Govt. College.

## **CONCLUSION**

The social websites becomes whose first priority, rather than the things that should come first such as school, family and sports. Teachers should make measures to avoid overuse in college. Teachers as well as parents assess the quality of sleep among youth through the behavioral change of the youth. Engage or monitor the youths social media by connect with your youth`s online world.

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## **CONFLICT OF INTEREST**

We declare that we have no conflict of interest.

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