Factors associated with poor sleeping patterns among male students at Jahangirnagar University in Bangladesh: A cross-sectional study

RAHAT Md. Assaduzzaman1*, HOSSAIN Sahadat1, RAHMAN Quazi Maksudur1, PRANTA Mamun Ur Rashid1
Department of Public Health and Informatics Jahangirnagar University.; Presenting Author*

1. Introduction

2. Objectives

General objective
• To identify the factors associated with poor sleeping patterns among male students at Jahangirnagar University in Bangladesh.

Specific objectives
• To identify the sleep quality among the participants by using PSQI (Pittsburgh Sleep Quality Index) scale.
• To explore the risk factors of poor sleeping patterns.
• To investigate the association between lifestyle variables and quality of sleep.

3. Materials & Method

• It was a cross-sectional study.
• Study Area and Population: At Jahangirnagar University, (1st to 5th year) students were chosen for the study.
• Sample Size: 390 university students (Male) aged between 19-27 years.
• Sample Techniques: A simple random sampling method was used.

Study Tools

Questionnaires: The questionnaire included
- Socio-demographic information (e.g., age, gender, marital status)
- Information about sleep quality
- Information about factors associated with poor sleeping pattern.
- Used Pittsburgh sleep quality index (PSQI), by which sleep quality was assessed.

Data Collection Procedure: Assuming a 3% margin of error, data were collected from 390 students.

Data Analysis: Data were analyzed using Statistical Package for the Social Sciences (SPSS) version 23.0 (SPSS, Chicago, IL, USA).

Pearson Chi-square test was applied to determine relationship between sleep patterns and factors affecting sleep.

4. Result

Table: 01

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>N</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;20 Years</td>
<td>48</td>
<td>12.3</td>
</tr>
<tr>
<td>20-24</td>
<td>273</td>
<td>70.0</td>
</tr>
<tr>
<td>&gt;24</td>
<td>69</td>
<td>17.7</td>
</tr>
<tr>
<td>Religion</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Islam</td>
<td>352</td>
<td>90.3</td>
</tr>
<tr>
<td>Hindu</td>
<td>35</td>
<td>9</td>
</tr>
<tr>
<td>Christian</td>
<td>1</td>
<td>0.3</td>
</tr>
<tr>
<td>Buddhist</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Others</td>
<td>2</td>
<td>0.5</td>
</tr>
</tbody>
</table>

Table: 03

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSQI&lt;5</td>
<td>209</td>
</tr>
<tr>
<td>PSQI&gt;5</td>
<td>181</td>
</tr>
</tbody>
</table>

Total | 390 | 100 |

Table: 04

Table: 05

Table: 06

Table: 07

Table: 01&02 Sociodemographic characteristics of the participants. Table: 03 PSQI Score. Figure: 01 Subjective Sleep Quality. Figure: 02 Sleep Duration. Figure: 03 Sleep Efficiency. Table: 04&05 Association between demographic variables and quality of sleep. Table: 06&07 Association between Physical factors and quality of sleep.

Conclusion:
• Poor sleep quality is reported among almost half of the respondents.
• Test result showed that there was highly significant association between physical factors and poor sleep quality.
• Also find significant association between social factors and poor sleep quality.

Ref: Introduction photos from google.com