The Relationship Between Sleep Quality and Academic Achievement Score in BezmialemVakif University Medical Faculty Students

Meryem Kaya[1], Emine Rümeysa Hekimoğlu[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, Istanbul, Turkey

[2] Bezmialem Vakıf University, Faculty of Medicine, Department of Histology and Embryology Istanbul, Turkey

Introduction

Sleep is a state of unconsciousness that can be reversed by sensory or other stimuli. It is a state of inactivity that allows the organism to rest and a regeneration period that prepares the whole body for life.Sleeping disorders can cause many negativities such as difficulty in concentrating, excessive activity, excessive daytime sleepiness, impulsivity, moodiness, irritability, poor school performance, learning disorders and problems in social relations.Aim of this study support the literature by investigating whether there is a relationship between sleep quality and exam success in medical school students.

Method

Our study was carried out with the participation of 120 students from Bezmialem Vakif University Faculty of Medicine. The relationship between sleep quality and academic achievement was investigated by analyzing the tests administered to these students and comparing them according to various factors. Pittsburg Sleep Quality Index; The scale, which was adapted into Turkish in 1996, consists of 24 questions. Those with a total score of 5≥ "good sleep", and those with a score of 5< are considered "poor sleep quality". Academic Self-Efficacy Scale; It is stated that the scale, which is stated to consist of a total of three dimensions, can also be used as a single dimension. These dimensions consist of three dimensions: social status dimension, cognitive practices dimension and technical skills dimension. The original of the academic self-efficacy scale consists of 33 items. In this context, the highest score that can be obtained from the original scale is 5 x 33 = 165 points, and the lowest is 1 x 33 = 33 points. The data will be analyzed with the IBM SPSS Statistics 22.0 package program. The mean differences between the groups will be examined with the t-test, and the relationship between the continuous variables will be checked with the Pearson correlation coefficient.

Result

43 male and 77 female students participated in our study. The average Pittsburgh Sleep Quality Index score of the students participating in the study is 6.19 ± 2.27.The mean score of the students on the Academic Self-Efficacy Scale is 106.16 ± 21.04.The PSQI value was compared according to the classes and a significant difference was found between the 3rd and 5th, 3rd and 4th, 3rd and 1st grades, and between the 2nd and 1st grades. The PSQI value of the students living with their families was 5.88 ± 2.53 and the Academic Self-Efficacy Scale score was 111.44 ± 24.26. The PSQI value of the students living alone/with friends was found to be 6.54 ± 3.17 and the Academic Self-Efficacy Scale score was found to be 100.75 ± 27.25. Both sleep quality and academic success of students living with their families were more positive.

The mean PSQI value of the first graders was 7.45 ± 2.9 and the Academic Self-Efficacy Scale score was 117.73 ± 36.13.The mean PSQI value of the 2nd graders was 4.67 ± 3.5 and the Academic Self-Efficacy Scale score was 117 ± 41.05.The mean PSQI value of the 3rd graders was 4.18 ± 2.81 and the Academic Self-Efficacy Scale score was 118.13 ± 25.93.The mean PSQI value of the 4th graders was 6.18 ± 2.38 and the Academic Self-Efficacy Scale score was 104.79 ± 22.50.The mean PSQI value of the 5th graders was 6.40 ± 2.30 and the Academic Self-Efficacy Scale score was 106.30 ± 19.24. A statistically significant ($P=0.004$) negative (inverse relationship) low level correlation was found between PSQI and Academic Self-Efficacy Scale scores in all of the students participating in the study. ($r=-0.263$)

Conclusion

Sleep quality also affects our academic success. A relationship, albeit low, was found between sleep quality and academic achievement.
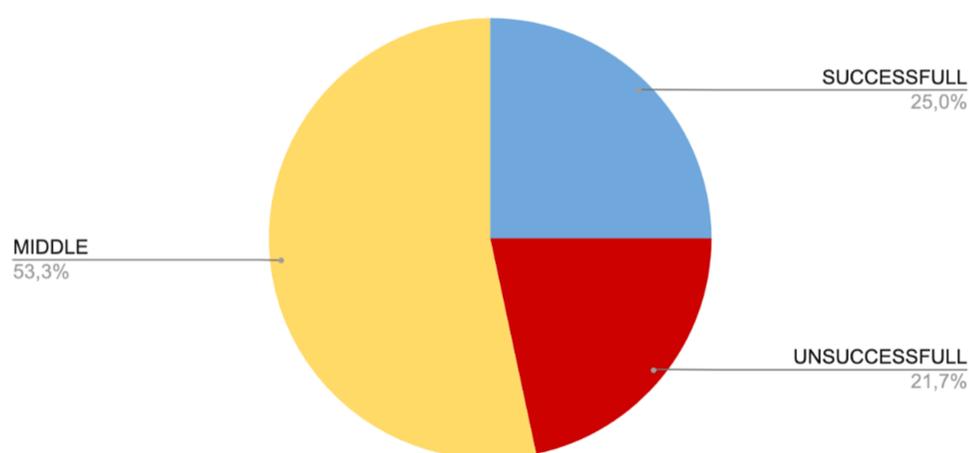
Keywords

Sleep quality, academic self-efficiacy, medicine students.

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Academic Self-Efficacy — SUCCESSFULL 25,0%; UNSUCCESSFULL 21,7%; MIDDLE 53,3%

PSQI — GOOD SLEEP QUALITY 29,2%; BAD SLEEP QUALITY 70,8%