

Sleep Quality and its Relationship with Psychological Health in Undergraduate Students

Preeti Kapur¹ and Vartika Singh²

^{1,2}Daulat Ram College University of Delhi Delhi

Abstract—Diverse form of stresses and challenges in the contemporary world are impacting psychological and physical health and well-being of people irrespective of age, gender, race, and, socio-economic status. Its consequences for young adults in the undergraduate setting is felt predominantly because as the adolescent matures into a young adult we note that they start sleeping late and for shorter periods of time. It influence on psychological health patterns is also noted. Research indicates a close relationship between unhealthy sleep pattern and anxiety, depression and obesity. The present study aims to bring to the forefront the close relationship between sleep quality and psychological health for 93 female undergraduate students. Using the General Health Questionnaire-12 (GHQ) and Pittsburgh Sleep Quality Index (PSQI) the general patterns of both aspects were analyzed. GHQ assesses three aspects, namely, reported psychological distress, social and emotional dysfunction, and, cognitive judgment, while, PSQI measures 8 different patterns of sleep quality. It can be stated that the students have poor and unhealthy sleep quality and also report high levels of psychological distress. A positive relationship between sleep quality and psychological health was obtained. The study aims to bring to students' awareness the close interlinking between the twin aspects of sleep quality and health. The need to maintain sleep hygiene in a competitive world is fast becoming a necessity. The study has particular implications for youth psychology and developmental psychology, as well as health psychology.

Key Terms: Psychological health, sleep quality, young adults, students