


# Chapter 17


## Study on Irregular Sleep Patterns and Stress in University Students

**Geetha Mary Amalanathan**

 <https://orcid.org/0000-0003-3246-5243>

*SCOPE, Vellore Institute of Technology, India*

**Sophia Amalanathan**

 <https://orcid.org/0000-0002-2241-6416>

*Department of ENT, Indira Gandhi Medical College and Research Institute,  
Puducherry, India*

**K. Mani Rahulan**

*Department of Physics and Nano Technology, SRM Institute of Science and  
Technology, Chennai, India*

### ABSTRACT

*Sleep enables our bodies and minds to regenerate. How long and how well we sleep affects how rested and energized we feel the next day. Sleep duration and quality are frequently impacted by stress. Both stress and sleep deprivation can seriously harm one's physical and mental well-being. Stress and erratic sleep habits not only affect students' physical and emotional health, but they also have an impact on their academic achievement. A study on stress and sleep patterns among students at a technical university in southern India was carried out. It was clear from the study that stress and sleep patterns have correlations. The majority of students report experiencing stressful situations and irregular sleep patterns, but only a small percentage of students were diagnosed with mental disorders and sleep disturbances.*

DOI: 10.4018/979-8-3693-1455-5.ch017

## INTRODUCTION

Due to a multitude of internal and external pressures placed on students, stress has become an integral part of their academic lives. Children are especially vulnerable to the negative effects of academic stress because they are going through personal and social transitions. Therefore, to develop appropriate and effective intervention policies, it becomes imperative to understand the causes and effects of academic stress. To assist students in reducing stress, college psychologists and counselors could be involved, and effective counseling modules could be developed if the causes of stress were understood. People have long believed that students are least affected by stress or other issues. Students were expected to work only on their studies, and studying was never seen as a stressful endeavor. The hopes parents had for their kids turned out to be stressful since they eventually grew into heavier loads that these kids were unable to carry. A study found that college students experience stress due to their workload and approaching deadlines for assignments. Students experience stress not only from these financial challenges but also from unrealistic expectations and parental anxiety. Students' stress levels rise as a result of the educational system, which is also very important. Lecture hall congestion, the semester grading system, a lack of facilities and resources, a large syllabus, long work hours, and expectations of mindless concept cramming are a few of the causes. They are cruelly instilled with a fear of failing by parents and institutions, which undermines their confidence and sense of self-worth.

It is now a sobering reality that warrants serious concern because it is a sign of the rising anxiety levels in India related to mental health. Stress related to school can lead to mental health issues like depression and feelings of hopelessness and inevitable failure. Students who experience high levels of academic stress have been found to exhibit depression, anxiety, behavioral issues, touchiness, etc. In addition, it causes issues like irregular sleep patterns, elevated blood pressure, weight gain or loss, and so forth. These students experience extreme performance pressure, which has led to a significant rise in suicide attempts. It's important to realize that low stress does not always translate into better performance from students in these situations, they would perceive the work as simple and could become easily bored. While some stress can motivate students to perform at their best, excessive stress can have detrimental effects on both the student and the school if it is not effectively managed because there are not enough resources to handle it. Because the causes of stress vary despite the body's indistinguishable stress responses, knowing the former will aid in the development of tailored interventions meant to lower students' stress levels, which will ultimately improve their general well-being.

16 more pages are available in the full version of this document, which may be purchased using the "Add to Cart" button on the publisher's webpage: [www.igi-global.com/chapter/study-on-irregular-sleep-patterns-and-stress-in-university-students/357174](http://www.igi-global.com/chapter/study-on-irregular-sleep-patterns-and-stress-in-university-students/357174)

## Related Content

---

### Mindfulness in Education

Glykeria Reppaand Katerina Michael (2025). *Effective Practices for Mental Health Promotion in Education* (pp. 181-204).

[www.irma-international.org/chapter/mindfulness-in-education/357318](http://www.irma-international.org/chapter/mindfulness-in-education/357318)

### ADHD, Parental Stress, Stigma, and Mindfulness Training

Rejani Thudalikunnil Gopalan (2021). *New Developments in Diagnosing, Assessing, and Treating ADHD* (pp. 278-304).

[www.irma-international.org/chapter/adhd-parental-stress-stigma-and-mindfulness-training/259310](http://www.irma-international.org/chapter/adhd-parental-stress-stigma-and-mindfulness-training/259310)

### Spinning Off Business Activities for Care Giver Support: The DISCOVER Attempt

Apostolos Vontas, Vasiliki Moutziand Gerry Urwin (2015). *Handbook of Research on Innovations in the Diagnosis and Treatment of Dementia* (pp. 414-425).

[www.irma-international.org/chapter/spinning-off-business-activities-for-care-giver-support/129289](http://www.irma-international.org/chapter/spinning-off-business-activities-for-care-giver-support/129289)

### Career Resilience and the Limitations of Quiet-Quitting in Mike Judge's Office Space

Kelvin Ke Jinde (2025). *Supporting Psychological and Emotional Wellbeing Among Entrepreneurs* (pp. 59-74).

[www.irma-international.org/chapter/career-resilience-and-the-limitations-of-quiet-quitting-in-mike-judges-office-space/361741](http://www.irma-international.org/chapter/career-resilience-and-the-limitations-of-quiet-quitting-in-mike-judges-office-space/361741)

### Biologically Based Personality Theories

(2017). *Measuring the Psychological and Electrophysiological Attributes of Human Personality: Emerging Research and Opportunities* (pp. 27-49).

[www.irma-international.org/chapter/biologically-based-personality-theories/178748](http://www.irma-international.org/chapter/biologically-based-personality-theories/178748)