



Sleeping Habits and Effects among the Medical Students in Georgia: A Study

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ABSTRACT:

Sleeping disorder is common factor among the medical students in the modern life style. Sleeping habits have influence in the day to day life, good quality of sleeping reduce the stress and gives good health for the medical students. Lack of sleep is effects on health issues work disorder among them. Medical students are facing lack of good quality of sleep due to their heavy curriculum aspects. The study aims to know the sleeping habits of medical students in Georgia. The paper explains about the reasons for lack of sleep among the medical students. It also highlights about the effect of poor sleep in daily life of the students. The study observed that 100% of respondents watch social media before go off to sleep and majority of respondents (36.30 %) facing poor sleep. The paper reveals that 48.15% of respondents opined poor sleep effect on ability to work. The result of the study says that 87.78% of respondents don't have family history of sleep disorder and 35.5% of respondents expressed work stress is the reason for lack of sleep. The paper also gives various suggestions to improve sleeping habits among the medical students.

Keywords: Sleeping habits, Effects, Medical Students, Georgia,

I. INTRODUCTION:

Sleep is a biological necessity, and insufficient sleep and untreated sleep disorders are detrimental for health, well-being, and public safety. Healthy People 2030 includes several sleep-related objectives with the goal to improve health, productivity, well-being, quality of life, and safety by helping people get enough sleep. (Ramar K, Malhotra RK, Carden KA, et al, 2021). It is very important part, the physical and mental health of

the human being is mainly depends upon the good quality of sleep. Poor sleep drains the mental abilities, concentrations, learning ability, academic performance, and behavior among the medical students. Sleeping disorder also effects with a number of problems like health problems, memory loss, change of mood, weakens of immune system, weight loss or gain, accidents, risk of blood pleasure, and trouble with thinking and concentration. There is need to medical curriculum to include education on how to manage good quality of sleeping habits among the medical students.

II. OBJECTIVES OF THE STUDY:

The following are the objectives of the study which aim at:

1. To know about the sleeping habits of medical students in Georgia.
2. To ascertain the reason for lack of sleep among the medical students
3. To find out the problems occurred to sleep for the medical students
4. To identify the effect of poor sleep in daily life of the students.
5. To suggest various measures to improve sleeping habits among the medical students.

III. RESEARCH METHODOLOGY:

The study is based on the survey method and the respondents were randomly chosen. Primary data has been collected by the use of structured questionnaires in Google form. Totally 270 students who are studying medical sciences in Georgia have taken for the study.



IV. SCOPE AND LIMITATION OF THE STUDY:

The scope of the present study is only limited to medical students who are studying in Georgia. The respondents of the study are Georgian, Indian and others countries students who are studying medical sciences in Georgia.

V. ANALYSIS AND INTERPRETATION OF DATA:

The data collected from the respondents were analyzed and presented in the following elements;

5.1 Sample of respondents:

Students	No of respondents	Percentage
Indian	50	18.52
Georgia	175	64.81
Others	45	16.67
Total	270	100

Table 1: Sample of respondents:

Table 1 reveals that 270 respondents who are studying medical sciences in Georgia have taken for the study. Totally 140 (64.81%) are Georgia students, 50 (18.52%) students are Indian

students and 45 (16.67) are other countries students studying in Georgia constituted the respondents for the study.

5.2 Gender distribution of the respondents

Gender	Frequency	Percentage
Male	146	54.07
Female	124	45.93
Total	270	100

Table 2: Gender distribution of the respondents

Table 2 shows the gender distribution of the respondents. It is found that 146 (54.07%) are male respondents and (124, 45.93%) are the female

respondents. Therefore, it is clear from the above table, that majority of the respondents (146, 54.07%) are male in the present study.

5.3 Age distribution of the respondents

Age	Frequency	Percentage
19-22	113	41.86
23 to 26 years	145	53.70
Above 27 years	12	4.44
Total	270	100

Table 3: Age distribution of the respondents

Table 3 reveals the age distribution of the respondents. It is found that majority proportion of the respondents 145(53.70%) are belongs to the 23 to 26 years of age. A significant proportion of the respondents, (113, 41.86%) belongs to the age

group of 19 to 22 years. And, a very small proportion of the respondents (12, 4.44%) are aged above 27 years of age. Therefore, it is clear from the above table, that majority of the respondents belongs to the 23 to 26 years of age.



5.4 Educational background:

Class	Frequency	Percentage
1 st Year	37	13.70
2nd Year	21	7.78
3rd Year	32	11.86
4th Year	20	7.41
5th Year	89	32.96
Internship	71	26.30
Total	270	100

Table 4 Educational background:

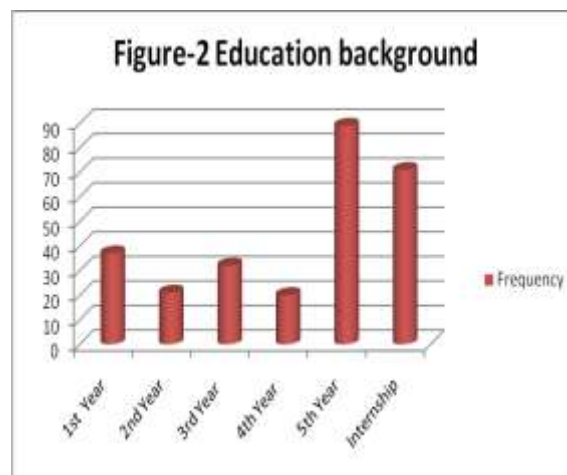


Table 4 and figure 2 reveals about the qualification of the respondents in this study. It is found that majority proportion of the respondents (89, 32.86 %) are studying in fifth year MBBS and a significant proportion of the respondents (71, 26.30 %) are studying in internship followed by 37

(13.70) studying 1 year, 32 (11.86%) studying 3rd year, 21 (7.78) studying 2nd year and 20(7.41) students studying 4th year MBBS in Georgia. Therefore, it is clear from the above table, that majority of the respondents (89, 32.86 %) are studying in fifth year MBBS.

5.5: Poor sleep nights in a week

Poor sleep nights in a week	Frequency	Percentage
1 -2 days	82	30.37
3 - 4 days	98	36.30
5 - 6 days	32	11.85
Everyday	58	21.48

Table 5: Poor sleep nights in a week

Table 5 reflects about the Poor sleep nights in a week among the medical students of the study. It is found that majority proportion of the respondents (98, 36.30%) are facing poor sleep in 3 to 4 days nights in a week and a significant proportion of the respondents (82, 30.37) get poor

sleep in 1 -2 days nights, 58 respondents (21.48%) are expressing poor sleep in 5 -6 days nights in a week and 32 respondents (11.85%) says that they will get poor sleep every day.



5. 6: Problems occurred to sleep

Problems occurred to sleep	No.of Respondents (N=270)	Percentage
Feeling drained and exhausted in the morning	156	57.78
Getting up in middle of night	20	7.41
Waking up too early	22	8.15
Other	72	26.68

Table 6: Problem occurred to sleep

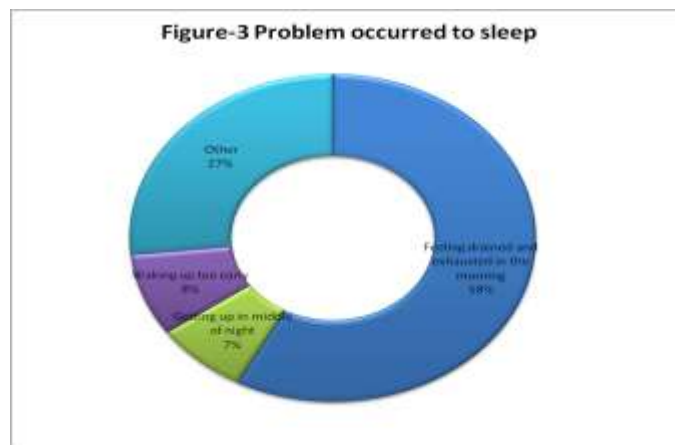


Table 6 depicts about the problems occurred to sleep. In this majority of the respondents (156, 57.78%) feeling drained and exhausted in the morning, 22 respondents (8.15%)

waking up too early, 20 respondents (7.41) getting up in middle of night and 72 (26.68%) respondents says problem occurred to sleep for other reason.

5.7: Activities before go off to sleep

Activities before go off to sleep	No.of Respondents (N=270)	Percentage
Watch social media	270	100
Talking to someone partner	71	26.30
Read books or eBooks	64	3.70
Drink alcohol	15	5.56
Smoking	16	5.93

Table 7: Activities before go off to sleep

Table 7 reveals about the activities of medical students before go off to sleep. It is found that 270 respondents (100%) says that they watch social media before go off to sleep, 71 respondents

(26.30%) talking to someone / partner , 23.70 % read books or eBooks, 5.93 % Drink alcohol and 5.56% respondents are smoking before go off to sleep.



5.8: Effects of poor sleep in daily life

Activities before you go off to sleep	No. of Respondents (N=270)	Percentage
Ability to work	130	48.15
Cognitive deficit (concentration, memory. etc)	124	45.93
Energy	90	33.33
Moods	65	24.07
Professional Life	106	39.26
Relationship	46	17.04

Table 8: Effect of poor sleep in daily life

Table 8 explained about the effects of poor sleep in daily life among the medical students. It is found that majority of respondents (130, 48.15 %) opined that poor sleep effect on ability to work,

124 respondents (45.94%) says Cognitive deficit (concentration, memory. etc), 90 respondents (33.33%) opined Energy.

5.9: Reasons for lack of sleep

Reasons for lack of sleep	No.of Respondents (N=270)	Percentage
Work stress	157	58.15
Relationship problems	56	20.74
Distant from family	46	17.03
Being alone	70	25.93
Economic issues	92	34.07
Health issues	68	25.18

Table 9: Reasons for lack of sleep

Table 9 shows the responses about reasons for lack of sleep. It is found that majority proportion of the respondents (209, 35.5%) have opined that they have work stress, 92 (34.07) respondents also opined that Economic issues ,

25.93% of respondents says that being alone and health issues , 20.74 opined that Relationship problems and 56 respondents (17.03%) says distant from family also the reasons for lack of sleep,

5.10 Family history of sleep disorder

Family History of Sleep Disorder	No. of Respondents (N=270)	Percentage
Yes	18	6.66
No	237	87.78
May be	18	6.66

Table-10 Family history of sleep disorder

Table 10 shows whether respondent's family history of sleep disorder is there or not. It is found that majority proportion of the respondents (237, 87.78%) opined they don't have family history of sleep disorder and, a small proportion of the respondents (18, 6.66 %) said that they have yes and also similar number of respondents as

opined that may be they have history of sleep disorder. Therefore, it is clear from the above table, that majority of the respondents don't have family history of sleep disorder.



VI. FINDINGS AND RECOMMENDATIONS

6.1 Findings:

1. The study reveals that majority of the respondents (146, 54.07%) are male in the present study.
2. It is found that majority of the respondents (53.70%) belongs to the age group of 23 to 26 years.
3. The study reveals that majority proportion of the respondents (89, 2.86 %) are studying in fifth year MBBS in this study
4. The study depicts that that majority of the respondents (98, 36.30%) facing poor sleep in 3 to 4 days nights and (82, 30.37) get poor sleep in 1 -2 days nights in a week.
5. The study depicts that respondents (156, 57.78%) feeling drained and exhausted in the morning, 22 respondents (8.15%) waking up too early, 20 respondents (7.41) getting up in middle of night.
6. It is found that 270 respondents (100%) watch social media before go off to sleep.
7. The respondents (130, 48.15 %) opined that poor sleep effect on ability to work, 124 and (45.94%) says Cognitive deficit (concentration, memory. etc)
8. It is found that reason for lack of sleep are the respondents (209, 35.5%) have work stress and 92 (34.07) respondents faces that economic issues.
9. It is found that the respondents (237, 87.78%) don't have family history of sleep disorder.

6.2 Suggestions:

1. There is a significant need to include about healthy sleep in MBBS curriculum.
2. The medical students needs to concentrate on time management, prioritize the work based on importance and urgency , avoiding the postponing of work and need to set limit to complete the task in stipulated time and avoiding non essential and repeating of work results to get good sleeping.
3. The sleep time schedule to be maintained and to be strictly followed.
4. The students need to eat nutrients and healthy food.
5. Physical activities and mediation helps the students to get quality of sleeping
6. Students should keep the bed room neat and calm. The good environment is also effect on good sleeping.
7. Take bath before going to bed helps to get good sleeping.

8. Talk to friends and family members may helps to get relaxation from the work pressure.
9. Managing systematic life style and listening music is also the solution for the good sleep.
10. Students need to consult family physician, if any health issues.

VII. CONCLUSION:

The main objective of the medical sciences is to save the lives and keep the society healthy. The medical students are white scholars and their health and wealth also more important to the any nation. These students's quality of good sleep contributes to good academic performance and more learning. The time management, systematic work schedule and healthy practices may help the medical students for getting quality of good sleep.

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