

Abstracts of the WCMSR

01. SLEEP QUALITY AND ITS ASSOCIATED FACTORS: A COMPARATIVE STUDY OF UNDERGRADUATE STUDENTS OF THE UNIVERSITY OF PORT-HARCOURT.

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BACKGROUND: Sleep quality is a critical determinant of health and academic success, yet university students remain at high risk for sleep disturbances. In resource-limited settings like Nigeria, students navigate unique infrastructural and socio-economic stressors that may exacerbate poor sleep architecture.

AIM: To determine the prevalence of poor sleep quality and its association with sociodemographic factors, academic workload, sleep environment, electronic use, stress, physical activity, and substance use.

METHODS: A descriptive cross-sectional study was conducted among 424 undergraduates selected via a multistage sampling technique across four faculties. Participants were chosen using a computer-generated random number sequence based on official class lists to minimise selection bias. Sleep quality was assessed using the validated Pittsburgh Sleep Quality Index (PSQI), alongside a structured questionnaire evaluating lifestyle and academic variables. A global score >5 was defined as poor sleep quality. Data were analysed using SPSS version 31, with statistical significance set at $p < 0.05$.

RESULTS: The prevalence of poor sleep quality (Global PSQI >5) was 58.02% ($n = 246$), with a mean global score of 6.36 ± 3.47 . Component analysis identified sleep disturbances ($M = 1.32$) and prolonged sleep latency ($M = 1.07$) as the most significant issues. Statistically significant associations with poor sleep were found for employment status ($p = 0.002$), perceived stress levels ($p = 0.003$), and recreational drug use ($p = 0.009$), while other variables, such as academic workload and environmental factors like room lighting and screen time, had no significant associations.

CONCLUSION: Poor sleep quality is highly prevalent among undergraduates at the University of Port-Harcourt. Stress, employment, and recreational drug use significantly influence sleep outcomes. Institutional interventions promoting stress reduction, health education, and substance use prevention are recommended to improve students' sleep hygiene, mental well-being, and academic performance.

Key Words: Sleep Quality, Students, Stress, Psychological, Substance-Related Disorders, Sleep Hygiene.

Figure or Table:

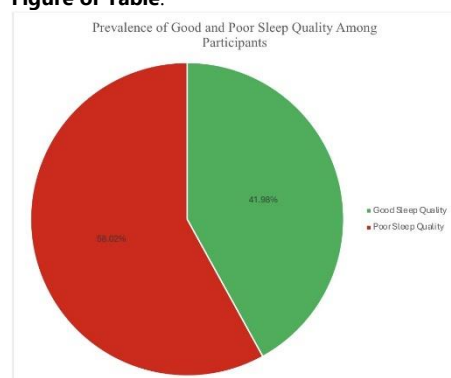


Figure 1: Prevalence of good and poor sleep quality among participants.