

Euro Mental Health 2019: Impact of Insomnia on Optimism: A Predictor Factor among Young Adults in Indian Context- Aprajita Jayaswal- Amity University

Aprajita Jayaswal

Amity University, India

Abstract

Recent research studies have revealed that inadequate quantity of sleep cycle and deprived sleep quality, are one of the most common emerging issues which are affecting the personality and attitude traits of an individual. There is significant research studies conducted which indicates optimism and self-esteem are the core salient features for maintaining a good health.

Aim of the study: There is a dearth of knowledge regarding the possible determinants of positive optimism characteristics among young adults. Therefore, the present study was conducted to examine the relationship of optimism with insomnia symptoms among young adults.

Method: Sleep parameters and optimism were assessed by administering standardized questionnaire(s) among a sample of 200 young adults aged between 17 and 26 years studying in University. Results: Statistical analysis shows strong negative correlation between optimism scale and sleep cycle, the participants exhibiting higher score of insomnia tend to show lower score on optimism scale.

Conclusion: The result provides preliminary input on risk factors for insomnia and effect on optimism, as adequate amount of sleep has a strong relationship with optimism leading to a more confident and improved quality of life. This finding can be implemented to guide sleep hygiene promotion and intervention among college students.

INTRODUCTION: Emerging research supports the findings that nocturnal sleep is one of the most important aspects of our life for maintaining a sound physical and mental health. Various research studies indicate that sleeping less than 7-hours as well as sleeping more than 8-hours is closely linked to an increased susceptibility to a broad range of physical and psychological health problems, such as ranging from poor vigilance and memory to reduced mental and physical reaction times, reduced motivation, depression, insomnia, metabolic abnormalities, obesity, immune impairment, and even a greater risk of coronary heart disease and even

cancer. Longitudinal evidence suggests that insomnia is the most common co-morbid condition seen with mood, anxiety and predates the onset of low optimistic attitude within an individual. Numerous research studies also reveal significant results which indicate that sleep deprivation among young adults tends to interfere with the mechanism which is responsible for regulating personality characteristics including optimism, with increased risk for anxiety, negative mood, impulsivity, and inability to cope up with social stresses. The circadian rhythm i.e. the sleep-wake cycle is controlled by the suprachiasmatic nucleus of hypothalamus. The orexinergic neurons of the lateral hypothalamic area (LHA) promote wakefulness and the inhibitory effect of ventrolateral preoptic nucleus (VLPO) promotes sleep. There are various models which define the foundation of insomnia explaining the various factors that are responsible for related sleep disturbances. One such model is the diathesis stress model or the 3-P model (predisposing, precipitating and perpetuating) factors given by Spielman et al who mentioned the role of the three P's in development and maintenance of insomnia. The insomnia symptoms worsen in an attempt to relieve it hence the model focuses on behavioural pattern. For example, an attempt to compensate for reduced sleep by spending increased time in bed may worsen insomnia unintentionally. As per the diagnostic guidelines of insomnia (ICD10, 2004), the following are essential clinical features for a definite diagnosis

METHODS: Participants A total of 92 subjects were selected using purposive sampling based on their encouragement to participate in the present study from the university. The participants were divided into Group 0: 63 (aged 17-21-years) and Group 1: 29 (aged 22-26-years). Individuals who fulfilled the criteria of insomnia with the minimum age of 17-years were included in the study. On the other hand, individuals who were suffering from other psychiatric illness or comorbid conditions were excluded from the study based on structured psychiatric interview. All the subjects were explained in detail regarding the purpose of the study. Primarily, the mother tongue of all the participants was Hindi simultaneously had a

good knowledge of English. Informed consent and personal information was taken from the participant and permission was granted by the research committee of the university to conduct the research

RESULTS AND DISCUSSION: The aim of the study was to find out the RS between insomnia and five facets of Optimism among University students. On statistical analysis, the correlation between PSQI and OI was found to be: Therefore, the findings reveal that there is a negative correlation between Sleeping Difficulties and Optimism which means a higher level of optimism is related to better Sleep Quality and more sleeping difficulties relate to lower level of optimism.

- Positive Emotions and PSIQ
- Engagement and PSIQ
- Relationship and PSIQ
- Meaningfulness and PSIQ
- Accomplishment and PSIQ

CONCLUSION AND IMPLICATIONS: In summary, the current study extends the knowledge towards the facets of optimism, elaborating that better sleep quality is associated with a higher level of positive facets viz. PE, EM, RS, MF and AC. Future studies can make a greater effort in establishing a causal RS between optimism and insomnia and ascertaining the effect of multiple factors such as stress, depression, social support. In a university setting, the finding can be implemented to nurture optimism and guide sleep hygiene promotion and intervention among college students.

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