

Influence of Electronic Media on Sleeping: A Case Study of Undergraduates of University of Ruhuna

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Sleep is a dynamic indicator of overall health and wellbeing of everyone. According to the medical recommendation, at least seven to nine hours sleep is required among the younger adults. Poor sleep by a range of disturbing one's sleeping pattern or by disrupting the sleeping quality may cause sleeping disorders. Hence, electronic media usage in bed before going to sleep and staying late at night with these media have become a major cause for sleeping disorder. The core objective of the study is to examine whether electronic media affect the sleep quality of undergraduate students and the sub-objective is to identify the link between academic performance and the usage of electronic media among them. A self-administrated, pre-tested questionnaire online survey was conducted for the sample of 311 undergraduate students of the faculty of Humanities & Social Sciences, University of Ruhuna, selected through stratified sampling technique. Hierarchical regression analysis technique and the Chi-square test of independence were used to analyse data using SPSS (version 22.0). According to the results, the difference of sleep time and quality depended on the usage of electronic media. The most popularly used electronic devices were computer, mobile/ smart phone, television and radio and the influence were 0.89, 0.536, 0.747 and 0.064 respectively. According to the Chi-square coefficient 20.970 under 16 DF, the variables academic performance and ailing morning sleepiness depends on each other. There will be a risk of sleeping disorders due to lack of sleep and influence on academic performance and wellbeing. The present study brings the necessity of a scientific study to identify and measure sleeping disorders among undergraduates due to the electronic media, and also to find the suitable factors in study is particularly of great significance to the social and medical field researchers, younger generation, educators so on.

Key words: *Sleep, Electronic media, Undergraduates*