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A STUDY TO ASSESS THE SLEEP HYGIENE AMONG ADOLESCENTS AT A SELECTED SCHOOL, KOLLAM

ABSTRACT

A descriptive study was conducted to assess the sleep hygiene among adolescents at a selected school. The objectives of the study were to assess the sleep hygiene among adolescents at selected school and to find association between sleep hygiene among adolescents at selected school and demographic variables. Purposive sampling technique was used to select 100 samples, 50 from class seven and 50 from class eight. Sleep hygiene index was used to assess the sleep hygiene among adolescents at selected school. The findings showed that 62% of the sample had a moderate level of sleep hygiene, 26% of the sample had fair sleep hygiene and 12% of sample had poor level of sleep hygiene and there was significant association between sleep hygiene and demographic variables such as age, religion and number of rooms. Keyword: Assess, sleep hygiene, adolescents, selected school.

INTRODUCTION

Sleep is vital for health and well-being in children, adolescents, and adults. Healthy sleep is important for cognitive functioning, mental health, and cardiovascular, cerebrovascular, and metabolic health. An adequate quantity of sleep also plays a role in reducing the risk of accidents and injuries caused by sleepiness and fatigue, including workplace accidents and motor vehicle crashes. Short-term sleep deprivation, long-term sleep restriction, circadian misalignment, and untreated sleep disorders can have a profound and detrimental impact on physical health, mental health, mood, and public safety. Chronic insufficient sleep is associated with an increased risk of mortality and contributes to both the individual risk and societal burden associated with several medical epidemics, including cardiovascular disease, diabetes, obesity, and cancer. Baseline data from surveys conducted by the Centres for Disease Control and Prevention (CDCP) and the Maternal and Child Health Bureau (MCHB) shows that 34.1% of children, 74.6% of high school students, and 32.5% of adults fail to get a sufficient duration of sleep on a regular basis, making sleep duration an important target for health improvement.¹

MATERIALS & METHODS

Descriptive design was adopted for this study. Purposive sampling technique was used to select 100 samples. Sleep hygiene index was used to assess the sleep hygiene among adolescents at a selected school. Sleep hygiene index is a 13- item self-report designed from the International Classification of Sleep Disorders (ICSD) to assess the presence of sleep hygiene behavior.¹³ Each of the item is rated on a five-point Likert scale (ranging from 0 [never] to 4 [always]). The total scores ranged from 0 to 52, with higher scores indicating poor sleep hygiene status.

RESULT

Objectives of the study

- To assess the sleep hygiene among adolescents at selected school.
- To find the association between sleep hygiene among adolescents and demographic variables.

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Section A: Description of sample characteristics

Graphical representation of demographic variables

N=100

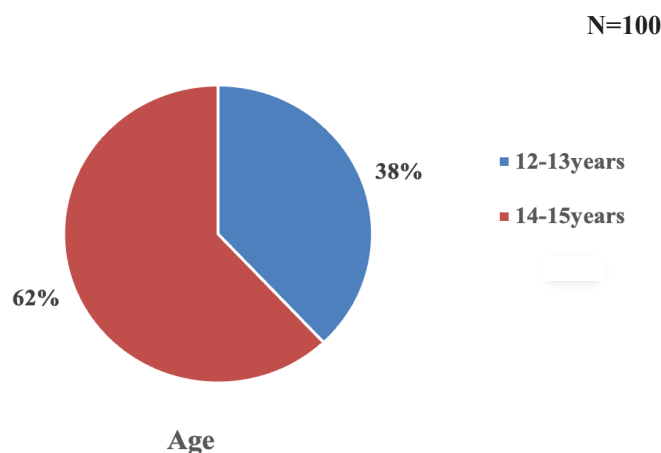


Fig 1: Percentage wise distribution of the sample according to age of adolescents

The data presented in figure 1 shows that the 62% of the sample belonged to 14- 15years and 38% of the sample belonged to 12-13 years of age group.

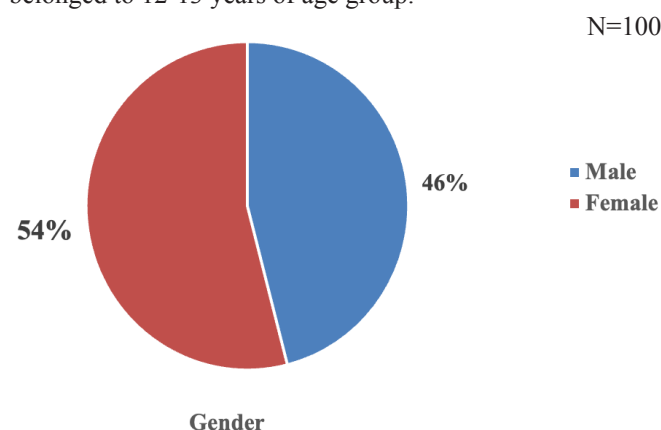


Fig 2: Percentage wise distribution of sample according to gender of adolescents

The data presented in figure 2 shows that the 54% of the samples were females and rest of them were males (38%)

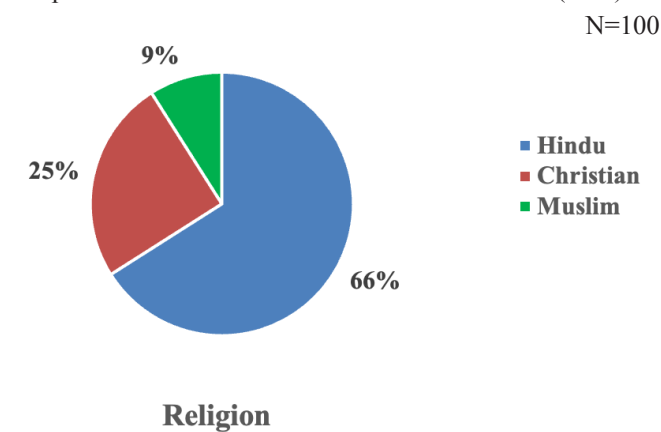


Fig 3: Percentage wise distribution of sample according to religion of adolescents

The data in the figure 3 showed that majority of the samples were Hindu that is 66% and least of them belonged to the category of Muslim that is 9%

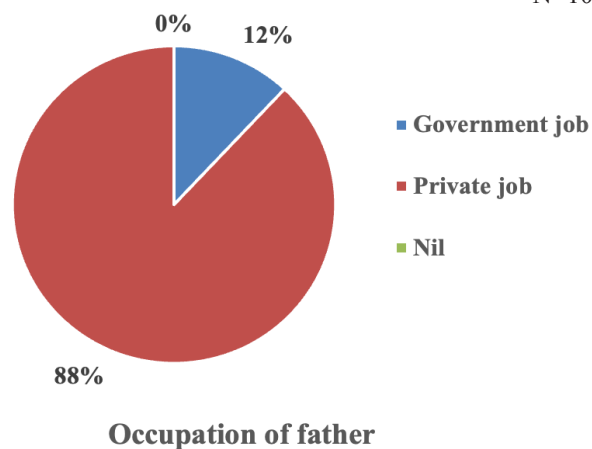


Fig 4: Percentage wise distribution of the sample according to occupation of father of adolescents

The data in Figure 4 showed that the majority (88%) of the sample's fathers were private employees and rest of them (12%) were government employees.

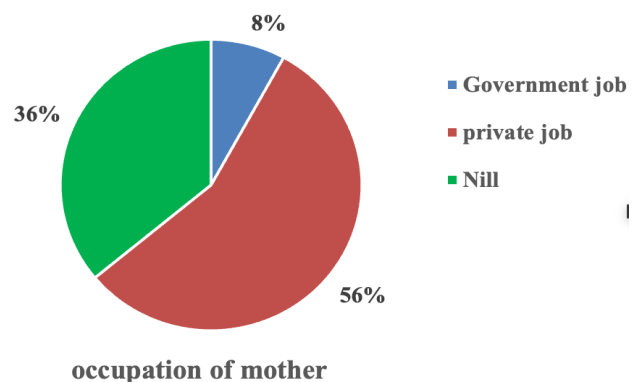


Fig 5: Percentage wise distribution of the sample according to occupation of mother of adolescents.

The data in Figure 5 showed that majority of sample mother's were Private employees that is 56% and least of them were government employees (8%).

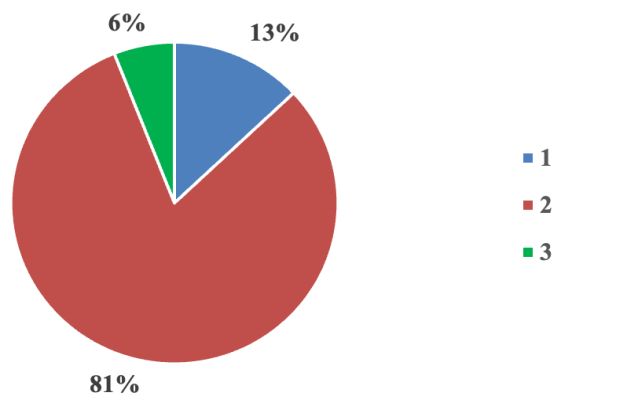
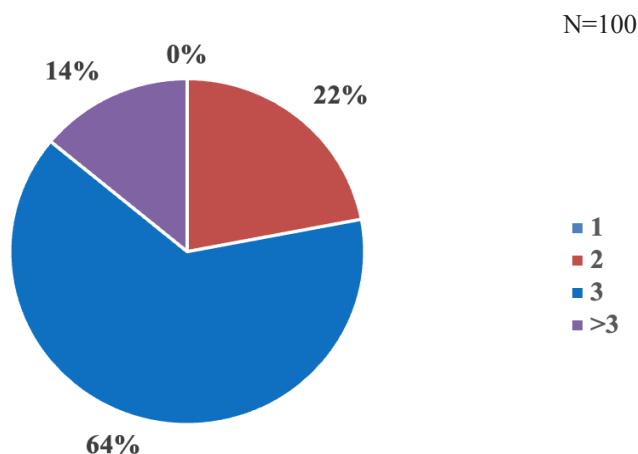


Fig 6: Percentage wise distribution of sample according to number of siblings of adolescents.

The data in the figure 6 showed that majority (81%) of sample were having two siblings and least of the sample were (6%) having three siblings.



Number of rooms

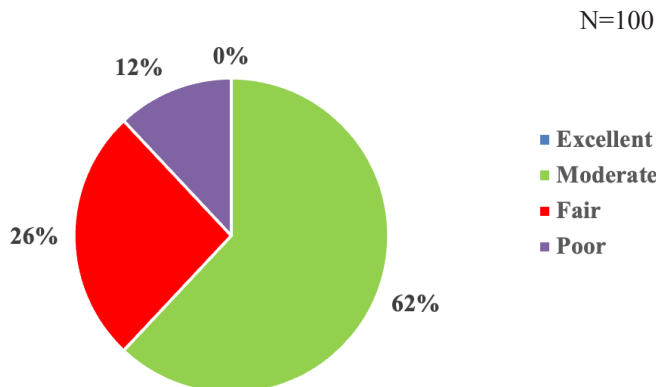
Fig 7: Percentage wise distribution of the sample according to number of rooms in house

The data in the figure 7 showed that the majority of the samples had three rooms in their house that is 64% and least of the samples had more than three rooms in their house (14%)

Section B

Percentage distribution of level of sleep hygiene scores among adolescents at selected school.

Table 1: Frequency and percentage distribution of sleep hygiene score among adolescents at selected school, Kollam



Level of sleep hygiene

Fig 8: Percentage wise distribution of Level of sleep hygiene

The data in the figure 8 showed that majority of the sample 62% had moderate level of sleep hygiene and 26% had fair level of sleep hygiene and 12% had poor level of sleep hygiene.

SECTION C: Association between sleep hygiene index score and selected demographic variables

The Association between sleep hygiene index score and selected demographic variables such as age, gender, religion, occupation of mother, occupation of father, number of siblings, and number of rooms were computed by chi-square test. As the calculated chi-square values were greater than the table value for the variables such as age, religion and number of rooms, a significant association was found between

sleep hygiene and demographic variables age, religion and number of rooms. The calculated chi square values were less than table values for the other demographic variables So, there was no significant association between sleep hygiene among adolescents and the variables gender, occupation of father, occupation of mother and number of siblings.

DISCUSSION

- To assess the sleep hygiene among adolescents at selected school

The findings of the present study showed that 62% of sample had moderate level of sleep hygiene 26% of sample's sleep hygiene was fair and 12% of sample had poor level of sleep hygiene among adolescents. The findings of the present study were supported by a cross sectional study conducted in Semi Urban Coimbatore.¹³ The objective of the study was to assess the Sleep-Pattern and Sleep Hygiene Behaviors Among School Going adolescents. In the reference study 300 adolescents from class VIII to XIIth were included while in the present study the investigator selected 100 adolescents as sample from class IX and X. In the present study sleep hygiene index was used for data collection and in the reference study a structured questionnaire for sleep pattern and Sleep Hygiene Index was used. Result of the present study showed that 62% of adolescents had moderate level of sleep hygiene, 26% of sample's sleep hygiene was fair and 12% of sample had poor level of sleep hygiene. The reference study showed that the adolescents' mean sleep duration was 7.49 ± 1.12 hours on weekdays and 9.32 ± 1.55 hours on weekends. Mean Sleep Pattern Index (SPI) score was 22.48 ± 6.9 and Mean Sleep Hygiene Index (SHI) score was 17.51 ± 6.3 . Both studies concluded that the majority of the adolescents had moderate scores of sleep hygiene behavior.

- To find association between sleep hygiene index score among adolescents at selected school and demographic variables.

The Association between sleep hygiene index score and selected demographic variables such as age, gender, religion, occupation of mother, occupation of father, number of siblings, and number of rooms were computed by chi-square test. As the calculated chi-square values were greater than the table value for the variables such as age, religion and number of rooms, a significant association was found between sleep hygiene and demographic variables such as age, religion and number of rooms. The calculated values were less than the table values except for age, religion and number of rooms. So, there was no significant association between sleep hygiene among adolescents and the variables like gender, occupation of father, occupation of mother and number of siblings. The present study findings were compared with another cross-sectional, community-based study conducted at Karnataka Institute of Medical Sciences, Hubballi, Karnataka.¹⁴ The aim of the study was to assess sleep hygiene practices among the adults residing in Hubballi city and to study the association of sleep hygiene practices with overall sleep quality and day time sleepiness. In the reference study, Sample included 400 adults

residing in urban areas, Hubballi whereas the present study was conducted among 100 samples. In the reference study sleep hygiene practice was assessed using Pittsburgh's Sleep Quality Index (PSQI). Result of the reference study revealed that there was a significant association between sleep hygiene and demographic variable 'gender.' Among the participants, Males had better sleep quality and daytime awake fullness than females. In the present study a significant association was found between sleep hygiene and demographic variables such as age, religion and number of rooms.

CONCLUSION

The present study aimed to assess the sleep hygiene among adolescents at selected school, Kollam. Analysis of the sleep hygiene among adolescents showed that 62% sample were having moderate level of sleep hygiene, 26% of sample's sleep hygiene was fair and 12% of sample had poor level of sleep hygiene among adolescents. and there was significant association between sleep hygiene and demographic variables like age, religion and number of rooms.

Declaration by Authors Ethical Approval: Approved
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Conflict of Interest: The authors declare no conflict of interest.

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