

UNIVERSITI TEKNOLOGI MARA

**QUALITY OF SLEEP AMONG NURSING
STUDENTS IN UiTM PUNCAK ALAM CAMPUS**

SITI NOR AZAH BINTI MOHD MESBAH

SITI RAHAYU BINTI ROSLI

SITI NUR SUMAIAH BINTI MAT JUSOH

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AUTHOR DECLARATION

I hereby to declare that this thesis entitled “Quality of Sleep Among Nursing Students in UjTM Puncak Alam Campus” is my own work. This thesis that had been carried out were following the requirement for the regulation of Universiti Teknologi MARA (UiTM) under supervision Madam Suzana Binti Yusof. I solemnly declare that no part of this thesis will be submitted to any other academic institution or non-academic institution for any other degree or qualifications. In this event that my thesis is found to violate the conditions mentioned above, I acknowledged that decisive action will be taken on me according to rules and regulations of Universiti Teknologi MARA (UiTM).

Name of student : Siti Nor Azah Binti Mohd Mesbah

Students ID No : 2012607898

Programme : Bachelor of Nursing (Hons)

Faculty : Faculty of Health Sciences

Thesis : Quality of Sleep among Nursing Students in UiTM Puncak Alam Campus

Author's signature

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ABSTRACT

Background: Sleep deprivation and excessive daytime sleepiness are major problems among college students nowadays. Lack of healthy sleep may affect academic performance among nursing students.

Objectives: This study is aimed to investigate the relationship between quality of sleep with socio-demographic data and academic performance among nursing students in UiTM Puncak Alam campus.

Method: a Cross-sectional study was carried out in UiTM. The study consist of an anonymous, voluntary survey that included the Pittsburgh Sleep Quality Index (PSQI), a self-rated instrument that measures sleep habits for a month.

Result: The finding in this study indicated that majority of nursing students UiTM Puncak Alam campus having poor sleep quality which had a percentage of 69% (n=89). Poor sleep quality, indicated by a total PSQI score of greater than 5. Age and year of study were reported had significance association with sleep quality which p -value of age was $p=0.003$ and p -value of the year of study was $p=0.000$. However, there is no significance association between quality of sleep with gender, medical problems, and treatment. It was also reported that there is no association between quality of sleep with academic performance.

Conclusion: Quality of sleep is significantly poor among nursing students. Thus, further research regarding factor that affects the quality of sleep and academic performance should be done and programs to improve the quality of sleep among students should be implemented.

Keywords: college student, sleep deprivation, sleep quality, nursing students