

UNIVERSITI TEKNOLOGI MARA

**THE LEVEL OF SLEEP QUALITY
AMONG UiTM PERLIS STUDENTS**

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Research project submitted in partial fulfillment of the
requirements for the degree of
Bachelor of Health and Fitness (Hons.)


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AUTHOR'S DECLARATION

I declare that the work in this thesis/dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

Good quality of sleep is an acknowledged source of physical and mental wellbeing, happiness, and vitality. Without enough hours of restorative sleep, the individual will not be able to function, study, develop and interact even near to their true potential at a point of time. University student's lifestyle changes with the new life of studying. Sleep problems and sleep disorders severely impair university students' academic success. To date, there is limited study on level of sleep quality among university student. Therefore, the purpose of this study is to identify the level of sleep quality among UiTM Perlis students. A total of 417 respondents among UiTM Perlis were set up through WhatsApp to answer the questionnaire by Pittsburgh Sleep Quality Index (PSQI) via Google Form. There was a significant difference on level of sleep quality among UiTM Perlis Student ($p = 0.001$). The mean global score for all students was (6.47 ± 3.105) . Faculty of Architecture Planning and Surveying had a higher mean global score (8.95 ± 2.882) . Faculty of Sports Science and Recreation had a lower mean global score (3.86 ± 2.014) . From the result, Faculty Architecture Planning and Surveying have poor sleep quality while Faculty of Sports Science and Recreation have good sleep quality. In conclusion, the study showed the level of sleep quality among UiTM Perlis students is slightly greater on poor sleep. This might be due to poor sleep habits like having an irregular sleep pattern and psychological issues such as stress.

Keywords: Sleep Quality Index, University students.

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