



International Journal of Advance Research in Medical Surgical Nursing

E-ISSN: 2663-2268
P-ISSN: 2663-225X
IJARMSN 2022; 4(2): 58-61
Received: 20-04-2022
Accepted: 25-05-2022

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Quality of sleep on watching web series among college students

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Abstract

The aim of the study was to assess the quality of sleep among college students who are watching web series. A descriptive design was used to conduct the study. The study was done on 100 samples selected by non-probability purposive sampling technique from a selected college at Coimbatore. The data was collected through questionnaire and standardized sleep quality scale. The data was analysed using descriptive and inferential statistics. The tool was organized in two parts (questionnaire and standardized sleep quality scale). After obtaining the permission from the concerned authorities, the data was collected. The study findings revealed that more than half of the samples 52(52.0%) had poor quality of sleep and 48(48.0%) had moderate quality of sleep due to watching web series. The findings of the study concluded that more than half of the samples had poor quality of sleep due to watching web series.

Keywords: Quality of sleep, web series, college students

Introduction

Background of the study

After the evolution of digital technology, smart phone has become a part of human life and prolonged usage of smart phone in night affects the normal sleep of the adults. Recent times, smart phone is not only used for calling, text messaging but also used for playing video games, using social media and watching movies, web series etc. for entertainment.

A web series is known as a series of short video episodes, which released over certain period of time in order to tell stories to the viewers. The series are introduced in the platforms like Amazon prime, Netflix, Hotstar, VOOT, Zee5 etc. The Web series content includes action, adventures, comedy, romantic and horror, which creates interest and curiosity among viewers. Mostly college students are liked to watch web series for relaxation, mainly romantic, thriller and drama. Students are prefer to watch these episodes at night time and it affects their sleeping time from 7 hours to 3-4 hours which leads to lack of concentration, fatigue, headache and other physiological and psychological problems.

Currently, there are more than 350 million people in India, who are online entertainment media users and the numbers will increase overtime in future.70% of Indian population are young adults and they are online users and observes to be social media addicts, among them web series are gaining more popularity in Indians.

According to the survey by Joanna day, Lime light networks 2018, Indian viewers spent an average 8 hours and 29 minutes on watching online videos materials, greatly above the worldwide average of 6 hours and 45 minutes. The younger generation mostly teens and youngsters between the age of 18 and 30 are the primary users of web series.

Statement of the problem

A Descriptive study to assess the quality of sleep on watching web series among college students in a selected college at Coimbatore.

Objectives

- To assess the quality of sleep on watching web series among college students.
- To associate the quality of sleep with the selected demographic variables.

Assumption

Quality of sleep can be affected by watching web series among college students.

Delimitation

- The study is delimited to the college students who are watching web series.
- The study is delimited to the students who are studying in health science institution.

Methodology

A descriptive design was used to conduct the study. The study was done on 100 samples selected by non-probability purposive sampling technique from a selected college at Coimbatore. The sampling criterion includes students who are watching web series, willing to participate in the study and belonged to the age group of 17-23 years. The data was collected through structured questionnaire and standardized sleep quality scale. Before collecting the data formal

permission was obtained from the concerned authority by explaining the purpose and objectives of the study. After the permission, verbal consent was obtained from individual sample. The data were collected from the samples by distributing the structured questionnaire. The time taken for each sample was around 15-20 minutes to fill the questionnaire. The data was analyzed using descriptive and inferential statistics using SPSS 18.

Results

The study finding reveals that more than half of the samples 52 (52.0%) has poor quality of sleep and 48 (48.0%) has moderate quality of sleep due to watching web series. Most of the samples had moderate and poor quality of sleep in the various aspects of domains such as day time symptoms, restoration after sleep, difficulty in waking, problems in initiating sleep, problems in maintaining sleep and sleep satisfaction

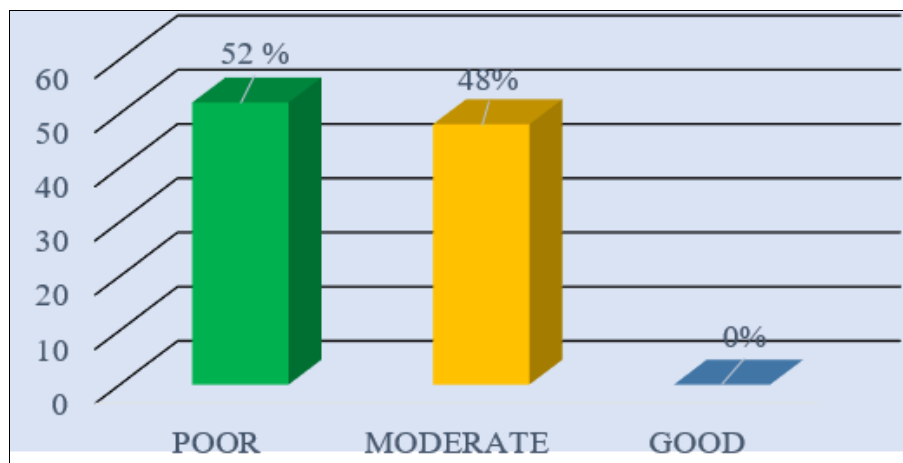


Fig 1: percentage distribution on overall quality of sleep

Table 1: Frequency and percentage distribution on various domains on quality of sleep

S. No	Domains	Good		Moderate		Poor	
		f	%	f	%	f	%
1	Day time symptoms	48	48.0	44	44.0	8	8.0
2	Restoration after sleep	26	26.0	65	65.0	9	9.0
3	Difficulty waking	39	39.0	58	58.0	3	3.0
4	Problems in initiating sleep	46	46.0	51	51.0	3	3.0
5	Problems in maintaining sleep	42	42.0	55	55.0	3	3.0
6	Sleep satisfaction	37	37.0	49	49.0	14	14.0

Table 2: Association between the selected demographic variables and quality of sleep

Demographic Variables	Moderate	Poor	Chi square Value	Table value P<0.05 (df)
Age				
17-18	2	5	3.292NS	df= 2 5.99
19-20	12	19		
>21	34	28		
Gender				
Male	21	13	3.910 *	df=1 3.84
Female	27	39		
Type of OTT platform				
Hotstar	14	24	4.213NS	df=3 7.815
Amazon prime	5	7		
Netflix	18	12		
Others	11	9		
Money spend for subscription				

Rs. <200	14	27	9.377*	df=3 7.815
Rs. 200-400	21	9		
Rs. 400-600	6	9		
Rs. >600	7	7		
Preferred day to watch web series				
Daily	27	20	4.277NS	df=3 7.815
Weekly twice	11	19		
Weekly thrice	5	4		
Weekend	5	9		

The association table shows that there is a significant association noticed between demographic variables such as gender and money spends for subscription with quality of sleep.

Discussion

The study results revealed that most of the students 66% were female and 52% of the students had poor quality of sleep due to watching web series at late night. The above results were supported by the cross sectional study done by Ana Sandoui (2017) on assessing the quality of sleep on watching web series in Netflix and Amazon prime among young adults aged between 18-25 years in Michigan university. The result of the study shows that 61.9% females were affected with poor sleep pattern and concludes that over screen time affects the sleep quality of individuals.

Recommendation

- A similar study can be conducted with large sample size.
- A comparative study can be conducted to assess the quality of sleep due to watching web series among Health Science students and Arts and Science students.
- A comparative study can be conducted to assess the quality of sleep due to watching web series among hostellers and days scholars.
- A similar study can be conducted by qualitative approach for in-depth information.

Implication

Nursing education

- The study findings emphasize that nurse educators can provide awareness to the students about the repercussions of watching web series at night time on quality of sleep and the importance of physical and mental wellbeing.

Nursing administration

- The study findings emphasize that nurse administrators should plan and organize in-service programmes regarding the importance of sleep and physical wellbeing and the consequences of watching web series at night time.

Nursing service

- The study findings can be integrated in the nursing service area for counselling the adolescents and other age groups who are addicted with watching web series

Nursing research

- This study provides scope for future researchers to utilize the findings and application in nursing practice. The findings of the study helps to assess the quality of sleep and wellbeing due to watching web series upon which further research can be conducted.

Limitation

- The study was limited to small sample size.
- The study was limited to the area of sample from one institution.

Conclusion

The study concluded that the more than half of the female college students 52 (52.0%) had poor quality of sleep due to watching web series and also observes that there is a significant association noticed between gender and money spend for subscription with quality of sleep.

Conflict of Interest

Not available

Financial Support

Not available

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How to Cite This Article

X Emerensia, Suja Santosh, Anna Susan Biju, Anna Trisha P, Aparna S Nair, Arthi A, *et al.* Quality of sleep on watching web series among college students. International Journal of Advance Research in Medical Surgical Nursing. 2022;4(2):58-61.

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