

Effect of Sleep Deprivation on Anxiety and Quality Of Life of Engineering and Medical Students: A Comparative Study

¹Musharraf Jamal, ²Dr. Deepshikha Gupta

¹Intern, (B.O.Th) Department of Rehabilitation Sciences, ²Assistant Professor
Jamia Hamdard

BACKGROUND:

Mental peace and stability is important at every age, be it the initial years of the career starting or the declining years of the age, but as the person gets involved in his career and life motives, it becomes difficult for them to cope with the difficulties they face with the issues of their mental stability and wellbeing. It is commonly seen in students and many people of different age group of various fields and career backgrounds that they are affected with various mental illnesses including sleep deprivation and anxiety which eventually effects a person's quality of life. Quality of life is a broad ranging concept affected in a complex way by the person's physical health, psychological state, personal beliefs, social relationships and their relationship to salient features of their environment and with Impairment of quality of life, it leads to many mental illnesses including anxiety and sleep deprivation as most of the students are affected with various mental issues, In this research, it is discussed and compared the quality of life of engineering and medical students due to their levels of anxiety and sleep deprivation.

AIMS AND OBJECTIVES:-

- To find out Sleep Deprivation in undergraduates Medical and Engineering students.
- To find out Anxiety in undergraduates Medical and Engineering students.
- To find out Quality of life in undergraduates Medical and Engineering students.
- To compare sleep deprivation with anxiety in undergraduates Medical and Engineering students.
- To compare Sleep Deprivation with Quality of Life in undergraduates Medical and Engineering students.

METHODOLOGY: This study was done with comparative study design with a sample size of 118. The source of data collection was community based and convenience sampling was used as sampling design. The inclusive criteria were:

- Undergraduate medical students.
- Undergraduate engineering students.
- Both male and female between 18-25years of ages.
- Both day scholars as well as hostellers included.

Exclusion criteria:

- Those who are diagnosed with any anxiety disorders.
- Post graduate medical students.
- Post graduate engineering students.
- Those who suffered from any form of physical or mental trauma which caused any negative impact on their quality of life.

The purpose of the study was explained to all the eligible participants and verbal and written consent was obtained. The questionnaires used were Beck Anxiety Inventory Scale, Sleep Quality Scale (SQS) and WHO-QOL brief Scale.

RESULT: the comparative study between MBBS and B.TECH groups were statistically analyzed by using T-TEST. Respective graphs were made of all the components between MBBS and B. TECH students' scores, which shows the levels of sleep deprivation, anxiety and quality of life.

The overall result for the comparison between MBBS and B. TECH students for respective components i.e sleep deprivation, anxiety and quality of life was found that there is no significant difference in the level of sleep quality between MBBS and b. tech students. For anxiety, it was found that B. TECH students were more affected with anxiety as compared to MBBS students. Similarly for quality of life, it was found that the physical domain of QOL is more affected in B. TECH students as compared to MBBS students, while B. TECH students had better psychological domain of QOL to those of MBBS students, where as there is no significant difference between the levels of social relationship domain and environmental domain of QOL among MBBS and B. TECH students.

CONCLUSION:

The results suggests that both are equally Sleep deprived as there is no significant difference between them while the students of B.TECH are more affected for Anxiety and less for Physical health domain of QOL than MBBS students, whereas MBBS students had less Psychological domain of QOL than B.TECH students, while both had almost equal level of Social and Environment domain of QOL as there is no significant difference between them.

So the study concludes that students of B. TECH are much more affected than students of MBBS and require better overall. As the student community forms the backbone of any education system in society, we as, therapistss should try to strengthen each individual by promoting not only quality of life and mental health but also aiming for overall holistic development.