



Journal Homepage: - www.journalijar.com

INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/15907

DOI URL: <http://dx.doi.org/10.21474/IJAR01/15907>



RESEARCH ARTICLE

SLEEP BEHAVIORS THAT AFFECT THE DEVELOPMENT OF MENTAL HEALTH CONDITIONS

Palida Khosabordee¹, Wityada Chattaweewut², Kajornyos Vijitpornkul³, Wisanlaya Inkheaw⁴, Chanita Baisamut⁵

1. Beaconhouse Yamsaard Huahin School, Thailand.
2. International School of Samui, Thailand.
3. Triamudom Suksa School, Thailand.
4. Satriwithaya School, Thailand.
5. Satriwithaya School, Thailand.

Manuscript Info

Manuscript History

Received: 25 October 2022

Final Accepted: 28 November 2022

Published: December 2022

Abstract

Most of the respondents are female, aged 17–22 years, they are students/college students and are single. From the study, it was found that most of the samples had sleeping behavior. In terms of the sleeping duration which is between 5-8 hours, followed by less than 5 hours and more than 8 hours, respectively. In terms of the sleeping time, most of them had during 22.01-00.00, followed by 00.01-02.00, after 02.00 and 20.00 - 22.00, respectively. As for the study of symptoms and mental state, it was found that it was at a moderate level. When considering one by one, it was found that the symptoms of irritability and mood swings were the most, which were at a moderate level, followed by the anxiety of people being around them and their surroundings, feeling depressed and unhappy in life, respectively which is at a low level of symptoms. Therefore, from the results of the study, it can be concluded that sleep behavior affects the incidence of mental health conditions because most of the samples had a sleep duration in the normal period of 5-8 hours, and most of them slept during a reasonable time, not too late, which is during 22.01-00.00 hrs. This causes the overall symptoms to be at a moderate level. However, there are some behaviors of staying up late and sleeping less which may affect the risk of various mental health conditions in the future.

Copy Right, IJAR, 2022,. All rights reserved.

Introduction:-

Sleep is a basic need for every human being to maintain physical and mental health as well as being an important daily activity (Kamel and Gammack, 2006). Therefore, sleeping is vital to all human beings because the body uses less energy while sleeping leading to the energy being stored in the cells and reserved for use in the next day. If a person interferes with any sleeping issues, this often results in their subsequent lifestyle being affected. The problem can occur in many forms and insomnia is one of the health problems that is most frequently faced from all (Chaiarj and Panya, 2007). Recent research studies have found that poor sleep quality is a combination of many factors. Depending on the factors affecting sleep, each individual is different whether it is the physical, mental, emotional or environmental factors that are faced by the individual. Most research has found that stress is one of the most important factors that affects the behavior and the sleep quality in individuals of all ages (Van Reeth et.al., 2000).

Corresponding Author:- Palida Khosabordee

Address:- Beaconhouse Yamsaard Huahin School, Thailand.

This stress is due to how a person must face the inevitable stress in daily life that comes from issues in daily life work, which is more common in young people (McHugh, Casey and Lawlor, 2011; Cho et.al., 2013) or the stress caused by other chronic diseases which is often found in elderly.

The American Psychiatric Association (American Psychiatric Association, 1994) defines insomnia as a symptom of psychiatric disorders such as depression and anxiety. Emotional state has a lot of influence on insomnia, apart from being the cause of insomnia - it is also a symptom of sleep deprivation as well. The characteristics of insomnia in people with depression include frequent waking in the middle of the night, waking up earlier than usual and having insufficient sleep. People with depression have 2 to 4 times more insomnia than those without the condition because this is due to the reduction of homeostatic sleep drive or the abnormal regulation of the biological rhythm of sleep (Stepanski, 2002). The relationship between anxiety and difficulty of sleeping, which includes waking up frequently at night and feeling sleepy, is due to how the body releases epinephrine and norepinephrine from the adrenal cortex in the cortisone from the outer layer of the adrenal glands when anxiety arises. This causes the respiratory rate, blood pressure levels and muscle stiffness to increase (Green, 1997). People with anxiety were 3-4 times more likely to have insomnia than those without anxiety and when the effects of other variables were controlled, both depression and anxiety remained as important variables of insomnia (Frisoni, DeLeo, Rozzini, Bernardini, Buono & Trabucchi, 1992).

As mentioned above, it has been shown that sleep behavior is considered a behavior related to mental disorders such as depression, anxiety, etc. Therefore, the researchers have recognised the importance and are interested to study on how sleep behavior affects the development of mental health conditions.

Research Objectives:-

1. To study the sleep behavior of students and personnel in high schools
2. To study how sleeping behaviors affect the occurrence of mental health conditions of students and personnel in high schools

Operation method

This research is a quantitative research which is a cross-sectional research data collection. Cross Sectional Studies is the collection of data over a particular period of time. A questionnaire was used as a research tool via google from and the statistical data analysis is done from finding the percentage and mean. The population used in this research was a group of students and personnel within high schools.

Sampling method

A sample of 107 people was determined using a simple random sampling method and quota formulation in order to collect data from questionnaires conveniently. The details are as follows:

- 1) Satri Witthaya School, 26 people
- 2) Triam Udom Suksa School, 28 people
- 3) Beacon House Yamsaard School, Hua Hin, 25 people
- 4) International School of Samui, 28 people

Data analysis

Calculate and process the information collected as well as arranging statistical analysis tables to summarize the data analysis and to present the information analyzed with details as follows:

Statistics used in data analysis

1) Descriptive Statistics used to describe general information of the respondents including gender, age, occupation, and status and were used to describe the sleep behavior of the sample as follows: the duration of sleep and the time of sleep which affects the occurrence of mental illnesses. The percentage and mean were used to find it. For measuring the level of mental symptoms including anxiety of people being around and the surroundings, easily irritable and moody, feeling depressed and having no happiness in life. It is assessed by the Likert Scale, divided into 5 levels which include the highest level of symptoms, high level of symptoms, moderate level of symptoms, low level of symptoms and the lowest level of symptoms. The interpretation criteria is also used which has 5 score range options, the mean level of importance is as follows:

1. 4.21-5.00 means having the highest level of symptoms
2. 3.41-4.20 means having a high level of symptoms

3. 2.61-3.40 means having a moderate symptoms
4. 1.81-2.60 means having a low level of symptoms
5. 1.00-1.80 means having the lowest level of symptoms

Study Results

Research results

From collecting questionnaires from a sample of 107 people, it can present the results of a study on the personal data of the respondents. It is grouped by gender, age, occupation and status as follows:

Respondents' personal data

(1) Gender

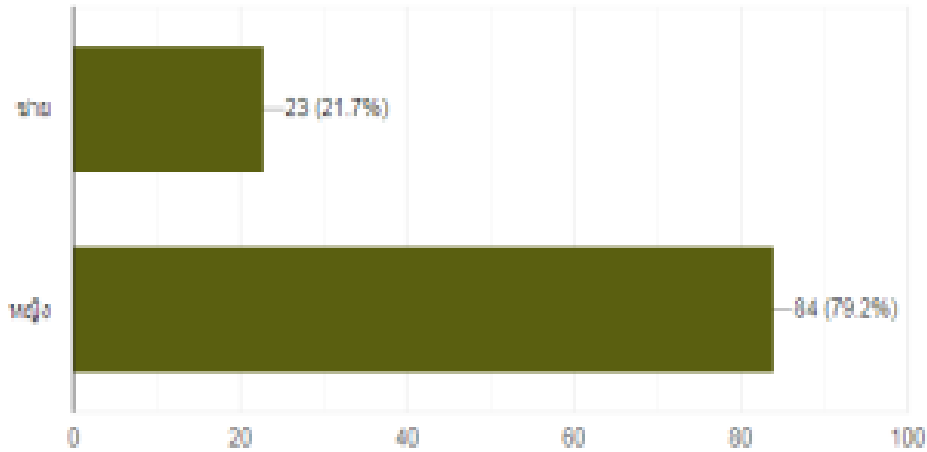


Figure 1:- Respondents' personal data classified by gender.

From Figure 1, the results of general data analysis of the respondents found that there were 84 females (79.2%) and 23 males (21.7%).

(2) Age

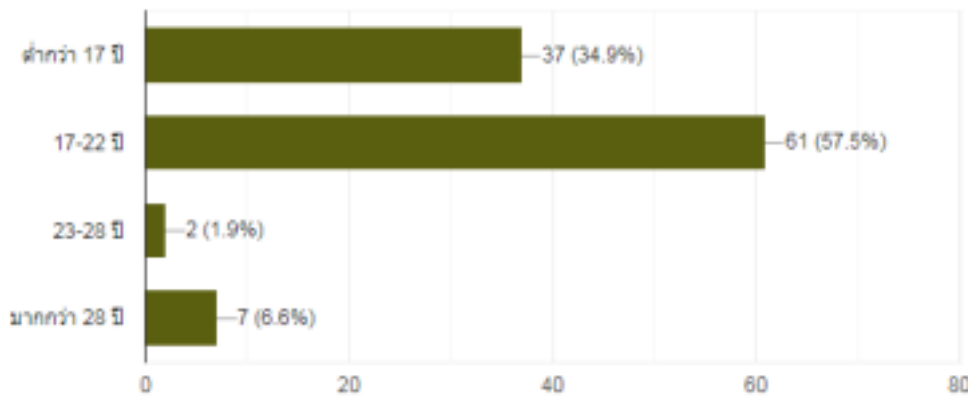


Figure 2:- Respondents' personal data classified by age.

From Figure 2, it was found that most of the respondents' ages were between 17-22 years old, which is 61 people (57.5%), followed by 37 people under 17 years old (34.9%), followed by more than 28 years old with 7 people (6.6%) and the age range 23-28 years with 2 people (1.9%).

(3) Occupation

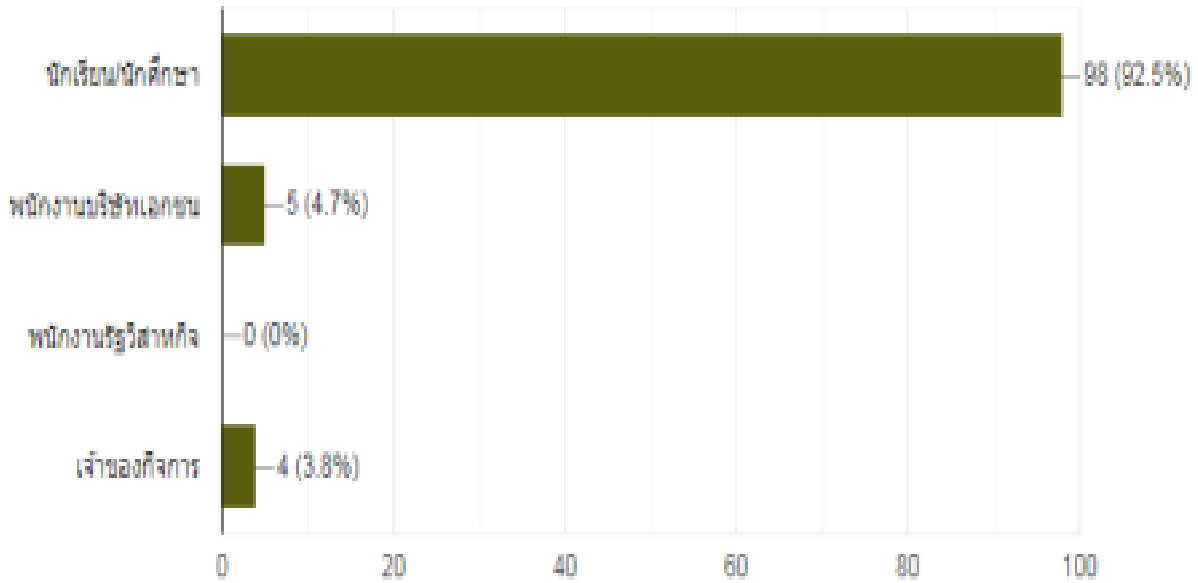


Figure 3:- Respondents' personal data classified by occupation.

From Figure 3, it was found that most of the respondents were students/college students, which is 98 people (92.5%), followed by 5 private company employees (4.7%) and 4 business owners (3.8%).

(4) Status

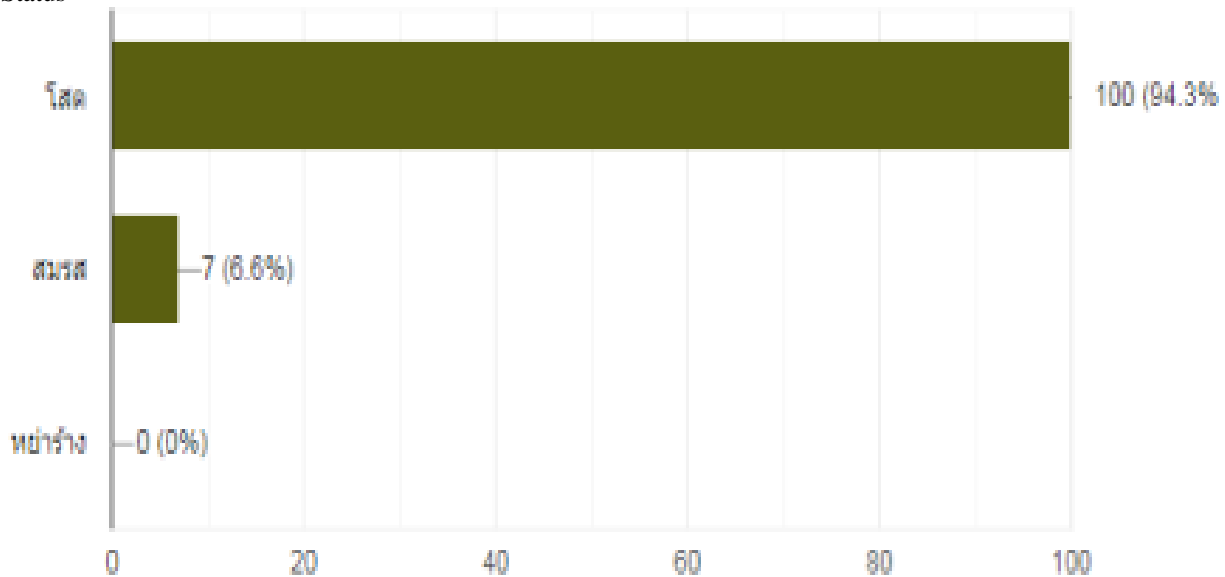


Figure 4:- Respondents' personal data classified by status.

From Figure 4, it was found that most of the respondents' status were single, which is 100 people (94.3%) and followed by marriage with 7 people (6.6%).

Information about sleeping behavior

(1) Length of sleep

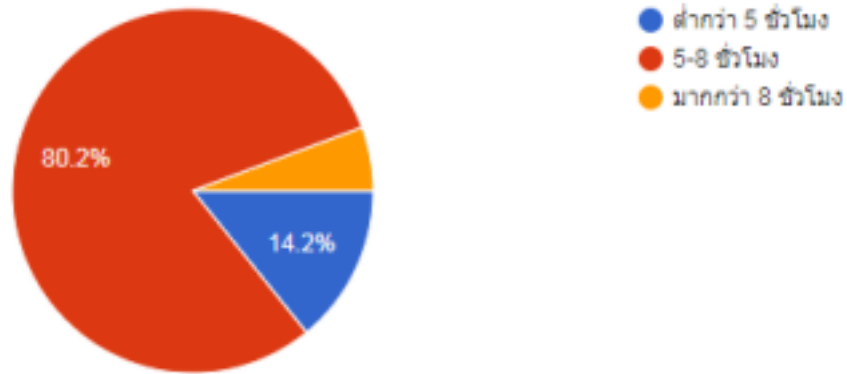


Figure 5:- Sleeping behavior, the duration of sleep.

From Figure 5, it was found that most of the respondents had 5-8 hours of sleep, which is 85 people (80.2%), followed by less than 5 hours, with 15 people (14.2%) and more than 8 hours with 6 people (5.6%).

(2) The sleeping time

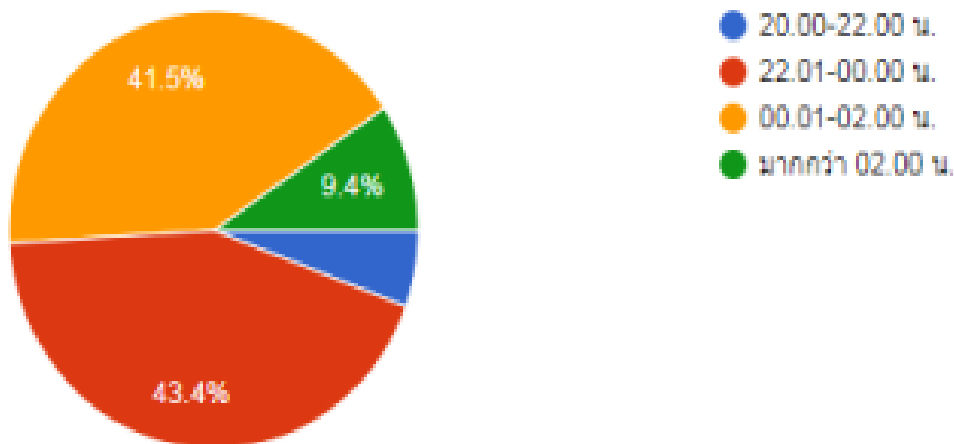


Figure 6:- Sleeping behavior, the sleeping time.

From Figure 6, it was found that most of the respondents had a sleeping time in the period of 22.01-00.00, which is 46 people (43.4%), followed by 00.01-02.00 with is 44 people (41.5%), followed by more than 02.00 with 10 people (9.4%) and 20.00 – 22.00 with 6 people (5.7%).

Information about symptoms and mental states

Table 1:- Statistical data on symptom level and mental state.

Mental symptoms and conditions	Mean	Symptoms level
Anxiety with people being around them and their surroundings	2.54	low
Easily irritable and moody	2.82	moderate
Feeling depressed and having no happiness in life	2.43	low
Overall	2.60	moderate

From Table 1, it was found that most of the respondents had their level of symptoms and overall mental state at a moderate level. When considering each symptom, it was found that the symptoms of irritability and mood swings were the most but the symptoms were at a moderate level, followed by anxiety with people being around them and their surroundings. Lastly followed by feeling depressed and having no happiness in life which is at a low level of symptoms.

Summary of the study

Most of the respondents are female, aged 17–22 years, they are students/college students and are single.

From the study, it was found that most of the samples had sleeping behavior. In terms of the sleeping duration which is between 5-8 hours, followed by less than 5 hours and more than 8 hours, respectively. In terms of the sleeping time, most of them had during 22.01-00.00, followed by 00.01-02.00, after 02.00 and 20.00 - 22.00, respectively. As for the study of symptoms and mental state, it was found that it was at a moderate level. When considering one by one, it was found that the symptoms of irritability and mood swings were the most, which were at a moderate level, followed by the anxiety of people being around them and their surroundings, feeling depressed and unhappy in life, respectively which is at a low level of symptoms. Therefore, from the results of the study, it can be concluded that sleep behavior affects the incidence of mental health conditions because most of the samples had a sleep duration in the normal period of 5-8 hours, and most of them slept during a reasonable time, not too late, which is during 22.01-00.00 hrs. This causes the overall symptoms to be at a moderate level. However, there are some behaviors of staying up late and sleeping less which may affect the risk of various mental health conditions in the future.

References:-

1. Department of Mental Health. (2018). Insufficient sleep is the root cause of serious illnesses to the point of mental illness. Retrieved 10 September 2022., <https://dmh.go.th/news/view.asp?id=1246>
2. Thairath. (2019). Lack of sleep. linked to mental and mental health problems. Retrieved 10 September 2022., <https://www.thairath.co.th/news/foreign/1599915>
3. RAMA CHANNEL. (2018). Solving mental health problems. with insomnia . Retrieved 10 September 2022., <https://www.rama.mahidol.ac.th/ramachannel/article/>