

Assessment of quality of sleep and wellbeing among college students

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Abstract

Background: Sleep is an integral human need. College students are one of the groups most at risk for poor sleep quality and chronic sleep loss, which could influence both physical and mental health. Poor sleep quality and insufficient sleep duration have been linked to a wide range of negative health outcomes, including, physical ailments and wellbeing. Conversely, adequate and good-quality sleep is crucial for maintaining physical health and personal well-being. The present study was aimed to assess the quality of sleep and personal wellbeing among college students.

Methodology: A descriptive survey design was used for the study. Study sample consisted of 300 college students from Rajadhani Institute of Engineering and Technology, Nagaroor in Trivandrum district who were selected by using convenience sampling technique. The data were collected by using socio demographic questionnaire, Pittsburgh Sleep Quality Index and Personal Wellbeing Index Scale. The collected data were analysed by using descriptive and inferential statistics.

Results: The study findings revealed that 57% of college students were having good quality of sleep and 41.6% had high personal wellbeing. There was a low negative correlation was found with quality of sleep and personal wellbeing of college students ($r = -0.419, p > 0.05$). There was a significant association found between quality of sleep and selected socio demographic variables like hours of sleep, most preferred leisure time activity and family history of sleep problems ($p > 0.05$). Significant association found between personal wellbeing and selected demographic variables like hours of sleep, use of mobile phone before going to bed, regular exercise ($p > 0.05$).

Conclusion: The study findings concludes that personal wellbeing increases with good quality of sleep.

Keywords: Assess, college students, quality of sleep, relationship, personal wellbeing