

DREAMS ON HOLD: THE HEALTH CONSEQUENCES OF INSOMNIA IN COLLEGE STUDENTS

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ABSTRACT

Insomnia is a prevalent issue among college students, often resulting from academic pressure, social commitments, and lifestyle choices. Chronic sleep deprivation can lead to severe health consequences, including impaired cognitive function, weakened immune response, and increased risk of mental health disorders such as anxiety and depression. This paper explores the physiological and psychological effects of insomnia in college students, highlighting the impact on academic performance and overall well-being. Understanding these consequences can help in developing effective interventions to promote better sleep hygiene and mental health support on college campuses.

Keywords: Insomnia, College Students, Sleep Deprivation, Mental Health, Academic Performance, Well-being

INTRODUCTION

University students often experience a significant lack of sleep, and insomnia is a common problem across campus globally. The high demands of academic life, along with the influences of

social media, part-time employment, and extracurricular commitments, can hinder students from achieving sufficient rest. Insomnia, marked by trouble falling asleep or staying asleep, can lead to extensive negative effects on both physical and mental well-being, cognitive abilities, and overall life satisfaction. Although it is widespread, insomnia is often overlooked as a health concern among college students.

Review of literature

Muhammad Chanchal Azad, Kristin Fraser et'al(2015), the study focuses on medical students who have large academic load which could potentially contribute to poor sleep quality, In the study we find that poor sleep is not only common among medical students, but its prevalence is also higher than in non-medical students and the general population.

Sara Carrion-Pantoja, German Pardos et'al(2022), this study aimed to explore the prevalence of insomnia symptoms and the relationship between insomnia and health habits, mental health, and academic performance in a large university student sample.

Gita Hedin, Annika Norell-Clarke et'al(2020), the study is about insomnia in relation to academic performance, self-reported health, physical activity and substance use among adolescents, the need for a holistic health promoting approach to prevent insomnia, such as efforts to promote physical activity, school success and the reduction of alcohol use.

Muhammad Alqudah, Samar AM Balousha et'al(2019), the study focuses on paramedical students, its importance is increasing between students especially with the highly competitive and demanding environment surrounding them even after their graduation. The results might be useful for future research into the development of inventional strategies to help student to get enough sleep quality and quantity.

Scope of the study

This research aims to explore the health representative if insomnia in university students, emphasizing its effects on physical health and mental well-being, academic success, and daily activities.

Objectives

- * To investigate the prevalence and correlates of insomnia among college students
- * To examine the impact of insomnia in physical health outcomes in college students
- * To assess the relationship between insomnia and mental health outcomes in college students
- * To identify potential predictors and risk factors of insomnia in college students.

Research Methodology

- * Research design - Exploratory research

- * Sample size - 207 respondents
- * Data collection
- * Primary data - Structured questionnaire

Tools of Analysis

- * Percentage analysis
- * Anova

Limitations of study

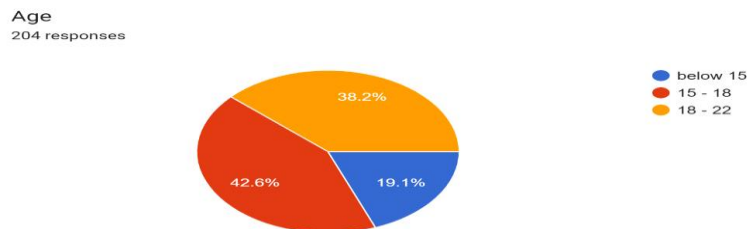
- * Time was the major constrains of the study
- * The study only focuses on working people
- * The study was conducted between chennai city.

Analysis and Interpretation of Data

Table no 1

Age	No.of respondents	Percentage
Below 15	39	19.1%
15-18	87	42.6%
18-22	78	38.2%
Total	204	100%

Source: Primary data

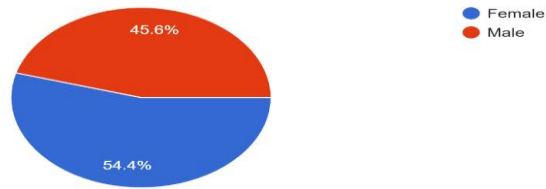


Inference: The above table inferred that the 42.6% of the respondents are the age group between 15-18.

Table no 2

Gender	No.of respondents	Percentage
Female	111	54.4%
Male	93	45.6%
Total	204	100%

Gender
204 responses

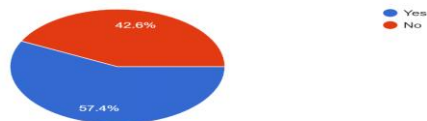


Inference: The above table inferred that the female respondents are more than male respondents.

Table no 3

Trouble sleeping at night	No.of respondents	Percentage
Yes	117	57.4%
No	87	42.6%
Total	204	100%

Do you have trouble falling asleep at night ?
204 responses

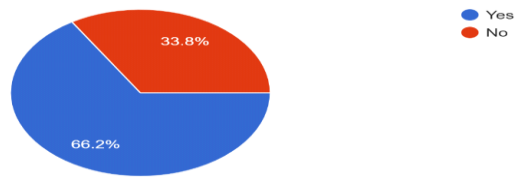


Inference: The above table inferred that the 57.4% of the respondents have difficulty in falling asleep.

Table no 4

Did you use electronic devices	No. of respondents	Percentage
Yes	135	66.2%
No	69	33.8%
Total	204	100%

Do you use any electronic devices (Phone,Tablet,TV)etc...before going to bed
204 responses



Inference: The above table inferred that the 66.2% of the respondents use electronic devices before going to bed

Table no 5

How long takes you to fall asleep	No. of respondents	Percentage
Less than 15 min	25	12.3%
30 minutes	89	43.6%
40-60 min	58	28.4%
More than 60 min	32	15.7%
Total	204	100%

Source

On average how long does its take you to fall asleep after going to bed ?
204 responses

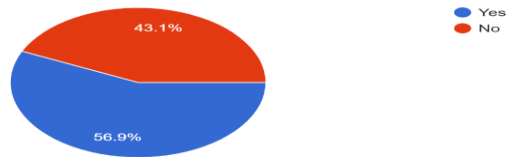


Inference: The above table inferred that the 43.6% of the people takes 16-30 minutes to fall asleep after going to bed

Table no 6

Find it hard to concentrate during class	No. of respondents	Percentage
Yes	116	56.9%
No	88	43.1%
Total	204	100%

Source:

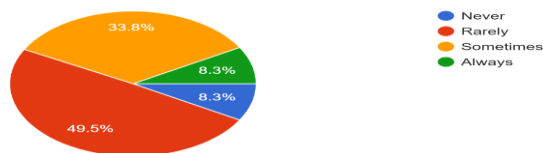
Do you find it hard to concentrate during class because you are tired ?
204 responses

Inference: The above table inferred that the 56.9% of the students find its hard to concentrate during class beacuse they are tired due to lack of sleep

Table no 7

Wake up during the night	No. of respondents	Percentage
Never	17	8.3%
Rarely	101	49.5%
Sometimes	69	33.8%
always	17	8.3%
total	204	100%

Source

How often do you wake up during the night ?
204 responses

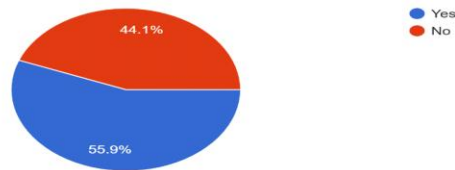
Inference: The above table inferred that the 33.8% of the respondents were sometimed wakes up during the night

Table no 8

Feel irritable or moody when you don't get enough sleep	No. of respondents	Percentage
Yes	114	55.9%
No	90	44.1%
Total	204	100%

Source

Do you feel irritable or moody when you don't get enough sleep ?
204 responses



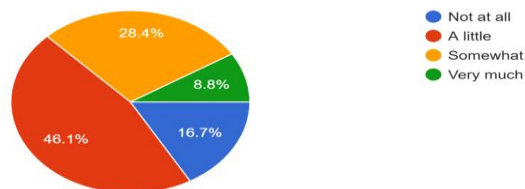
Inference: The above table inferred that the 55.9% of the respondents feel irritable because they didn't get enough sleep

Table no 9

	No. of respondents	Percentage
Not at all	34	16.7%
A little	94	46.1%
Somewhat	58	28.4%
Very much	18	8.8%
Total	204	100%

Source

How worried or distressed are you about your current sleep problem ?
204 responses



Inference: The above table shows that 46.1% of the respondents worried or distressed about their current sleep cycle.

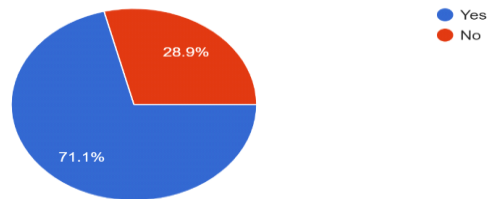
Table no 10

	No. of respondents	Percentage
Yes	145	71.1%

No	59	28.9%
Total	204	100%

Source

Do you feel sad or anxious when you haven't had enough sleep ?
204 responses



Inference: The above table shows that 71.1% of the students doesn't have enough sleep when they are sad or anxious.

ANOVA						
		Sum of Squares	df	Mean Square	F	Sig.
Find hard to concentrate during the class because you are tired	Between Groups	.033	2	.017	.066	.936
	Within Groups	49.122	197	.249		
	Total	49.155	199			
Wake up during the night	Between Groups	.698	2	.349	.593	.553
	Within Groups	115.857	197	.588		
	Total	116.555	199			
Irritable or moody when don't get enough sleep	Between Groups	.015	2	.007	.029	.971
	Within Groups	49.485	197	.251		
	Total	49.500	199			

Worried or distressed about your current sleep problem	Between Groups	.887	2	.443	.612	.543
	Within Groups	142.708	197	.724		
	Total	143.595	199			
Feel sad or anxious when don't get enough sleep	Between Groups	.318	2	.159	.759	.469
	Within Groups	41.277	197	.210		
	Total	41.595	199			

Findings

- * Insomnia is prevalent among college students, affecting roughly 26.4%, with a higher incidence in women 81.6%
- * The effect of insomnia can lead to physical health, leading to issues like fatigue, pain and weakened immune function
- * Insomnia can adversely affect academic outcomes, with students who experience it tending to earn lower grade point averages and exhibit diminished cognitive abilities
- * Several factors contribute to insomnia among college students, include their employment status, levels of physical activity, and caffeine intake.

Suggestions

- * Implement sleep education initiatives
- * Provide counseling services
- * Create a sleep-conductive environment
- * Reduce screen exposure before bed time

Conclusion

Insomnia is a significant concern among college students, affecting their academic performance, mental health and overall well-being. Colleges and universities can play a vital role in promoting healthy sleep habits by implementing sleep education initiatives. Students can also take proactive steps to prioritize sleep, such as establishing a consistent sleep schedule. By working together , colleges, universities and students can foster a culture that values sleep and promotes overall health and success.

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