

SLEEP QUALITY AS CORRELATES OF PSYCHOLOGICAL WELL-BEING AMONG SENIOR SECONDARY SCHOOL ADOLESCENTS IN OYO TOWN.

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Abstract

Problems with psychological wellbeing among senior secondary school adolescent students could have dire consequences for their academic performance and overall health. This study, therefore investigated sleep quality as correlates of psychological well-being among senior secondary school adolescent students in Oyo town. The study employed a descriptive research design of correlational type. The population of the study comprised of all the six thousand, five hundred and fifty-five (6,555) senior secondary school adolescent students in SSS 2 in public senior secondary schools in Oyo town. A sample of eight hundred and two (802) male and female senior secondary school adolescent students in Oyo town were selected. Data were collected using a research instrument- Questionnaire on Adolescents Psychological Well-being (QAPW) with three subscales ($\alpha=.755$). Frequency counts, percentages, mean, and standard deviation, were utilized to answer the research questions. The Pearson's product moment correlation and t-test analyses were used to test the hypotheses at 0.05 alpha level. The results revealed that: there is a high level of psychological well-being among senior secondary school students in Oyo town ($\bar{x}=2.97$); there is a high level of sleep quality among senior secondary school students in Oyo town ($\bar{x}=2.78$), senior secondary school adolescents showed gender difference in psychological well-being. It is recommended among others that, periodic interventions by counselling psychologists be implemented for senior secondary school adolescent students in Oyo in order to enhance their psychological well-being.

Keywords: Sleep quality, Psychological well-being, Counselling Psychologist, Senior secondary school adolescent students

Introduction

Senior adolescents continue to face the complexities of the present-day world as they transit from childhood to adulthood. Regretfully, Counselling and Mental Health Professionals are deeply concerned about these young people's mental health. Concerns about psychological health have an impact on a wide range of aspects of the lives of young students, including their academic achievement, quality of life, and plans for the future. Attention is devoted to maintaining psychological health and developing the psychological well-being of students. Modern scientists continue to study the psychology of adolescents because they recognize the critical role that adolescence plays in the formation of personality and the establishment of the fundamentals of human well-being.¹

A person's level of contentment with every facet of their sleep experience is referred to as their sleep quality. Four factors according to Isabel et al determine the quality of sleep: wake-after-onset, sleep latency, sleep efficiency, and duration of sleep. An estimated one-third of the world's population is thought to be sleep deprived and exhausted. Sleep is crucial for mental and brain health. Many populations' mental health issues are negatively connected with poor sleep quality, according to decades of epidemiological studies. Poor sleep quality has even been positively linked to an increased risk of suicidal ideation in people due to the strong correlation that exists between mental health and sleep quality. Additionally, Sleep disorders are a major risk factor for several unfavorable health outcomes and are very common in Sub-Saharan Africans.²

Inadequate sleep raises the likelihood of mental health issues, such as anxiety and depression. Over 10% of adults' experience poor sleep quality, making it a common symptom among young adults today. There are a lot of college students among these young adults. According to a different study, university students' biological sleep cycles are disturbed because they are under more stress about their jobs and futures or because they work late at night on computers. In addition to academic obligations, the need for social integration led to later bedtimes, and noise pollution in the surroundings is impairing the quality of undergraduate students' sleep. Therefore, changes in lifestyle, increased use of technology, and higher pressures from work and social life have all been related to declines in sleep length and quality across populations. Students have an unacceptably high prevalence of sleep disorders, including insufficient or poor quality sleep, which impairs their emotional, behavioural, and physical health. Adolescents are prone to short sleep duration and insomnia for a variety of reasons, such as using cell phones, social media, video games, not getting enough exercise, eating poorly, missing breakfast etc.³ Epidemiological data which stated that the amount of time people spends sleeping has decreased during the previous 50 years in both adults and children. In order to lessen the negative effects poor sleep on the health and development of adolescents, More research in various stages of adolescence is

required to better identify the drivers of poor sleep quality⁴. Additionally, it is critical to address sleep deficits and poor sleep quality. The main thrust of this paper is to examine sleep quality as correlates of psychological well-being among senior secondary school adolescent in Afijio Local Government Area of Oyo State.

Conceptual Review

Sleep Quality

Sleep is a state of unconsciousness brought on by human bodies. When this happens, the brain and body decrease responsiveness to external stimuli. During sleep, the noticeable changes in brain electrical activity are due to the brain's billions of nerve cells physically repairing themselves. The two forms of sleep are slow-wave sleep (SWS), also known as deep sleep, and rapid eye movement (REM), commonly known as dreaming sleep. There is a reversible behavioural state with alterations in consciousness and stimulus response is what defines sleep as a physiological phenomenon.

In this context, the research has examined the connection between sleep and vital physiological processes, including energy synthesis, neuronal plasticity, and growth hormone secretion. Due to a variety of factors, Adolescent sleep quality significantly changes throughout this time, which can result in disorders such as insomnia, excessive daytime sleepiness, disruptions in the sleep-wake cycle, and other issues. Adolescents should aim for at least 8.3 hours of sleep every night on average to avoid severe daytime tiredness, even if each person's demand for sleep is unique. Adolescents who experience sleep loss are not less sleep deprived; rather, a combination of biological, psychological, and social factors that include altered circadian rhythms, the freedom to select sleeping schedules, peer pressure, computer usage, and social media can cause sleep loss.⁵ It is important to note that the consequences of inadequate sleep could be linked to the frequency of psychiatric disorders, including depression, which can lead to suicidal thoughts in adolescents. About half of all psychiatric problems can manifest around the age of 15, suggesting that this stage is characterized by significant changes and can put young people in emotionally vulnerable settings. In order to support health professionals who, monitor teenager athletes in the physical and behavioural domains, it is crucial to investigate the relationship between poor sleep quality and the presence of symptoms of anxiety, distress and depression. This is because adolescents' neuro-psychomotor development, as well as their cognitive and mental well-being, depend on getting enough sleep. Even though research linking poor sleep quality to psychiatric symptoms have been concluded, few of them particularly evaluate the athlete-adolescent group.⁶

A person's contentment with the sleep experience, encompassing elements of sleep initiation, maintenance, quantity, and wakefulness-up refreshment, is

referred to as their sleep quality. Although sleep is disregarded in the modern world, it is thought to be a basic human requirement that accounts for one-third of human existence. Adults should aim for 7 to 9 hours of sleep, while teenagers should aim for 9.5 hours. Any departure from this range is thought to be an interference with the sleep-wake cycle. Lack of sleep during the day causes drowsiness in medical professionals, academic performance, increase the risk of medical errors, and cause traffic accidents.⁷

Psychological well-being

The concept of psychological well-being is dynamic and multifaceted, consisting of a framework of dimensions where basic requirements and good experiences are deemed necessary. Because psychological well-being affects other dimensions, and different academic fields such as individual performance, satisfaction levels, or the nature of interpersonal interactions, it has been studied from a variety of angles by scholars in a variety of academic subjects. Good mental health is referred to as psychological well-being. Studies have indicated that psychological well-being is a complex, multifaceted construct that arises from a confluence of emotional control, personality traits, identity, and life experiences. Age, education level, extraversion, consciousness, and psychological well-being can all rise and fall with neuroticism⁸

Subjective, social, and psychological aspects, health-related behaviours, and activities that give life purpose and enable people to reach their full potential are all components of psychological well-being. As a result, it is understood as a collection of factors that encourage people to pursue the fulfillment of their expectations. The majority of researchers concur that well-being is a sign of optimum psychological functioning that enhances one's life experience. The particular circumstances of each person in relation to their well-being, such as their physical gender or place of residence, are unchangeable. Drawing on the connection between an individual's non-modifiable traits and psychological well-being, many research has examined the concept from various angles.

In order for humans to perform at their best, which is to fully meet their life's expectations, individual psychological well-being is crucial. For this reason, fulfilling expectations is often considered a predictor of positive individual development and is linked to high levels of general well-being. As a result, psychological well-being is a unique characteristic of every community, influenced by the obvious kinds of jobs and hobbies that meet each person's expectations.

Sleep Problems among Adolescence Students

Serious repercussions may arise from sleep issues, regardless of whether the cause is an untreated sleep disorder or insufficient sleep. Lack of sleep has been

linked to poorer health, depression, sleepy driving, risk-taking behaviour, concentration and academic performance deficiencies, and damaged social interactions. Ninety found that adolescents' academic performance was adversely affected by shorter sleep durations, later bedtimes and wake-up times, irregular sleep/wake patterns, and poorer sleep quality.⁹ Lack of sleep has been connected to poorer health, depression, sleepy driving, risk-taking behaviour, poor attention and academic performance, and decreased social interactions. Adolescents who experienced shorter sleep durations, later bedtimes and wake-up times, erratic sleep/wake cycles, and poorer quality sleep performed worse in school.

Adolescents, waking up can actually be a precursor to persistent general sleep restriction or rest deprivation. 1,120 high school students' QS practices, discovered that between the ages of 13 and 19, sleep decreased by 40 to 50 minutes. After that, there was an early rising and late sleep. Women's sleep patterns are more structured than men's; they go to bed and wake up earlier, but this is not a strong indicator of wellbeing. Adolescent sleep quality can be attributed to a variety of factors, with psychiatric illness appearing to be a significant and relevant one. Adolescent rest has been connected in certain research to mental health conditions like anxiety and depression. Research on the Romantic Association between anxiety, depression, and sleep in a non-clinical sample between the ages of 6 and 11 found that children with sleep problems are more likely to experience stress and depression.¹⁰

The researcher discovered that issues with un-interrupted sleep during adolescence were predictive of significant stress. Family job is another psychological component that has a significant impact on how well children sleep, yet there haven't been many studies examining how these two aspects interact. A positive home environment was found to be important for both the quantity and quality of products among adolescents on psychological aspects, healthy behaviours, and perceived QS. Having trouble falling and staying asleep is a sign of poor sleep quality in children and adolescents, whose prevalence estimates vary. One of the most frequent clinical consequences of insufficient sleep is extreme daytime sleepiness (EDS), which is particularly common in teenagers. Daytime sleepiness is linked to mood disorders and psychiatric illnesses. It is directly tied to the rest habits that teenagers acquire and monitor during their youth. Adolescents' sleep habits and sleep quality are related, according to a number of research.¹¹ Age really can affect sleep habits, thus sleeping routines and bedtime should be adjusted accordingly. Using electronics is one of the main things that affects young people's sleep quality. Studies have indicated that among the most significant drawbacks of having high-quality sleep are the behaviours of teens. On the other hand, youth who watch television at night and get less sleep also consume more caffeine.¹² Actually, there is a connection between adolescents' sleep quality and psychotropic drugs. An

analysis focusing on the relationship between coffee and sleep discovered that in kids and teens, poor QS and caffeine have been associated. Adolescents younger than twenty-five minutes had an increased likelihood of experiencing trouble in class, difficulty in school, and greater drowsiness. People who slept for 8 hours and 15 minutes a night were likely to achieve higher grades and received the best possible rest. The relationship between different aspects of sleep habits and mental well-being, findings shows that, people over the age of 20 should get 8 hours of adequate sleep each night. The findings indicated that people who slept an average of between 7 and 7 hours were more likely to experience depression than those who slept for 7 hours or less, or 9 hours or maybe more.¹³

Reduced sleep duration has been linked to worse scores, low self-esteem, more depressive symptoms, unintentional injuries, and a healthy weight in adolescents, according to additional research on the topic. It appears reasonable to step in when youngsters exhibit indicators of insomnia. When 943 teenagers were asked about their sleep issues in 2002, 25% of the sample stated that they needed more sleep and that not getting enough sleep made them feel melancholy, worried, and easily distracted. Previous research has shown that sleep duration has a greater influence on quality of sleep than does sleep duration itself. Prior research has primarily concentrated on the duration of sleep to assess participants' sleep quality. Professionals comprehend and compute teenage mental health and well-being, and they prioritize the QS over sleep duration.¹⁴ If higher sleep duration was connected with better health outcomes as measured by the wellbeing scale's quality. More sleep did not correlate with greater wellbeing. Gender variations in sleep disorders and sleep patterns have not received much scientist.

Nowadays, a number of variables contribute to teenage and adolescent sleep deprivation. A lack of sleep during this crucial stage of development is caused by changes in the environment, behaviour, sociocultural, and physiology. The effects of sleep on youth are poorly understood. Adolescents are frequently impacted by concurrent factors, such as hormone shifts and early study periods. Early adolescence is characterized by circadian rhythm changes in adolescents, which shift the peak melatonin production later in the day, from approximately 11 p.m. to 8 a.m. School timetables impede the natural sleep cycle shift. With these start timings; kids begin their day before they have the required eight hours or more of sleep. Seven hours or fewer of sleep is what 70% of teenagers get on an average school night. Chronic sleep deprivation can result from this "sleeping religion" at night.¹⁵

Poor Sleep Quality among Adolescents

Adolescence is a developmental period associated with increased daytime laziness and reduced sleep. While behavioural and environmental factors that govern development, sleep patterns, and sleep-related problems have been shown

to impact immature sleep, genetic predisposition may also be involved. Although genetic tests do not provide enough information about pre-adult sleep problems, the article confirms that there are inherited effects on preschoolers, school-age children, and adults' sleep. In combination, research indicates that genetic factors play a significant part in infant sleep problem.¹⁶

In line with this, at least one study including adult couples ranging in age from 17 to 88 was conducted. More so, genetic factors account for 40% of the variation in sleep designs and 33% of the variation in sleep quality and distress, although it had no effect on the family conditions. Furthermore, this analysis revealed that the measure of hereditary commitment decreased with age. Therefore, the study looked at the psychological and socio-environmental characteristics among adolescents in southwest Nigeria who were enrolled in school as correlates of sleep quality. Due to psychological issues like social media use, anxiety, despair, and psychological stress, numerous adolescents had bad quality sleep, which made it difficult for them to function well on a daily basis.¹⁷ Adolescents who are having trouble sleeping should think about these things in order to get better sleep and avoid having to deal with the consequences on their schoolwork.

Sample Selection for the Study in Secondary Schools in Oyo Town.

Sampled School	Total Numbers of SS2 Students	Sampled SS2 Students
Oyo West Local Govt.		
Ladigbolu Grammar School 1, Oyo	196	132
Ojongbodu Grammar School, Oyo	188	127
Atiba Local Govt.		
Alaafin High School, Oyo	197	132
Oranmiyan Grammar School I, Oyo	201	134
Oyo East Local Govt.		
Community High School, Ajagba	183	125
Olivet Baptist High School, Oyo	247	186
Total	1,299	802

Source: Field Work, 2024

Tests of Hypotheses

Hypothesis 1: There will be no significant relationship between Sleep Quality and psychological well-being among senior secondary school adolescent students.

Table: Correlations Between Sleep Quality and psychological Well-being

		Psychological wellbeing	Sleep quality
Psychological wellbeing	Pearson Correlation	1	.861*
	Sig. (2-tailed)		.000
	N	699	699
Sleep quality	Pearson Correlation	.861*	1
	Sig. (2-tailed)	.000	
	N	699	699

- Correlation is significant at the 0.05 level

From the table above, it reveals that there is a strong positive relationship between Sleep Quality and psychological well-being among senior secondary school adolescent students since the critical value 0.00 is less than the significant value of 0.05. Therefore, the null hypothesis is rejected and the alternative hypothesis that there will be significant relationship between sleep quality and psychological well-being among senior secondary school adolescent students is accepted.

Hypothesis 2: There will be no significant gender differences between psychological well-being among senior secondary school adolescent students.

Table 2: Significant gender difference in psychological well-being among adolescent students in Oyo, Oyo State

	N	Mean	Std. Deviation	Std. Error Mean
Male P.W.	316	2.84	.711	.027
Female P.W	383	2.15	.704	.021
One-Sample Test				
	Test Value = 0			
	T	Df	Sig. (2-tailed)	Mean Difference
Male P.W.	68.117	395	.000	2.842
Female P.W.	59.231	304	.000	2.153

Source: Field Work, 2024

The objective of the study was to investigate potential disparities in psychological well-being among male and female senior secondary school adolescent students in Oyo, Oyo State. From the table, using the statistics, there is disparity in the

mean scores for male and female students. The significant level 0.00 is less than 0.05; therefore, we reject the null hypothesis and accept the alternative hypothesis that there is a significant gender difference in psychological well-being among senior secondary school adolescent students.

Discussion of Findings

The findings showed that the level of psychological well-being among senior secondary school adolescent students is high since the weighted mean is higher than the standard mean. This finding means that adolescent students in Oyo have high level of optimism, self-congruence, hope and confidence. The finding also connotes that these students can relate well with people in their environment, possessing high level of social wellness. According to the result in research question two, it was revealed that the level of sleep quality among senior school adolescent students is also high. This finding means that adolescent students in senior secondary schools have a healthy sleep-wake cycle, with good duration and vigor upon waking up. Adolescents are expected to sleep for about nine hours, and this sleep must not be interrupted by screen time or study.

Conclusion

Everyone needs sleep, as it is a basic psychological requirement and is necessary for both physical and mental alertness. Sleep is essential for the body and brain's healing and restoration processes. The body's and the brain's functions will eventually fail if this one is compromised. Students in their senior year of secondary school require a healthy sleep schedule to function well in the classroom and in their daily lives. Adolescent students in senior secondary school should take into account all the criteria in this work in order to maintain good mental and physical fitness as well as good sleep quality. Adolescent students enrolled in senior secondary schools must get enough sleep in order to achieve academic success.

Recommendations

The following recommendations are made based on the findings of this study:

1. Professional Counselling services should be put in place to assist adolescent students in senior secondary schools in order to enhance their psychological well-being.
2. Psychologists who specialize in education and Counselling should take into account the findings of this study as significant contributors to importance of sleep quality regarding psychological well-being. Additionally, it will aid in the creation of practical psychological techniques that may be used to foster sleep among adolescents in senior secondary schools.
3. Counselling psychologists in senior secondary schools should orientate the students on the importance of good sleep habits to their overall health as well as their academic performance.

4. Female senior secondary adolescent students should be assisted in fostering psychological well-being to help their all-round development and adjustment in life.

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