

UNIVERSITI TEKNOLOGI MARA

**DAYTIME SLEEPINESS RELATED TO SLEEP
QUALITY AND PERCEIVED SYMPTOMS
AMONG UNDERGRADUATE STUDENTS IN
UNIVERSITY**

**MARDHIAH BINTI KAMARUDDIN
AIN FARHANA BINTI ABDUL HALIM
WAN NOR ANIS MARINI BINTI WAN MOHD
SAIDI**

**Bachelor of Nursing (Hons.)
Faculty of Health Sciences**

JULY 2015

AUTHOR'S DECLARATION

I declare this thesis was conducted and carried out in accordance to the rules and regulations of Universiti Teknologi MARA (UiTM). It is authentic and the results of my own work, unless otherwise indicated or acknowledged as referencing work. This thesis has not been submitted to any other academic institutions or non-academic institutions for any degree or qualification purpose. If my dissertation was found to be violating the condition as mentioned above, I voluntarily waive the right of conferment of my degree and agreed to be subjected to the disciplinary rules and regulations of Universiti Teknologi MARA (UiTM).

Name of Student : Mardhiah binti Kamaruddin
Student ID : 2011487508
Programme : Bachelor of Nursing (Hons.)
Faculty : Faculty of Health Sciences
Thesis : Daytime Sleepiness Related To Sleep Quality and Perceived Symptoms Among Undergraduate Students In University
Signature of Student : 
Date : July 2015

Name of Student : Ain Farhana binti Abdul Halim
Student ID : 2011490574
Programme : Bachelor of Nursing (Hons.)
Faculty : Faculty of Health Sciences
Thesis : Daytime Sleepiness Related To Sleep Quality and Perceived Symptoms Among Undergraduate Students In University
Signature of Student : 
Date : July 2015

Name of Student : Wan Nor Anis Marini binti Wan Mohd Saidi
Student ID : 2011835386
Programme : Bachelor of Nursing (Hons.)
Faculty : Faculty of Health Sciences
Thesis : Daytime Sleepiness Related To Sleep Quality and Perceived Symptoms Among Undergraduate Students In University
Signature of Student : 
Date : July 2015

ACKNOWLEDGMENT

The researchers would like to take this opportunity to express their utmost gratitude to their supervisor, Madam Rashidah binti Shahruddin for all the guidance, instructions, ideas and supports given during execution of this research study, starting from proposal write-up until the establishment of this dissertation paper. Without her assistance, all of this would not be possible.

Not to forget, a warm appreciation is extended to Prof. Dr. Md Saion bin Salikin, Prof. Dr. Norhani binti Mohidin, Mr. Khairil Anuar and other lecturers, who were involved directly and indirectly, for assisting us in the process of writing up the proposal, data analysis, as well as with the manuscript writing. The tips given during research workshop were beneficial and useful in the making of this dissertation paper.

The researchers would also like to extend their heartfelt gratitude to the Department of Nursing and the ethics committee of Faculty of Health Sciences, Universiti Teknologi MARA (UiTM) for the recognition and endorsement given in order for this project to be executed within the time frame. The endorsement was important in order for the researchers to conduct the study without facing any ethical issues. Millions of thank you was also extended to the student's affair department of each faculty in this campus for allowing us to undergo a research study regarding 'Daytime Sleepiness related to Sleep Quality and Perceived Symptoms among Undergraduate Students in University' to the students indicated.

Last but not least, the researchers would like to convey their lovely appreciation to family members and friends for the continuous support and additional information given in order to make this dissertation paper into a reality.

TABLE OF CONTENTS

CONTENT	PAGE
TITLE PAGE	i
AUTHOR'S DECLARATION	ii
ACKNOWLEDGEMENTS	iii
LIST OF CONTENTS	iv
LIST OF TABLES	viii
LIST OF FIGURES	ix
LIST OF APPENDICES	ix
ABSTRACT	x
 CHAPTER 1: INTRODUCTION	
1.1 Background information	1
1.2 Problem statement	2
1.3 Significance of the study	4
1.4 Objectives	
1.4.1 General objectives	5
1.4.2 Specific objectives	5
1.5 Research hypothesis	6
1.6 Operational Definitions	
1.6.1 Daytime sleepiness	6
1.6.2 Sleep quality	6
1.6.3 Perceived symptoms	7
1.7 Summary	7

ABSTRACT

Background: Daytime sleepiness is the most common problem affecting these students in relation to the sleep quality measured, which is always portrayed during morning classes. It is understood that undergraduate students are experiencing excessive daytime sleepiness, along with the presence of much lower quality of sleep which has becoming a major concern among health professionals, parents as well as the lecturers.

Objectives: To evaluate daytime sleepiness related to sleep quality and perceived symptoms among the undergraduates in UiTM Puncak Alam campus.

Method: A cross-sectional study design will be employed whereby a self-reported questionnaire will be distributed to 372 full-time undergraduate students in UiTM Puncak Alam campus.

Results: 305 respondents were participating in this study where approximately 62% of the students experienced daytime sleepiness and 59.7% students were identified to be poor sleepers due to their (PSQI >5). Blurred vision was perceived the most by students. Faculties that were associated with daytime sleepiness were Health Sciences (mean = 1.49), Art and Design (mean = 1.79), Hotel (mean = 1.50) and Business Management (mean = 1.72). Meanwhile, semester 3 (mean = 13.18) and semester 4 (mean = 10.96) were the most associated semester with daytime sleepiness. The association was found to be significant between daytime sleepiness, sleep quality and perceived symptoms with $r = 0.291; 0.212$

Conclusion: Daytime sleepiness is prevalent among university students. Continuous research shall be conducted towards identifying more determinants affecting the prevalence. Students, the educators, educational institutions and health institutions need to incorporate current interventions toward achieving maximize efforts of combating the prevalence.

Keywords: Daytime sleepiness, sleep quality, perceived symptoms, undergraduate students.