

P-161

## Association between Social Media Networks Usage and Sleep Quality among 12<sup>th</sup> Grade School Students in an Educational Zone in Jaffna Northern Sri Lanka

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### Abstract

**Background:** Nowadays social media usage has been increasing among adolescents as increased internet facilities. Among adolescents a very little is known about the potential association between usage of social media and sleeping quality of school students especially among secondary grade students

**Objective:** To assess the influence of social media networks usage on sleep quality among 12<sup>th</sup> grade school students in an educational zone in Jaffna Northern Sri Lanka.

**Methods:** It was an institutional based, descriptive cross-sectional study among 525 students. Two tools were adapted, "Sleep-quality questionnaire" to assess sleep quality and for "Social Media Addiction Scale" for social media usage. Data was collected through self-administered questionnaire. Data was analyzed with the help of statistical package for social studies (SPSS 21). ANOVA, t-test.  $P \leq 0.001$  was considered statistically significant. Ethical clearance was obtained from Ethical Review Committee.

**Results:** Mean age among participants was of 17.02 years, 199 (37.9%) were males. Most were from Arts stream (301, 57.3%). Most of the students were having normal sleep quality 375 (71.4%) and only 7 (1.3%) students were reported to have severe sleep problems. In social media usage, 197 (37.5%) students agreed that they are eager to use. Mean and median of social media usage scores were 73.32 and 73 respectively for the score out of 100. Sleep quality mean value difference between male and female students was statistically not significant. Social media usage score had a negative correlation with quality of sleep and it was statistically significant ( $<0.001$ ). The study stream and gender did not show statistically significance on the relationship between sleep quality and social media usage.

**Conclusion:** Social media networks usage influence on sleep quality among this study population.

**Keywords:** Sleep quality, Social media usage, Adolescent, Jaffna

