Research Paper

Achievement Motivation and Sleep Quality among Young Adults Across Gender

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ABSTRACT

Achievement motivation and sleep quality are both important factors that can significantly affect the overall well-being of young adults. The present study aims to find out whether there is any relationship between Achievement Motivation and Sleep Quality among Young adults and Significant difference in Achievement Motivation and Sleep Quality across Gender. Deo-Mohan Achievement motivation (n-Ach) scale and Pittsburgh Sleep Quality Index (PSQI) were circulated among the sample of 80 Young Adults consisting both male and female by using purposive sampling method, obtained data was analyzed through Pearson's product moment correlation, 't' test with the help of SPSS version 22 and it was found that there is no significant relationship between Achievement Motivation and Sleep Quality among Young adults. The study also found that there is no significant difference in Achievement Motivation among Young adults across Gender and there is a significant difference in Sleep Quality among Young adults across Gender. Overall, these findings suggest that while there may not be a direct relationship between Achievement Motivation and Sleep Quality among Young adults, there may be other factors that influence these two variables differently. Furthermore, the study highlights the importance of considering gender differences when examining sleep quality in young adults.

Young adults are a critical population in research as they represent a transitional phase between adolescence and adulthood. This age group, typically defined as individuals between the ages of 18 and 25, is characterized by rapid changes in physical, cognitive, emotional, and social development. From a research perspective, young adults are a fascinating population to study because they are at a critical point in their lives where they are making important decisions about education, career, relationships, and lifestyle choices that can have long-lasting impacts on their health and well-being.

Given their unique developmental stage, young adults are often the focus of research studies in various fields, including psychology, sociology, public health, and education. Researchers are interested in understanding the factors that influence young adults' behaviours and decisions related to their health, including substance use, sexual health, and physical

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activity. They also study the social determinants of health that impact young adults, such as social and economic factors, discrimination, and access to healthcare services.

Moreover, young adults are also a key target population for interventions and programs aimed at promoting health and well-being. By understanding the factors that influence young adults' behaviours and decision-making, researchers can develop evidence-based interventions to promote healthy behaviours and prevent negative A outcomes. Furthermore, research can help identify the best ways to deliver these interventions and ensure they reach the young adults who need them the most.

In conclusion, young adults are a critical population in research, and their unique developmental stage makes them a fascinating and important group to study. By understanding the factors that influence their behaviours and decision-making, researchers can develop evidence-based interventions to promote healthy behaviours and prevent negative outcomes.

Achievement motivation is a psychological construct that refers to an individual's drive to set and accomplish challenging goals. It is often associated with increased productivity, creativity, and personal satisfaction. However, individuals who are excessively driven by achievement motivation may be at risk of experiencing negative consequences, such as burnout. Several factors can influence achievement motivation, including an individual's upbringing, cultural background, and personal experiences. High levels of achievement motivation can lead to increased job satisfaction, higher academic achievement, and greater success in personal and professional endeavours. However, excessive or unrealistic goal setting can lead to feelings of stress, anxiety, and burnout.

Preventing and managing burnout associated with achievement motivation requires a multifaceted approach that may include setting realistic goals, seeking support from co-workers or mentors, engaging in regular self-care activities, and maintaining a healthy work-life balance. It is important for individuals to recognize the signs of burnout and take steps to address it before it becomes a more serious problem that could potentially hinder their progress towards achieving their goals.

Achievement motivation generally refers to requirements such as achievement needs. expectations of success, and the incentive value of success. Our construct of motivational orientation refers to the type of motivational posture that children adopt towards learning in the classroom. Therefore, people can do their homework for internal reasons, because the work is challenging, enjoyable and arouses people's curiosity, or people can do their homework for external reasons, either by obtaining external approval or because the educational system requires it. Achievement is task-oriented behaviour. You can evaluate an individual's performance based on internal or external standards. These standards involve competition between individuals and others, or involve some standards of excellence.

According to McClelland, Atkinson, Clark, & Lowell (1953) -Achievement motivation is affected in connection with evaluated performance in which competition with a standard of excellence was paramount.

According to Deckhouse (1967)-Achievement motivation can, therefore, be defined as the striving to increase or to keep as high as possible, one's own capabilities in all activities in

which a standard of excellence is thought to apply and where the execution of such activities can, therefore either succeed or fail.

Intentional actions are usually considered the prototype of all acts of will. Theoretically, a complete intentional action is conceived of as follows:
1. Its first phase is a motivation process, either a brief or a protracted vigorous struggle of motives.
2. A second phase is an act of choice, decision, or intention, terminating this struggle.
3. The third phase is the consummatory intentional action itself, following either immediately or after an interval short or long.

The theory of achievement motivation is a microsystem, suitable for specific situations, that is, the field of achievement-oriented activities. Its characteristic is that the individual is responsible for the success or failure of the result, expects to have a clear understanding of the result, and there is some degree of disagreement. Certainty or risk. However, we believe that the power of an individual's goal-oriented bias is determined by their motivation, expectations of behavioural consequences, and the incentive value of expected consequences. This type of theory will be useful when these concepts are applied to other objectives.

Achievement allows the evaluation of individual performance according to the individual or external tax criteria, including people, including people, including persons, or otherwise competition. It is a task-oriented behaviour to do it more specifically, the individual objectives are more specifically to satisfy part of the compensation to be crazy for excellence and the activities of some achievements, but we are working for this objective, aims at a reason for achievements Essentials Successful achievements often work with recipients, such as paid and social conscience. The behaviour oriented to achieve that goal is to obtain these external or exogenous rewards can be described externally as motivated. Of course, it is possible to simultaneously boost a set of actions to be propelled simultaneously for unique reasons and external reasons.

Achievement behaviours are behaviours that aim to develop or demonstrate high rather than low abilities. The results show that capacity can be conceived in two ways. First, you can judge whether your ability is high or low based on your own performance or past knowledge. In this case, the increase in dominance indicates competition. Second, ability can be judged as the ability relative to others. In this case, only mastering the ability does not mean that its ability is strong. In order to show superb ability, a person must use the same effort to complete more work, or use less effort to obtain the same performance.

Characteristics of people with high achievement motivation:
- People are very persistent and hardworking
- Ability to delay gratification
- Very competitive
- They can control certain aspects of work.
- They like tasks of medium difficulty
- Choose specific challenging goals that can be achieved

Characteristics of people with low achievement motivation:
- People are not persistent and hardworking.

- They seek instant gratification
- They are not competitive

Achievement motivation can play a significant role in the lives of young adults as they transition into the workforce and navigate the challenges of adulthood. Those who possess high levels of achievement motivation tend to be driven, ambitious, and goal-oriented, which can help them excel in their academic and professional pursuits.

However, excessive or unrealistic goal setting can lead to feelings of stress, anxiety, and burnout. Young adults with high levels of achievement motivation may be at increased risk for experiencing these negative consequences if they do not learn to manage their drive and maintain a healthy work-life balance.

It is important for young adults to develop realistic goals and seek support from mentors or peers as they navigate their academic and professional endeavours. Engaging in regular selfcare activities such as exercise, socializing, and prioritizing sleep can also help prevent burnout and promote overall well-being.

Overall, achievement motivation can have both positive and negative effects on young adults, and it is important for individuals to strike a balance that allows them to achieve their goals while also maintaining their mental and physical health.

Researchers have explored several theories to explain the development and expression of achievement motivation. One of the earliest and most influential theories is the need achievement theory, which proposes that individuals have a need for achievement that is shaped by early life experiences and cultural values. Another popular theory is the self-determination theory, which emphasizes the importance of autonomy, competence, and relatedness in motivation. This theory suggests that individuals are motivated when they feel in control of their actions, competent in their abilities, and connected to others. In recent years, researchers have also focused on the role of mindset in achievement motivation, with Carol Dweck's work on growth mindset suggesting that individuals who believe their abilities can be developed through hard work and perseverance are more likely to exhibit achievement motivation than those who believe their abilities are fixed.

Studies have shown that achievement motivation is influenced by a range of individual and environmental factors, including personality traits such as conscientiousness, self-efficacy, and goal orientation, as well as social and cultural factors such as parental expectations, peer support, and societal values. The Achievement Goal Theory (AGT) is one of the most influential theories in the field of achievement motivation, positing that individuals are motivated to pursue different types of goals in achievement contexts. Adopting a mastery goal orientation is associated with a range of positive outcomes, such as increased persistence, enjoyment, and satisfaction, while a performance goal orientation may lead to negative outcomes, such as anxiety, fear of failure, and avoidance of challenges.

Overall, achievement motivation plays a crucial role in shaping human behaviour and success, with significant implications for education, business, and personal development. The factors that drive achievement motivation are complex and varied, and ongoing research continues to explore the mechanisms underlying this important construct.

Sleep quality has been a topic of interest in research for many years. It refers to the overall subjective experience of sleep, including aspects such as the duration, depth, and continuity of sleep. Adequate sleep quality is essential for maintaining good physical and mental health, as well as cognitive function.

Studies have found that poor sleep quality is associated with a range of negative health outcomes, including obesity, diabetes, cardiovascular disease, and depression. For example, a study published in the journal Sleep found that people with poor sleep quality had a higher risk of developing hypertension and other cardiovascular problems. Another study published in the Journal of Clinical Sleep Medicine found that poor sleep quality was associated with an increased risk of developing depression.

On the other hand, good sleep quality has been linked to a range of positive outcomes, such as improved cognitive function, better emotional regulation, and better physical health. For example, a study published in the Journal of Sleep Research found that participants who reported higher sleep quality had better memory performance than those who reported lower sleep quality.

Research has also explored various factors that can affect sleep quality, such as age, gender, lifestyle, and environmental factors. For example, a study published in the Journal of Sleep Research found that older adults tend to have poorer sleep quality than younger adults.

Another study published in the Journal of Sleep Research found that exposure to artificial light at night can disrupt sleep quality.

In summary, sleep quality is a critical aspect of health and well-being that has been extensively studied in research. Poor sleep quality has been associated with negative health outcomes, while good sleep quality has been linked to positive outcomes. Factors that affect sleep quality have also been explored, providing insights into how to improve sleep quality and promote overall health.

Achievement motivation and sleep quality are two important aspects of human behaviour that have been extensively studied in the fields of psychology and health sciences. Achievement motivation refers to the drive and desire to accomplish challenging tasks and achieve success, while sleep quality is defined as the subjective evaluation of the restfulness and restorative properties of sleep. Both achievement motivation and sleep quality are critical for physical and mental well-being, and disruptions in either domain can have negative consequences for overall health.

Research has shown that achievement motivation and sleep quality are interrelated, with one domain influencing the other. For example, individuals with high levels of achievement motivation may be more likely to sacrifice sleep in pursuit of their goals, which can lead to sleep deprivation and poor sleep quality. Conversely, poor sleep quality can lead to decreased motivation and performance in academic or professional pursuits.

Given the importance of both achievement motivation and sleep quality, it is essential to understand the complex relationship between these two domains, particularly among young adults who may be at a higher risk of disruptions in both areas. This population is often characterized by high levels of academic and career pressure, as well as a variety of lifestyle

factors that can impact sleep quality. Therefore, investigating the relationship between achievement motivation and sleep quality among young adults can provide valuable insights into the mechanisms underlying these domains and inform interventions to promote optimal health and well-being.

REVIEW OF LITERATURE

A literature review is a type of article. A body of work done by earlier scientists is technically called the literature. Any scientific investigation starts with a review of literature. Working with literature is an essential part of the research process which generates the idea, helps in developing significant questions and is regarded as instrumental in the process of research design. The sources of review include journals and subject specific books, reviews, abstract, internet, doctoral dissertations etc.

Studies on Achievement Motivation

Falbo (1981) conducted a research on Relationships between birth category, achievement, and interpersonal orientation. A study was conducted to examine the categories of birth and Two personality characteristics: achievement orientation and interpersonal orientation station. The category of birth is defined in Four groups of terms: unique, first, middle and last born. Subject (N1,785) Students are paid to complete a series of objective personalities. Background measures and questionnaires. The impact of birth category on performance and the direction was found to be competitive and educational aspirations, but not Competent, willing to work, or not personally concerned about costs achievement. In terms of interpersonal orientation, the effect of birth category is. The impact of gender, family size, and social class on these birth categories and the effect was evaluated. The results are based on the three types of pro terminations: (a) brought by parents, (b) generated between brothers and sisters Actions, and (c) those caused by the absence of siblings. The four interpersonal search vector tables are all Relatively high. In the sample, the average Parental education is average occupation of the father The school obtains a graduate degree; father's job Expanded from the field or the family Workers in well-paid and educated occupations professional. The results of all multivariate analyses. The covariance shows that both are independent Variables, category of birth and gender, derive a significant multivariate F (between The action is not significant). Variables for gender and birth category shows no significant interaction effect in the achievement low achievement motivation. In addition, this study determined that students with low self- esteem have a higher sense of mathematics anxiety than students with high selfesteem.

Ferla, Valcke and Schuyten (2010) studied the judgment of self-perceived academic ability and its influence on student achievement motivation and learning style and the different effects of academic performance. -Perceived, they are more persistent, are more likely to adopt proficient and or performance-centric goals, have less anxiety, can process learning materials at a deeper level and obtain better learning results. However, the study also warns that if high self-awareness (for example: perceived level of understanding) is not accompanied by an orientation toward mastery goals, it may lead to overconfidence, resulting in a lower level of persistence and poor learning result.

Chandra Shekhar, Devi (2012) studied on Achievement motivation across gender and different academic majors. The purpose of this research is to investigate gender-related differences in motivation of college students and academic and professional differences. The research objects are 80 students from various universities in the Jammu area, including 40 men and 40 women (18-23 years of age), using an intentional sampling method. According

to the research plan, using the achievement motivation scale, the 80 subjects were selected according to gender (male and female) and academic specialization (art and science). The t-test is used to arrive at the result. There is a significant difference between the achievement motivation of liberal arts and science students and the achievement motivation of male and female college students. These differences indicate that academic and gender majors have played an important role in motivating college students to achieve success.

Martin and Lazendic (2018) studied computerized adaptive testing: the impact on student test performance, motivation, participation, and subjective experience. Their findings (a) confirmed that the computer adaptive test produced greater precision in the measurement of the score; (b) suggested that adaptive computer testing produced some positive test-related motivational and participation effects; (e) responded that the adaptive computer test Reduced motivation, participation and subjective experience of students related to the test, and (d) for older students, its positive influence on computer adaptability tests, generally when their motivation and participation is low.

Athman and Monroe (2004) studied the impact of environmental education on student achievement motivation. The results of this study support the use of environment-based education to enhance achievement motivation and can be used to guide future plan implementation.

Martin, Marsh, Meinerney, Green and Dowson (2007) studied how to get along with teachers and parents: the influence of good relationships on student achievement motivation and self-esteem. Their findings indicate that although teachers and parents are clearly influential, after controlling for gender, age, and the existence of two kinds of interpersonal relationships in the model, the influence of teachers is stronger than that of parents, especially in the academic field.

Srivastava (2011) studied the effect of achievement motivation among birth orders. Research on the influence of motivation to succeed in the order of birth This study aimed to examine the relationship between motivation for success and birth rank. This study attempts to determine that motivation for success can influence birth order. The results confirmed that the level of motivation to succeed in both variables was affected by birth order.

Hussain and Khan (2012) studied the impact of birth order on students' academic success. The research hypothesis that there is no impact of birth order on students' academic success has been tested. The study subjects included all students of Gomal University DI Khan and their siblings from four districts. A random sample of 100 students was taken from 10 different faculties institutes of Ciomal University, Questionnaires and interview schedules were used to collect information on birth order and academic achievement. Percentage statistics (%) were used for data analysis. The results showed that men were significantly better than women at different levels of birth order. But at certain stages of the birth order, females are better than males.

Hussein's (2014) research aimed to determine gender differences and the correlation between self-efficacy and learning motivation. Through random sampling, 135 participants from various business schools in Karachi were selected. The research was conducted on two self-efficacy and achievement motivation. The conclusion is that there is a significant correlation between self-efficacy and motivation. The results also show that there are no gender differences in learning motivation and self-efficacy.

Haldipur, Murali and Patki (2016) studied the Differences in Parental Differential Treatment, Locus Of Control and Achievement Motivation among The First And Last Born. The aim of this study was to examine the differences between first and last births in the domains of cognitive levels of parental differential processing (PDT), locus of control (LOC) and motivation to succeed (AM). This study hypothesized that a difference would be observed between first and last births in terms of PDT variables, as measured by maternal and paternal scales, LOC and AM. The mother and father scale, and the success motivation score. This can be due to a number of possible and legitimate reasons such as birth rank, family constellation, psychogenic birth rank, the child's perception of the child's role and many others.

Tripathy (2018) studied the effect of birth orders on achievement motivation among adolescent. This study aimed to determine the effect of birth order on the motivation to succeed in adolescents. The sample for the present study included students selected from the nearest inter college "Swami Satyamitranand Giri Inter College" Haripur Kalan, Dehradun, Uttarakhand. This was selected from three groups, namely 30 from the first birth, 30 from the second birth and 30 from the third birth. Research shows that there is no significant difference between firstborns and second born in terms of motivation to succeed. There was no significant difference between the first and the third child in terms of motivation for success. There was no significant difference in motivation to succeed between the second and third children. This study aimed to examine the relationship between birth order and motivation for success in adolescents. This study attempts to determine if there is an effect of birth rank on motivation to succeed. As a result, the success motivation level of the two variables is affected by birth order.

Alsalch, Alabbasi, Ayoub and Hafsyan (2021) studied the effects of birth order and family size on academic achievement, divergent thinking, and problem finding among gifted students. The present study explored the effects of birth order and family size on academic achievement, divergent thinking (DT), and problem-seeking (PF) in a sample of 156 Arab male and female students. When it comes to academic achievement, first-born babies are said to have a higher-grade point average (GPA) than others. Family size is also related to academic achievement, the participants from small families have significantly higher average scores than gifted students from medium and large families. For the effect of birth order and family size on TD and PF, multivariate analysis of variance revealed significant differences for birth order and the interaction between birth order and family size. in the original direction of PF.

Insignificant differences were found in family size. Subsequent analyzes of variance showed that later gifted students scored higher than first, second, third and fourth births on FP originality. Gifted students born later had higher originality scores in smaller families. There were no significant effects on birth order and family size related to mastery of TD and FP as well as to TD originality

Studies on Sleep Quality
Abdella, M. M., Khalil, M. F. and Alhafiz, A. (2021) conducted a study on Prevalence of Poor Sleep Quality Among Physicians During the COVID-19 Pandemic. Pittsburgh Sleep Quality Index was used to assess the sleep quality among 344 physicians from various health centers at Egypt and Saudi Arabia. The results revealed that 71.2% of the physicians had poor sleep quality.

Alnofaiey, Y.H. et.al (2020) examined the Sleep disturbances among physicians during COVID-19 pandemic. The sample consisted of 327 physicians from Saudi. Items extracted from Pittsburgh Sleep Quality Index were used to evaluate the sleep quality. Results revealed that most of the physicians had fair to very good quality of sleep, and 3.5% of participants experienced very poor quality of sleep.

Amra, B. et.al (2021) conducted a study on Healthcare workers' sleep and mood disturbances during COVID-19 outbreak in an Iranian referral center. The study used the Pittsburgh Sleep Quality Index and Insomnia Severity Index in 372 health care workers who had tested either positive or negative in the RT-PCR test. Results revealed a high rate of sleep disturbances in health care workers. A positive association between COVID-like symptoms and sleep and mood disturbances was also found in the group of health care workers without a positive RT-PCR test result.

Badahdah, A.M., Khamis, F. and Al Mahyijar, N. (2020) conducted a study on Sleep quality among health care workers during the COVID-19 pandemic. The sample of the study included 150 physicians and nurses working at several health facilities in Oman. The results of quality of sleep assessed using Sleep Quality Scale revealed that 40.1% of the participants had poor quality of sleep (M±SD = 6.82 ± 2.04). It was also noted that results of Quality of sleep were positively correlated with chances of depression, but negatively correlated with that of anxiety. Results pointed at the necessity of psychological interventions for health care workers during the pandemic.

Brito-Marques, J.M.A.M. et al. (2020) studied the Impact of COVID-19 pandemic on the sleep quality of medical professionals in Brazil. 332 physicians participated in the study in which 227 were females. Pittsburgh Sleep Quality Index was used for assessing the sleep quality. Results revealed that most of the physicians had changes in sleep and more than 70% had poor sleep quality.

Ghalichi, L., Pournik, O., Ghaffari, M. and Vingard, E. (2013) conducted a study on Sleep Quality among Health Care Workers. The study consisted of 925 healthy employees who were health care workers at Iran University of Medical Sciences in Tehran. The Persian version of the Pittsburgh Sleep Quality Index was used to assess the sleep quality. The results revealed 56.9% (423 participants) have had good quality of sleep and that poor quality of sleep was prevalent among females, divorced, age and depending on the shift of work.

Gupta, B., Sharma, V., Kumar, N. and Mahajan, A. (2020) conducted a cross sectional online survey on Anxiety and Sleep Disturbances among Health Care Workers during the COVID-19 Pandemic in India. A total of 368 health workers, both male and female, volunteered for the study in which quality of sleep was assessed using Sleep Quality Scale. Results revealed that health workers had poor to fair quality of sleep which was mostly associated with health workers without adequate personal protective equipment and age less than 30.

Jahrami, H. et al (2020) did the examination of sleep quality of frontline healthcare workers during the outbreak of COVID-19. The study aimed at examining the sleep quality of frontline health care workers in Bahrain during the COVID-19 pandemic and to compare with the non-front line health care workers. Study was conducted on 257 health care workers. Pittsburgh Sleep Quality Index was used to evaluate sleep quality. Results revealed

that 60% of Front line and Non-front line health workers had poor quality of sleep (M=SD-7.0 ± 3.3).

Karabulut, N. et.al (2020) conducted a study to understand the effect of perceived stress on anxiety and sleep quality among healthcare professionals in intensive care units during the coronavirus pandemic. 260 intensive care unit health workers from Turkey were selected for the study which utilised Visual Analog Sleep Scale to assess quality of sleep. The results revealed a moderate level of quality of sleep in health care professionals (M=SD-503.79 +134.24).

Lin, Y.Q, et.al (2021) conducted a research titled "Reduced Sleep Duration and Sleep Efficiency Were Independently Associated with Frequent Nightmares in Chinese Frontline Medical Workers during the Coronavirus Disease 2019 Outbreak". The study aimed at finding the association of frequent nightmares with sleep duration and sleep efficiency of frontline health workers in Wuhan during COVID-19 outbreak. The study in 528 frontline health care workers using Pittsburgh Sleep Quality Index revealed that reduced sleep duration and sleep efficiency were associated with frequent nightmares.

Qi. J. et.al (2020) evaluated the sleep disturbances for Chinese frontline medical workers under the outbreak of COVID-19, Pittsburgh Sleep Quality Index and Athens Insomnia Scale were used to assess sleep disturbances in 1306 medical workers at various hospitals in Hubei Province, China. Results revealed that frontline health workers had more sleep disturbances and poor sleep quality than non- frontline health workers (MSD 9.33.8 vs 7.53,7).

San Martin, A.H. et.al (2020) studied the Sleep characteristics in health workers exposed to the COVID-19 pandemic. A total of 170 participants, in which 100 were COVID19 frontline healthcare workers and 70 were non health workers from "12 de Octubre" Hospital, in Madrid, Spain took part in the study. Epworth Sleepiness Scale and Pittsburgh Sleep Quality.

Index were used to assess the sleep disturbances and quality of sleep. Results revealed that COVID-19 frontline health workers had poor quality of sleep (MISD=8.78 4.5) and developed various sleep disturbances like insomnia, sleep terrors and nightmares.

Stojanov, J. et al (2020) studied the Quality of sleep and health-related quality of life among health care professionals treating patients with coronavirus disease-19. The study was conducted on 201 health care professionals. Results revealed higher scores (M=SD = 8.3±4.5) in Pittsburgh Sleep Quality Index, indicating poor sleep quality in health care professionals. It was also noted that the health care workers were concerned with being infected by the disease or them acting as a carrier for the same. Health care professionals, who were found to be burdened because of the fear of being infected or being a carrier, required psychological support.

Wang, S. et al (2020) studied Sleep disturbances among medical workers during the outbreak of COVID-2019. 123 health care workers from Children's Healthcare Centre of Renmin Hospital, Wuhan University, China participated in the study. The study revealed that 38% of the participants scored greater than 7 in Pittsburgh Sleep Quality Index, which indicated sleep disturbances (M+SD=9.871.98) in paediatric health workers.

Xia, L. et.al (2021) did a systematic review and meta-analysis of Prevalence of Sleep disturbances and sleep quality in Chinese Health care workers during COVID-19 pandemic. The study considered relevant studies published between December 1, 2019 and May 20, 2020. A total of 12,682 Chinese health workers were included from 17 different studies that were considered for the meta-analysis. It was found that sleep disturbances were common during COVID-19 pandemic in Chinese health workers, particularly in frontline and infected healthcare workers. Also, sleep quality was found to be declined in Health workers at Wuhan compared to other parts of China.

Zheng, Y. et al (2021) conducted a study on Sleep quality and mental health of medical workers during the coronavirus disease 2019 pandemic. The study consisted of 207 medical workers from Ningbo, China Assessment of sleep quality using Pittsburgh Sleep Quality Index revealed that one-third of the health workers subjected to study had poor sleep quality and the study pointed out the need of intervention for the health care workers on COVID-19 pandemic duty.

METHODOLOGY

Method is a systematic theoretical analysis of the methods applied to a field of study. The process used to collect information and data for the purpose of making research work. Data is represented as properties of the object and behaviour as method. It is called the particular procedure for accomplishing or approaching something, especially a systematic or established one. This chapter includes participants, research instruments employed and design of the study (Margret Rouse,2004).

Statement of Problem

The present study is entitled "Achievement Motivation and Sleep Quality Among Young Adults Across Gender".

Research Questions

- Is there any significant difference in Achievement Motivation among Young Adults across Gender?
- Is there any significant difference in Sleep Quality among Young Adults across Gender?
- Is there any relationship between Achievement Motivation and Sleep Quality among Young Adults?

Objectives

- To examine whether there is any significant difference in Achievement Motivation among young adults across gender
- To examine whether there is any significance difference in Sleep Quality among young adults across gender
- To examine whether there is any Significant relationship between Achievement Motivation and Sleep quality among young adults

Hypothesis

- H01: There is no significant difference in Achievement Motivation among young adults across gender
- H02: There is no significant difference in Sleep Quality among young adults across gender

- H03: There is no significant relationship between Achievement Motivation and Sleep Quality among young adults

Research Design

This study adopted Exploratory design to acquire insight into the research topic, since there have not been many investigations conducted on the topic before, the current study required more insight. Exploratory research is a process that looks at research issues that haven't been thoroughly investigated before. It's utilized to figure out what's driving people's decisions, attitudes, and motives. It's also used to look for patterns in people's thoughts and ideas. (George, 2021)

Sampling

The target population of the study was Young Adults. The researcher used Purposive sampling strategy to choose samples for the study. The study consists of 80 Young Adults both from the State of Kerala and Karnataka. For the selection of the sample, Socio-demographic data were collected using the inclusive and exclusive criteria. The Socio demographic data thus collected was used for considering and ruling out the participants in the study.

Table 3.1 Sample Distribution

Males	Females	Total Sample
40	40	80

Inclusion Criteria
- Individuals aging from 18 to 24
- Individuals from Karnataka and Kerala

Exclusion Criteria
- Adults who are married
- Individuals who are physically disabled

Variables
Independent Variable
- Gender Dependent Variable
- Achievement Motivation
- Sleep Quality

Operational Definition
- **Achievement Motivation:** the need for success or the attainment of excellence and mastery in tasks that involve significant accomplishment, self-improvement, or the attainment of high standards." It is a personality trait that drives individuals to strive for success and accomplishment in their endeavours
- **Sleep Quality:** Sleep quality is the measurement of how well you're sleeping—in other words, whether your sleep is restful and restorative.
- **Young Adults:** Generally, a person in the years following adolescence. generally, the term is often used to refer to adults in approximately the 18s and 24s age range.

Tools

In the present study the investigator tries to study the variables Achievement Motivation and Sleep Quality. The tools include those which are developed and standardized by experts in the field. The selected measures are

1. Deo-Mohan Achievement Motivation (n-Ach) Scale
2. Pittsburgh Sleep Quality Index (PSQI)

1. Deo-Mohan Achievement Motivation (n-Ach) Scale

Deo-Mohan Achievement motivation Scale is a self-rating questionnaire developed by Prof. Prathibha Deo and Dr. Asha Mohan in the year 1985. The scale consists of 50 items of which 13 are negative and 37 are positive. The items of the scale are based on three factors. They are academic factors, factors of general interest and factors of social interest. For every statement, the possible responses are divided into five categories which are: Always, Frequently, Sometimes, Rarely and Never.

Reliability: Test-retest method was applied to find out the reliability coefficient of the scale. Test-retest reliability for male and female groups in 5 to 6-week interval was found to be 0.67 and 0.78 respectively and test-retest reliability for a mixed group in the 4-week interval was found to be 0.69.

Validity: The coefficient of correlation between the scale and the projective test of achievement motivation was observed to be 0.54 and 0.75 with Aberdeen Academic Motivation Inventory of Entwistle (1968).

2. Pittsburgh Sleep Quality Index (PSQI)

The Pittsburgh Sleep Quality Index (PSQI) is a self-reported questionnaire that assesses sleep quality and disturbances over a one-month period. It consists of 19 items that generate seven component scores: subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleep medications, and daytime dysfunction.

Reliability: The PSQI has been shown to have good internal consistency with Cronbach's alpha values ranging from 0.77 to 0.83, indicating high reliability.

Validity: The PSQI has been extensively validated against both objective and subjective measures of sleep. It has been shown to have good concurrent validity with objective measures such as polysomnography and actigraphy, as well as good discriminant validity between good and poor sleepers. The PSQI has also been shown to have good sensitivity and specificity in distinguishing between individuals with and without sleep disorders. Overall, the PSQI is considered a reliable and valid tool for assessing sleep quality and disturbances.

Procedure for Data Collection

Data was collected from the samples using questionnaires. It consists of 4 sessions, including Personal data sheet, Deo-Mohan Achievement Motivation (n-Ach) Scale, Pittsburgh Sleep Quality Index (PSQI) Participants were given proper clarification and explanation about the confidentiality and purpose of the data to be collected. Proper instructions were provided above each questionnaire. Socio- demographic data were collected from the participants. The scoring was carried out after getting response from every subject using the scoring method of questionnaire.

Statistical Analysis

Test of Normality was carried out to test normality of the data collected. Independent sample t test was used for hypothesis H01 and hypothesis H02. Pearson's coefficient of correlation was used for testing the H03.

Statistical Package for Social Science the program for statistical analysis was used to analyse the data obtained.

Ethical Considerations

- Informed Consent was taken from each participant before filling the questionnaire.
- The purpose of the study was explained properly to each participant.
- Clarification regarding the confidentiality was given before filling the questionnaires.
- Participants were treated equally and fairly.

RESULT AND DISCUSSION

This chapter represents the results reached by the investigator through the statistical analysis. Analysis is the key of any research, where it is the way to test the hypothesis formulated by the investigator. The chapter consists of the data relevant to be test hypothesis and interpretation of the results. The data are given in tabular format also. It also includes the graphical representation of the socio-demographic data collected for the research.
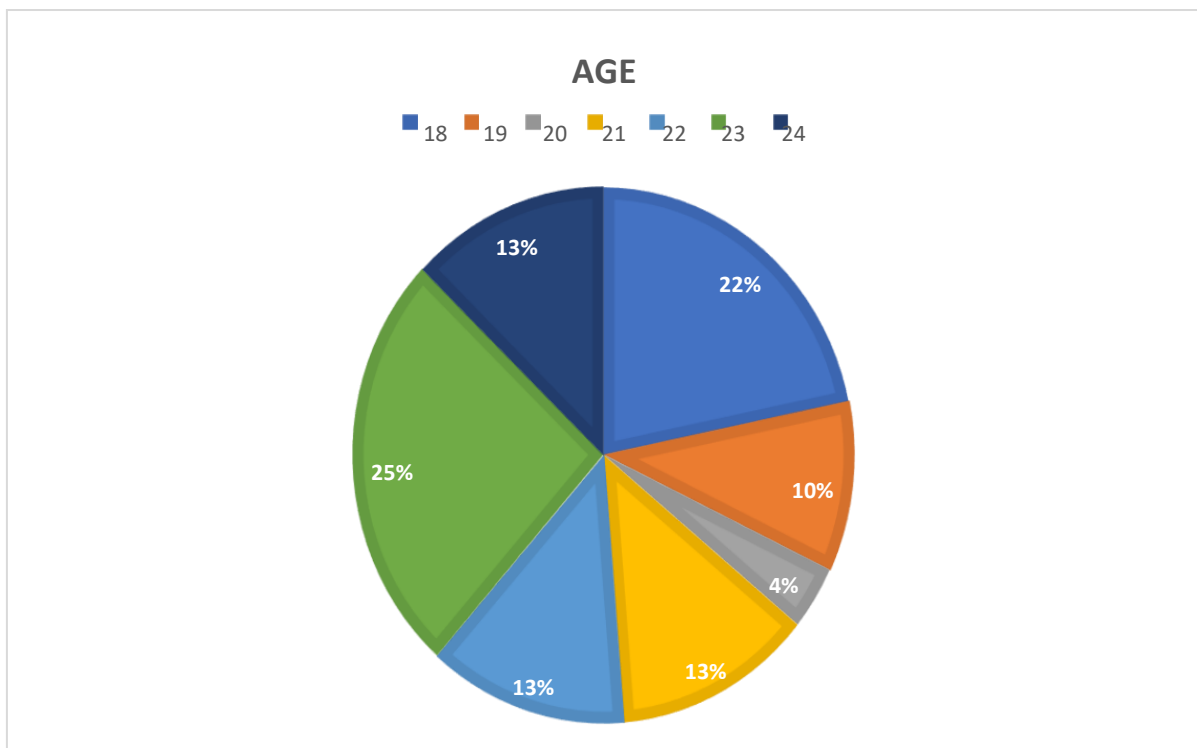
Demographic Details of The Participant

Figure 4.1: Age wise distribution of Young Adults

GENDER

Male Female
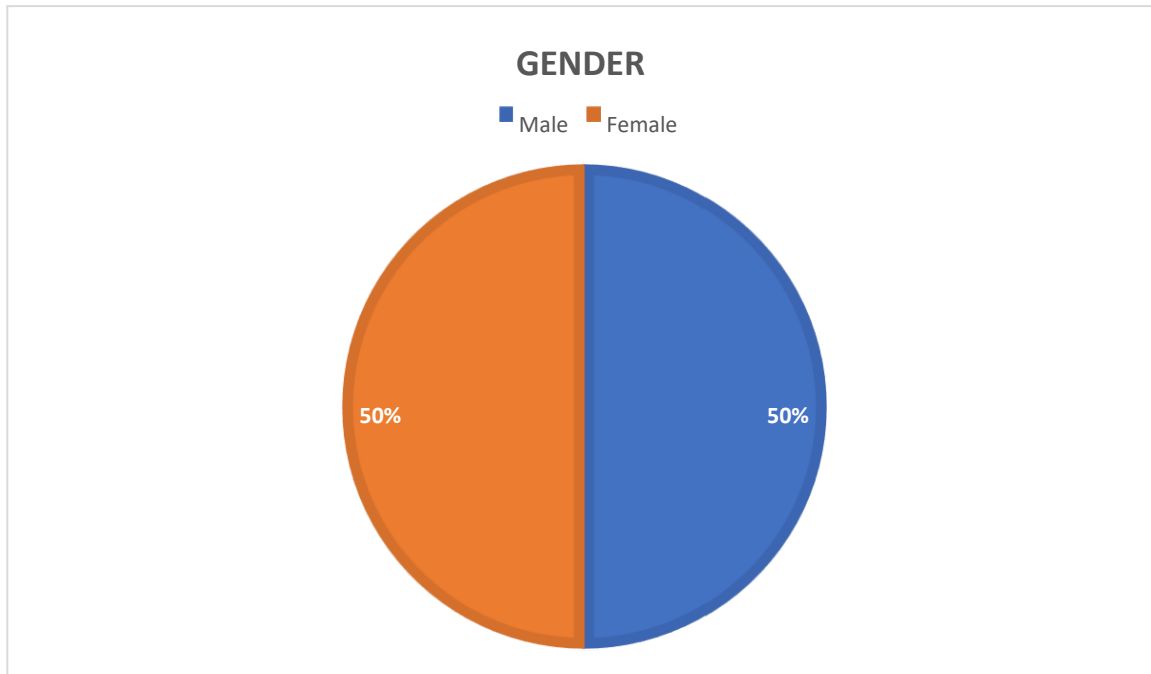
Figure 4.2: Gender wise distribution of Young Adults

SOCIO -ECONOMIC STATUS

High   Middle   Low
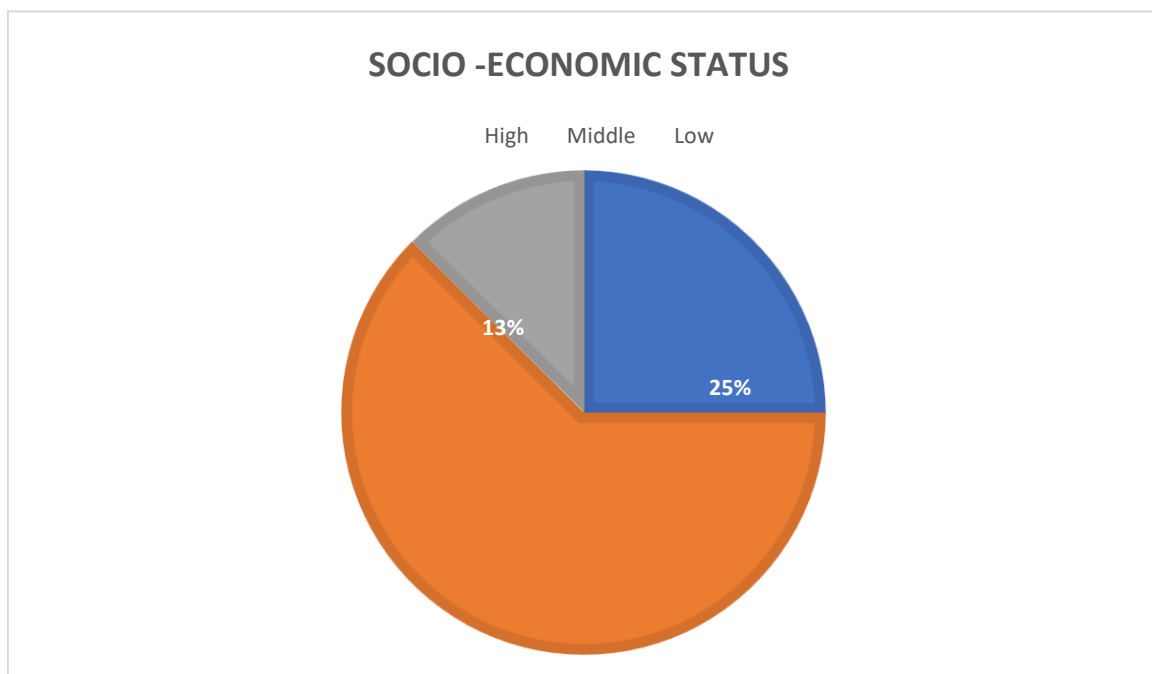
Figure 4.3: Socio-economic status wise distribution of Young Adults
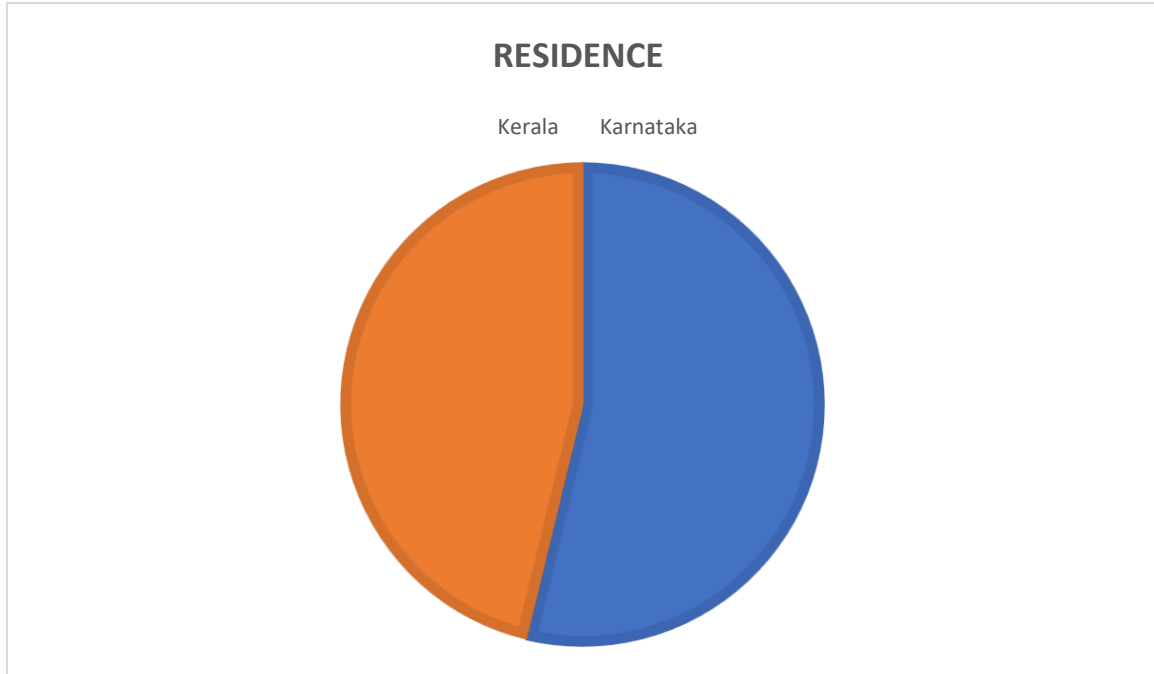
Figure 4.4: Area wise distribution of Young Adults

Table 4.1: Test of Normality of Achievement Motivation and Sleep Quality

Variable	Kolmogorov-Smirnova			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Sleep Quality	.120	80	.006	.952	80	.004
Achievement Motivation	.127	80	.003	.931	80	.000

Table 4.2: Mean, SD and t value of Achievement Motivation Across Gender

Group	N	Mean	SD	df	t value	Significance
Male	40	123.78	22.112	78	-.409	.684
Female	40	125.68	19.367			
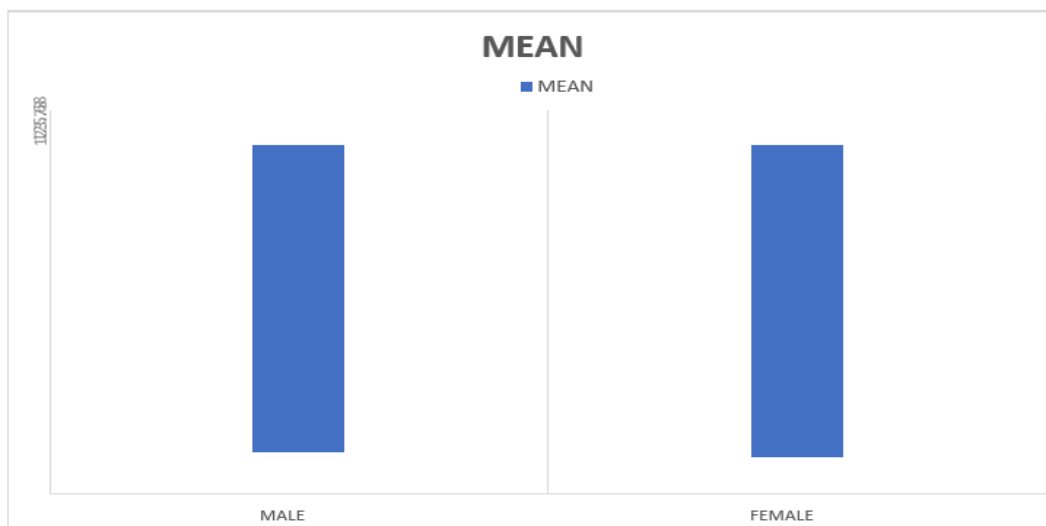
Figure 4.5: Mean scores of Achievement Motivation among Young Adults

The hypothesis H01 stating there is no significant difference in Achievement Motivation among Young Adults across Gender was tested using independent sample t test. From the table 4.2 it can be observed that there is no significant difference in Achievement motivation among male and female Young Adults (p>0.05). This reveals that there is no gender difference in Achievement motivation among Young Adults. Hence the null hypothesis stating that there is no significant difference in Achievement motivation among male and female Young Adults is accepted. The table 4.2 indicates a non-significant mean difference in the Achievement.

Motivation in male (123.78) and female (125.68), which shows female Young Adults are having higher Achievement Motivation than male Young Adults.

Table 4.3 Mean, SD and t value of Sleep Quality Across Gender

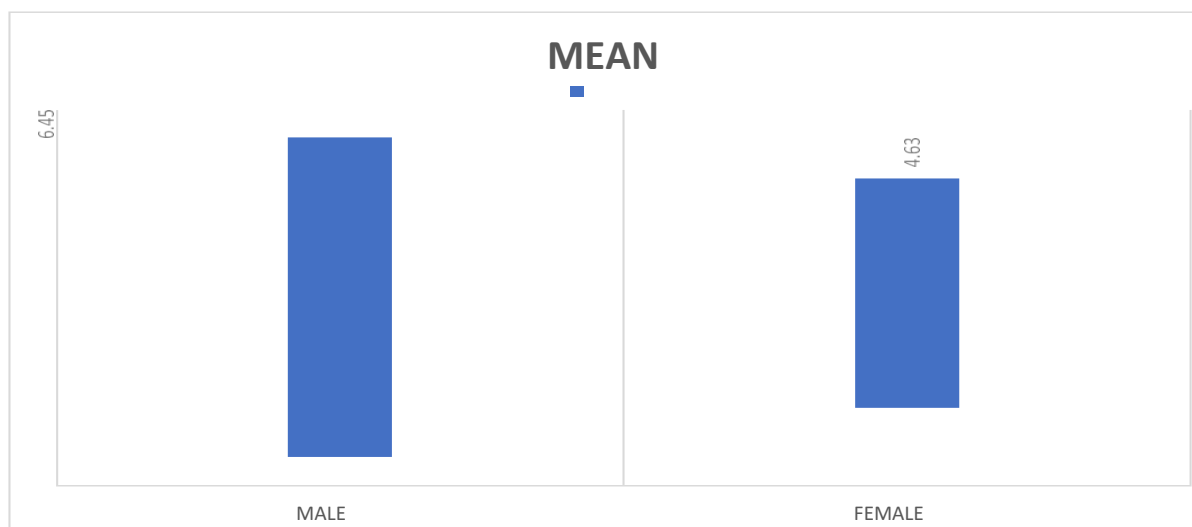| Group	N	Mean	SD	df	t Value	Significance
Male	40	6.45	2.943	78	2.833	0.006
Female	40	4.63	2.813			

Figure 4.6: Mean scores of Sleep Quality among Young Adults

The hypothesis H02 stating there is a significant difference in Sleep Quality among Young Adults across Gender was tested using independent sample t test. From the table 4.3 it can be observed that there is a significant difference in Sleep Quality among male and female Young Adults (p<0.05). This reveals that there is a gender difference in Sleep Quality among Young Adults. Hence the null hypothesis stating that there is no significant difference in Sleep Quality among male and female Young Adults is Rejected. The table 4.3 indicates a significant mean difference in the Sleep Quality in male (6.45) and female (4.63), which shows male Young Adults are having higher Sleep Quality than female Young Adults.

Table 4.4 Correlation between Achievement Motivation and Sleep Quality among Young Adults

	Achievement Motivation	Sleep Quality
Achievement Motivation	1	-0.132
Sleep Quality	-0.132	1

The hypothesis H03 stating there is no significant relationship between Achievement and Sleep Quality among Young Adults was tested using Pearson's Coefficient of Correlation. From the table 4.4 it can be observed that there is no significant relationship between Achievement Motivation and Sleep Quality (r=-0.132**, p>0.05) which indicates that, there is no such relationship between Achievement Motivation and Sleep Quality among Young Adults.

SUMMARY AND CONCLUSION

The chapter provides an overview of the summary of the present study, findings of the study, conclusions, implications, limitations and scope for further research.

The study entitled "Achievement Motivation and Sleep Quality across Gender" was undertaken to assess the effect of Achievement Motivation on Sleep Quality among Young adults across gender. The sample of 80 Young Adults consisting of 40 males and 40 females making N=80. The present study has taken participants who are Young Adults. Data was collected by using non-probability purposive sampling.

The data collection of the study was done using the tools, Deo-Mohan Achievement Motivation (n-Ach) Scale and Pittsburgh Sleep Quality Index (PSQI). The obtained results were analysed using independent sample t-test, Coefficient of correlations. The results show there is no relationship between Achievement Motivation and Sleep Quality among Young adults, there is no significant difference in Achievement Motivation among Young adults across Gender and there is a significant difference in Sleep Quality among Young adults across Gender.

Findings of the study
Findings of Independent sample t test of Achievement Motivation among male and female young adults.
- There was no significant difference in Achievement Motivation among male and female Young Adults

Findings of Independent sample t test of Sleep Quality among male and female Young Adults
- There was a significant difference in Sleep Quality among male and female young adults.

Findings of Pearson's coefficient of correlation of Achievement motivation and Sleep Quality among Young Adults.
- There was no significant relationship between Achievement motivation and Sleep Quality among young adults.

Limitations of the study
- Sample size: The sample size may be too small to make generalized conclusions about the entire population of young adults.
- Self-report bias: The data collected may be based on self-reported symptoms and experiences, which can be affected by social desirability bias and recall bias.

- Cross-sectional design: The study may be limited by its cross-sectional design, which cannot establish causality or the direction of the relationship between Achievement Motivation and Sleep Quality.
- Lack of control group: The study may lack a control group, making it difficult to determine if the observed rates of achievement motivation and Sleep Quality are specific to young adults or if they are representative of the general population.
- Social desirability bias: Participants may underreport or over report their experiences, depending on what they believe is socially acceptable or desirable.
- Limited generalizability: The study may be limited in its generalizability to other contexts, such as other age groups
- No follow-up: The study may lack follow-up assessments to determine if achievement motivation and Sleep Quality have changed over time, which limits the ability to assess the long-term effects of these factors on young adults.

Implications of the study
The study on achievement motivation and sleep quality among young adults across gender can have several implications. Here are a few possible implications:

Education: The findings of this study could help educators better understand the relationship between achievement motivation and sleep quality among young adults, and how this relationship may differ across genders. This information could be used to develop more effective educational programs and interventions that address both academic achievement and sleep quality in young adults.

Health: The study may have implications for the health of young adults. Poor sleep quality is associated with a range of negative health outcomes, including increased risk for obesity, diabetes, cardiovascular disease, and mental health problems. By understanding the relationship between achievement motivation and sleep quality, health professionals can develop interventions to promote better sleep habits among young adults, particularly those who are highly motivated to achieve.

Gender Differences: The study may shed light on potential gender differences in the relationship between achievement motivation and sleep quality. If the study finds that there are significant gender differences, it could help inform the development of gender-specific interventions that are tailored to the specific needs and challenges of young men and women.

Workplace: The study may have implications for the workplace, particularly in fields where achievement motivation and long working hours are common. By understanding the relationship between achievement motivation and sleep quality, employers may be able to develop policies and practices that promote better sleep habits among their employees, leading to improved productivity, job satisfaction, and overall well-being.

Overall, the study on achievement motivation and sleep quality among young adults across gender has the potential to inform a wide range of policies and practices aimed at promoting better health, well-being, and academic and professional achievement in young adults

Scope for further study
- There is a scope for conducting the research with larger sample size.
- Conduct longitudinal studies to examine changes in achievement motivation and sleep quality over time.
- Investigate whether the relationship between achievement motivation and sleep quality varies across different cultures.
- Examine how other factors such as stress, physical activity, diet, and screen time interact with achievement motivation to influence sleep quality.
- Conduct intervention studies to explore whether improving sleep quality can also improve achievement motivation in young adults.
- Use neuroimaging techniques to explore the underlying neurobiological mechanisms that link achievement motivation and sleep quality.

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