The International Journal of Indian Psychology
ISSN 2348-5396 (Online) | ISSN: 2349-3429 (Print)
Volume 13, Issue 2, April- June, 2025
DIP: 18.01.233.20251302, DOI: 10.25215/1302.233
https://www.ijip.in

Research Paper

Mind Over Media: Regression Insights into Women's Sleep Quality, Well-Being, And Binge Habits

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ABSTRACT

This research paper evaluated the interrelationship between binge-watching practices, sleep quality, and psychological well-being among women. A sample of 80 women was selected, and data were collected using the Binge-Watching Engagement and Symptoms Questionnaire, Ryff's Psychological Well-Being Scale, and the Sleep Quality Scale. These instruments were utilized to assess the binge-watching habits, psychological well-being, and sleep quality of the participants, with responses gathered through Google Forms. To investigate the associations, regression analysis was employed. The results indicated a positive however weak association (β =0.086, p = 0.448) between psychological well-being and sleep quality. However, there was no significant correlation found between binge-watching habits and sleep quality (β = 0.046, p = 0.689). The conclusions of this study thus, reveal that although sleep quality may be marginally influenced by an individual's psychological well-being, binge-watching habits do not seem to be an influential indicator in the present context. In-depth investigation of these relationships necessitates further research incorporating larger sample sizes and various ethnicities.

Keywords: *Binge-Watching, Sleep Quality, Psychological Well-Being*

The rapid proliferation of streaming services and the increasing accessibility of on-demand media have transformed viewing habits, giving rise to the phenomenon of binge-watching. This behavior, characterized by consuming multiple episodes of a television series in one sitting, has become a common pastime, particularly among women. As binge-watching becomes more prevalent, it is crucial to understand its potential impacts on psychological well-being and sleep quality, which are critical components of overall health.

Binge-watching is often linked with both positive and negative psychological outcomes. Numerous studies assessing binge-watching behaviour on an individual basis revealed a variety of reasons for this behaviour. On the one hand, people could be motivated by leisure, amusement, fulfilment, or social interaction (Castro et al., 2021; Panda & Pandey, 2017). However, as a coping mechanism to deal with their unpleasant feelings and escape from

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Received: December 03, 2024; Revision Received: May 24, 2025; Accepted: May 27, 2025

reality, people may engage in obsessive TV series viewing (Rubenking & Bracken, 2018; Starosta et al., 2019). It offers temporary escape and relaxation, providing a sense of comfort and pleasure (Herman & Jung, 2017). On the other hand, excessive binge-watching has been associated with negative psychological effects, such as increased levels of anxiety and depression. Research indicates that individuals who engage in binge-watching frequently may experience reduced psychological well-being due to the maladaptive use of media for emotional regulation (Vogel et al., 2014). Higher levels of depression and loneliness were also observed by binge watchers (Sung YH, Kang EY & Lee W,2015). Television provides a medium for students to develop their sense of identity and establish connections with characters and actors (Greenwood, D. N., & Long, C. R.,2009).

Even though some experts are concerned that binge watching could eventually result in a decline in social skills (Devasagayam R.,2014), binge viewers also stated that the activity has social value because it fosters a sense of community when they can discuss a show with peers (Mikos,2016; Conlin L, Billings AC, & Averset L,2016; Matriz,2014).The link between binge-watching and psychological distress warrants further investigation to better understand these dynamics.

In addition to its psychological implications, binge-watching has been found to impact sleep quality. Studies have shown that excessive screen time, especially before bed, can disrupt sleep patterns and lead to poorer sleep quality (Bowers & Moyer, 2017). The blue light emitted by screens is known to interfere with circadian rhythms by suppressing melatonin production, which can delay sleep onset and reduce overall sleep duration (Harvard Health Publishing, 2020). Consequently, individuals who frequently engage in binge-watching may experience difficulties falling asleep and achieving restorative sleep, thereby affecting their overall health and well-being. According to a recent study, the association between social media use and sleep onset latency is influenced by cognitive pre-sleep arousal (Harbard, E., Allen, N. B., Trinder, J., & Bei, B.,2016). Additionally, the want to watch one more episode could cause you to stay awake for longer periods of time and become more worn out and drained (Micheal, 2018). Significant correlations between bingewatching and poor sleep quality, difficulty falling asleep, sleep efficiency, and dysfunctions in day-to-day functioning were found (Srinivasan et al., 2021). Students who sleep for short duration of time and feel exhausted during the day are more likely to encounter stressful events, unstable mental health, depression, anxiety, and a lack of social support (Grandner et al., 2021).

The interplay between psychological well-being and sleep quality is also significant. Poor sleep has been linked to various psychological problems, including depression and anxiety (Walker, 2017). Young adults frequently engage in binge watching, which is the first to show a connection to poor sleep quality, more exhaustion, and more insomnia. Crucially, binge watching seems to raise cognitive arousal, which is the mechanism underlying this association (Exelmans & Van den Bulck,2017). Conversely, psychological stress and negative mood can exacerbate sleep disturbances, creating a cyclical pattern of poor mental health and inadequate sleep (Gordon et al., 2020).Research indicates that women are more likely than males to binge-watch (Pittman & Sheehan, 2015; Spruance et al., 2017) and that young individuals are more likely than others to do so (Jay, 2022).Understanding how binge-watching influences both sleep quality and psychological well-being could provide insights into broader health implications for women, a demographic that is particularly vulnerable to both media-related behaviors and mental health issues.

Given these concerns, this research aims to explore the inter relationships between psychological well-being, sleep quality, and binge-watching habits among women. By examining these variables, this study seeks to contribute to the growing body of literature on media consumption behaviors and their impacts on health. It will employ a correlational approach to analyze the relationships between these factors and identify potential patterns and associations.

This study's findings could have significant implications for developing interventions and recommendations to mitigate the negative effects of binge-watching on mental health and sleep. As media consumption continues to evolve, understanding these relationships will be crucial for promoting healthier viewing habits and improving overall well-being.

Sample:

- **Sample size**- 80 women
- **Sampling technique-** Stratified random sampling
- **Inclusion criteria-** The following inclusive criteria were used:
- **Age:** 16+ years
- **Sex:** Female
- **Academic qualification**: minimum class 8^{th} pass
- **Duration of Internet involvement within a day:** Individuals must use the Internet for at least 3-4 hours daily.

Measurement Tools

- **Ryff's Psychological Well-Being Scale:** Carol D. Ryff developed Ryff's Psychological Wellbeing Scale, which assesses six dimensions of psychological well-being- autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. The original Ryff's PWB Scale consists of 84 items (14 items for each dimension). However, shorter versions of the scale have been developed for more efficient use, typically with around 42 items.
- **Sleep Quality Scale (SQS):** Consisting of 28 items, the SQS evaluates six domains of sleep quality: daytime symptoms, restoration after sleep, problems initiating and maintaining sleep, difficulty waking, and sleep satisfaction. Developers hoped to create a scale that could be used as an all-inclusive assessment tool – a general, efficient measure suitable for evaluating sleep quality in a variety of patient and research populations. The scale has been validated in individuals aged 18–59 years.
- **Binge Watching Engagement And Symptoms Questionnaire (BWESQ):** This questionnaire assesses an individual's engagement and the symptoms manifested by them under seven dimensions by requiring the individual to report their experiences relevant to the questions asked over a 4-point scale. The seven dimensions are- engagement, positive emotions, desire/ savoring, pleasure preservation, binge-watching, dependency, and loss of control.

Statistical Analysis

Regression analysis was employed for the descriptive analysis of the data.

RESULTS

Regression

[DataSet1]

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	bw_total, pwb_total[b]	.	Enter

a. Dependent Variable: sleep quality_total

b. All requested variables entered.

Model Summary[b]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.098[a]	.010	-.016	12.066	1.742

a. Predictors: (Constant), bw_total, pwb_total

b. Dependent Variable: sleep quality_total

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	109.116	2	54.558	.375	.689[b]
	Residual	11210.684	77	145.593		
	Total	11319.800	79			

a. Dependent Variable: sleep quality_total

b. Predictors: (Constant), bw_total, pwb_total

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	27.196	12.132		2.242	.028
	pwb_total	.044	.058	.086	.762	.448
	bw_total	.029	.072	.046	.402	.689

a. Dependent Variable: sleep quality_total

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	34.03	40.06	37.55	1.175	80
Residual	-17.774	30.801	.000	11.912	80
Std. Predicted Value	-2.997	2.139	.000	1.000	80
Std. Residual	-1.473	2.553	.000	.987	80

a. Dependent Variable: sleep quality_total

DISCUSSION

The results from this study offer insightful perspectives on the interplay between psychological well-being, binge-watching behaviors, and sleep quality among women. The regression analysis was conducted using sleep quality as the dependent variable, with psychological well-being (`pwb_total`) and binge-watching habits (`bw_total`) as the predictors. The findings reveal a weak positive association between psychological well-being and sleep quality ($\beta = 0.086$, $p = 0.448$), although this relationship is not statistically significant. This suggests that while there might be a slight positive influence of psychological well-being on sleep quality, the strength of this influence is minimal and does not provide conclusive evidence in this sample of 80 women.

Moreover, the analysis shows that binge-watching habits have an even weaker association with sleep quality ($\beta = 0.046$, $p = 0.689$), which is also statistically insignificant. The regression model, as reflected in the ANOVA table, has an F-value of 0.375 with a

significance level of 0.689, indicating that the model as a whole does not significantly explain the variance in sleep quality among the participants. The R Square value of 0.010 further supports this conclusion, indicating that only 1% of the variance in sleep quality can be attributed to the combined influence of binge-watching and psychological well-being. The Durbin-Watson statistic of 1.742 suggests that there is no significant autocorrelation in the residuals, which is positive from a model reliability perspective.

The coefficient values provide additional clarity. The constant value (B = 27.196, p = 0.028) is significant, indicating the baseline level of sleep quality when all predictors are held constant. However, both psychological well-being (`pwb_total`: B = 0.044, p = 0.448) and binge-watching (`bw_total`: B = 0.029, p = 0.689) show non-significant contributions to sleep quality. This suggests that neither binge-watching behaviors nor psychological well-being, in isolation, play a substantial role in determining sleep quality within this particular sample.

These findings, while not definitive, contribute valuable information to the field, particularly in understanding the minimal impact of binge-watching habits on sleep quality. The study's limitations, including the relatively small sample size and lack of diversity, should be addressed in future research to enhance generalizability. Expanding the study across different demographic groups, incorporating larger and more diverse samples, and exploring other potential moderating variables such as stress levels, screen time before bed, or overall health status, could provide more nuanced insights into these relationships.

In summary, the study indicates a marginally positive yet weak relationship between psychological well-being and sleep quality, and no significant relationship between binge-watching habits and sleep quality among the women surveyed. While these results suggest that binge-watching may not be a primary determinant of sleep quality, they highlight the complex nature of sleep and the potential interplay of various psychosocial factors. Thus, the research opens avenues for further exploration, calling for more comprehensive studies to better understand these dynamics.

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Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Laha, A., Chatterjee, D. & Mukhopadhyay, J. (2025). Mind Over Media: Regression Insights into Women's Sleep Quality, Well-Being, And Binge Habits. *International Journal of Indian Psychology*, *13*(2), 2631-2638. DIP:18.01.233.20251302, DOI:10.25215/1302.233