

UNIVERSITI SAINS MALAYSIA



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**SLEEP QUALITY AND COPING STYLES AMONG
DIPLOMA NURSING STUDENTS IN UNIVERSITI
SAINS MALAYSIA (USM)**

by

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CONTENT

CERTIFICATE.....	I
ACKNOWLEDGEMENT.....	II
CONTENTS.....	III
LIST OF FIGURES.....	VII
LIST OF TABLES.....	VIII
ABSTRACT.....	IX

CHAPTER 1: INTRODUCTION

1.1 Background of the Study.....	1
1.2 Problems Statement.....	2
1.3 Objectives of the Study.....	3
1.3.1 General Objectives.....	3
1.3.2 Specific Objectives.....	3
1.4 Research Questions.....	3
1.5 Hypothesis.....	4
1.6 Definition of Terms.....	4
1.7 Significance of the Study.....	6

CHAPTER 2: LITERATURE REVIEW

2.1 Introduction.....	7
2.2 Stages of sleep.....	8
2.3 Circadian rhythm.....	9
2.4 Sleep and students.....	11
2.5 Measurement of sleep quality.....	12
2.6 Coping.....	13
2.7 Coping and students.....	13

2.8 Measurement of coping.....	14
2.9 Conceptual framework.....	15
CHAPTER 3: METHODOLOGY	
3.1 Research Design.....	16
3.2 Population and Setting.....	16
3.3 Sample.....	16
3.3.1 Sample Size	16
3.3.2 Sampling Design.....	17
3.3.3 Inclusion and Exclusion Criteria.....	18
3.4 Instrumentation.....	18
3.4.1 Instrument.....	18
3.4.2 Variable Measurement.....	19
3.4.3 Translation of Instrument	20
3.4.4 Validity.....	20
3.4.5 Reliability.....	20
3.5 Ethical Consideration.....	21
3.6 Data Collection Method.....	21
3.7 Flow Chart of Data Collection.....	22
3.8 Data Analysis.....	23

CHAPTER 4: RESULTS.....	23
4.1 Introduction.....	24
4.2 Sociodemographic data.....	24
4.3 Sleep quality among diploma nursing student.....	26
4.4 Coping styles among diploma nursing student.....	28
4.5 Sleep quality and coping styles.....	34
CHAPTER 5: DISCUSSION.....	36
5.1 Sociodemographic data.....	36
5.2 Sleep quality.....	37
5.3 Coping styles.....	39
5.4 Relationship between sleep quality and coping styles.....	40
CHAPTER 6: CONCLUSION, IMPLICATION, RECOMMENDATION	
6.1 Conclusion.....	42
6.2 Implications.....	43
6.2.1 Nursing practice.....	43
6.2.2 Nursing education.....	43
6.2.3 Nursing research.....	44
6.3 Strengths, limitations and recommendation.....	44
6.3.1 Strengths.....	44
6.3.2 Limitations and recommendations.....	45
REFERENCES.....	47

APPENDIX

Appendix 1: Consent Form.....	51
Appendix 2: Questionnaire.....	63
Appendix 3: Gantt Chart.....	72
Appendix 4: Ethical Approval Letter.....	73

LIST OF FIGURES

Figure 1	: Conceptual framework of sleep quality and coping styles	15
Figure 2	: Flow chart of data collection	22

LIST OF TABLES

Table 3.1: Population of diploma nursing students	16
Table 4.1: Frequency distribution, percentage, mean and SD of sociodemographic characteristic	25
Table 4.2: Frequency, percentage, mean and standard deviation of sleep quality among diploma nursing students (n=123) by items	26
Table 4.3: Frequency distribution, percentage, mean and SD of sleep quality of study participants (n=123)	28
Table 4.4: Frequency distribution, percentage, mean and SD of coping styles of study participants (n=123)	28
Table 4.5: Mean and standard deviation of Rational Coping Style among diploma nursing students (n=123) by items	29
Table 4.6: Mean and standard deviation of Detachment Coping Style among diploma nursing students (n=123) by items	30
Table 4.7: Mean and standard deviation of Emotional Coping Style among diploma nursing students (n=123) by items	31
Table 4.8: Mean and standard deviation of Avoidance Coping Style among diploma nursing students (n=123) by item	32
Table 4.9: Chi-Square Table	35

SLEEP QUALITY AND COPING STYLES AMONG DIPLOMA NURSING STUDENT IN UNIVERSITI SAINS MALAYSIA (USM)

ABSTRACT

Students had encountered more sleep disturbances compared with the others population. Sleep quality can give an effect in daily life and play the important role in determining individual physical health, performances and psychological status. Sleep quality also can influence individual choices of coping styles. The objectives of this study are to determine the level of sleep quality among diploma nursing students in USM as well as to identify the relationship between sleep quality and coping styles. This study involved diploma nursing students in USM, Kubang Kerian. Data was collected using Sleep Quality Index and the Coping Styles Questionnaire. Descriptive statistic was used to describe the characteristics of the respondents while Chi-square test was used to tested the correlation between variables, where p -value = 0.35, which were not significant. Results found that the students had poor sleep quality and most of them used adaptive coping styles when facing the problem. There were no relationship ($p > 0.05$) between sleep quality and coping styles among diploma nursing students. Considering the students were having poor sleep quality, health education is an area which needs to be addressed immediately to improve student's knowledge about good sleep quality and practice to improve it.

KUALITI TIDUR DAN HUBUNGANNYA DENGAN CARA MENANGANI MASALAH DI KALANGAN PELAJAR DIPLOMA KEJURURAWATAN USM

ABSTRAK

Pelajar menghadapi masalah gangguan tidur yang lebih tinggi jika dibandingkan dengan populasi manusia keseluruhannya. Kualiti tidur boleh memberi kesan kepada kehidupan seharian dan juga memainkan peranan yang penting dalam menentukan tahap kesihatan fizikal, prestasi hidup, dan tahap psikologi individu. Kualiti tidur juga boleh mempengaruhi individu untuk memilih cara tersendiri dalam menangani masalah. Objektif kajian ini adalah untuk menentukan tahap kualiti tidur di kalangan pelajar diploma kejururawatan di USM di samping mengenalpasti hubungan antara kualiti tidur dan cara mengatasi masalah. Kajian ini melibatkan pelajar diploma kejururawatan di USM, Kubang Kerian. Data telah dikumpul menggunakan *Sleep Quality Index* dan *Coping Styles Questionnaire*. Kajian deskriptif digunakan untuk menerangkan ciri-ciri peserta manakala ujian Khi Kuasa Dua digunakan untuk menentukan hubungan antara variabel di mana nilai $p = 0.35$ adalah tidak signifikan. Keputusan kajian telah menunjukkan pelajar mengalami kualiti tidur yang rendah dan kebanyakan daripada mereka memilih *adaptive coping styles* apabila berdepan dengan masalah. Tiada perkaitan ($p > 0.05$) antara kualiti tidur dan cara menangani masalah di kalangan pelajar diploma kejururawatan. Memandangkan pelajar menghadapi kualiti tidur yang rendah, pendidikan kesihatan adalah aspek yang perlu diberikan penekanan yang segera untuk memperbaiki pengetahuan dan amalan tidur yang baik.