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RESEARCH ARTICLE

A CORRELATIVE STUDY BETWEEN MOBILE ADDICTION AND QUALITY OF SLEEP AMONG STUDENTS AT SELECTED COLLEGE, DEHRADUN

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Manuscript Info

Manuscript History

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Abstract

“A correlative study between mobile addiction and quality of sleep among students at selected college, Dehradun”

Aim: To identify relationship between mobile addiction and quality of sleep among students at selected college Dehradun.

Objectives of the Study: To assess the mobile addiction and quality of sleep among students. To find the correlation between mobile addiction and quality of sleep among students. To find the association between mobile addiction and quality of sleep among students.

Methodology: A quantitative research approach was used to assess the mobile addiction and quality of sleep. The research design selected was correlative research design. The study was conducted at Shri Guru Ram Rai, College of Nursing, Patel Nagar, Dehradun and population of age group of 16-19 years were taken. Non-random convenient sampling technique was used and sample size was 100 in number. Problematic mobile phone use questionnaire (PMPUQ) and Pittsburgh sleep quality index (PSQI) was used as tool for data collection. Reliability of PMPUQ and PSQI is 0.98 and 0.8 respectively. The research tool consisted of two parts; Part A is demographic variable and Part B is Problematic mobile phone use questionnaire (PMPUQ) and Pittsburgh sleep quality index (PSQI). The content validity done by three experts in field of Nursing. The collected data was analyzed and interpreted by using descriptive and inferential statistics. The conceptual framework was based on Health behavioral model.

Results: The frequency and percentage distribution of adults depicts that (27%) of subjects are of 17-18 years of age, (58%) are of 19-20 years of age, (11%) are of 21-22 years of age and remaining (4%) are of 23-24 of age. All the samples are 100 in number out of which maximum percentage (86%) are females and remaining (14%) are males. Highest percentage (91%) of subjects belong to Hindu Religion, (5%) are of Muslim Religion, (1%) are of Sikh Religion and (3%) subject belongs to Christian Religion. Majority (46%) of subjects have 1 sibling, (33%) of subjects have 2 sibling, (12%) are have no siblings and remaining (9%) of subjects have more than 2 sibling. Majorities (100%) of subject are in graduation 1st year, (0%) are in 11th and 12th standard. (100%) of students have smart phones. (51%) of people use mobile phone when needed or attend call, (24%) less than 6 hours (22%) more than 6 hours and remaining (3%) whole day. (29%) of people sleep before 10pm, (69%) before 12am and

remaining(2%)12am-2am. Study showed that there is no significant association between the level of scores of PMPUQ and (age,gender,religion,no of sibling, education)demographic variables and the calculated chi-square values were less than the table value at the 0.05 level of significance. The calculated t-test value of PMPUQ scale was 1.83. There is no significance association between the level of scores of PSQI and (age,gender,religion,no of sibling)demographic variables .The calculated chi-square values were less than the table value at the 0.05 level of significance. The calculated t-test value of PSQI scale was 0.603 Correlation between mobile addiction and quality of sleep is -0.131.

Recommendation:

1. A Similar study may be conducted on a larger sample for wider generalization.
2. An Experimental study can be conducted to find out more about mobile addiction and quality of sleep.
3. The study may be conducted at different setting.

Conclusion:The study concludes that there is no significant association between mobile addiction and quality of sleep with demographic variables among students at selected college, Dehradun and there is negative correlation between mobile addiction and quality of sleep.

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