

Research Paper

An Effect Analysis of Insomnia on College Students with Special Reference to Gender and Educational Stream

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ABSTRACT

Insomnia is a condition when a person is not able to fall asleep, sustain sleep, or regain sleep. The main purpose of the study is to analyse insomnia among male and female student and to examine insomnia in different educational stream. 120 male and female participants were chosen using a simple random sampling technique from various colleges. Insomnia scale (IS), developed by Chopdar and Mishra, was used for data collection. The data were analysed using the t test statistical technique. The main finding of the study was that there is no difference between in insomnia by gender wise. And another result shows that there is a significant difference between B.E. and B.Sc. college student with reference to insomnia. The study concluded that the effect of insomnia of insomnia is similar in male and females, but differences in insomnia have been observed in B.E. and B.Sc. students.

Keywords: *Insomnia, Gender, Education stream, B.E. & B.Sc. student*

Student experience a major life transformation when they enrol in a university to seek higher education. Which include factors like leaving home, acclimating new peers, facing unexpected circumstances, having academic responsibilities, adapting to a new setting, changing their diet, modifying their daily routine, etc (Schlarb, Friedrich, & Claben, 2017). Most students leave with roommates in hostel, among them wake up at midnight due to a noise of roommates or others. There is a gap of one to two hours between daily wakeup and weekend wakeup time. Student face various circumstances and challenges that affect their sleep. Sleep problem affect the daily routine of the students. University students often encounter disruption in their circadian cycle due to the stress of academic environment, compounded by typical habits like internet browsing, television watching, and alcohol and tobacco usage (Correa, Oliveira, & et. al., 2017).

Insomnia is a condition when a person is not able to fall asleep, sustain sleep, or regain sleep. Here are some symptoms by which insomnia can be identified, such as insomnia having difficulty falling asleep, not being able to maintain sleep after falling asleep, frequently waking up after falling asleep. After waking up, do not do not fall asleep again till morning. If a person does not sleep for at least three nights a week and this happens for three months or more, then the person has insomnia disorder (Roth, 2007). According to a Local Circles

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survey “How India Sleeps”, which included 39000 participants from 309 cities, 55% of participants sleep for less than 6 hours uninterrupted.

Objective of the study

1. To examine the effect of insomnia on male and female college students.
2. To look into the effect of insomnia among B.E student and B.Sc. students.

Hypothesis

3. There is no significant difference in insomnia between male and female college student.
4. There is no significant difference in insomnia between B.E student and B.Sc. student.

METHOD

Sample

For the current study, 120 (B.E.& B.Sc.) college students were taken as sample from Amreli district using a simple random sampling method. The sample consisted of 60 male and 60 female students who were chosen from within the college student population. This approach ensures the balance participation of both genders and streams within the study, providing a detailed analysis of the research objective. Using simple random sampling, the study aims to generalize the results to a larger population of college students in Amreli district.

Research tools

Certain personal information about participant is useful for research. A personal datasheet also prepared for collection of such important information. The first portion of the questionnaire such information as name, sex, education, age etc.

Insomnia scale was used for measuring insomnia which was developed by Chopdar and Mishra. This scale consists 30 items and it's divided into three sections. the test's reliability coefficient was shown to be .79. the scale has high content validity because the materials were gathered from previously published books and conventional literature by five highly qualified experts. The scores from 30 to 95, with the highest value indicating very high insomnia and the lowest indicating very low insomnia.

Statistical analysis

The collected data were analysed by the t test statistics using Microsoft excel -2019.

RESULT

The main aim of the present study is to examine the effect insomnia with special reference to gender and stream. Mean, Standard deviation and T-test was applied for statistical analysis of data. The results are as follows.

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Table-1 Mean, SD and t value of insomnia with reference to gender

Gender	N	Mean	SD	't' value
Male	60	50.58	11.79	0.25
Female	60	51.13	12.34	

Table-2 Mean, SD and t value of insomnia with reference to Stream

Stream	N	Mean	SD	't' value
B.E.	60	54.13	12.68	3.09
B.Sc.	60	47.58	10.43	

Looking at the results table no. 1, it's clear that male students had a mean score of 50.58 and a standard deviation of 11.79. on the other hand, the average score for females is 51.13, with a standard deviation of 12.34. the calculated 't' value was 0.25, which was statistically not significant at the 0.05 level of significance. Male students and female students show an almost similar level of insomnia. Hence, the hypothesis was approved that there is no significant in insomnia between male and female college students.

The result from table no.2 shows that B.E. students mean is 54.13 and standard deviation is 12.68 while B.Sc. students mean is 47.58 and standard deviation is 10.43. B.E. students have higher level score compare to B.Sc. students. The t value is 3.09 which is significant 0.01 level. Consequently, it can be concluded that the null hypothesis was rejected. The finding suggests that there is a significant difference in insomnia between B.E student and B.Sc. student.

DISCUSSION

The study was conduct to identify the insomnia among college student. The study was limited to B.E. and B.Sc. college student of Amreli district. Several studies shows that male and female have similar level of insomnia. Tang, J., Liao Y., Kelly & et.al. (2017) found little significant mean difference in insomnia among male and female. Further these results are seen similar in some study around the world. Khan and Ullah found similar level of insomnia in gender wise. Our study found that the effects of insomnia are almost equivalent for both male and female students.

Result shows that there is a significant difference in insomnia between B.E student and B.Sc. student. Academic tasks place a lot of pressure on college students. In addition, insufficient sleep, delayed sleep onset, short naps during the day, etc. disturb the circadian cycle. B.E. students must actively participate in projects, coursework, internships, and experience building opportunities to influence their future careers, which might have a negative impact on their sleep.

CONCLUSION

There is no significant difference in insomnia between male and female college student. There is significant difference in insomnia between B.E student and B.Sc. student.

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Conflict of Interest

The author(s) declared no conflict of interest.

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