



Review Of Research



COMPARISON OF GOOD AND POOR SLEEP QUALITY ON SELECTED PSYCHOLOGICAL VARIABLES AMONG COLLEGE MEN ATHLETES

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ABSTRACT:

The purpose of the study was to comparison of good and poor sleep quality on selected psychological variables among college men athletes. To achieve the purpose sixty men athletes were selected from Govt. College of Physical Education Ganderbal Jammu and Kashmir. The age of the participants were ranged from 18 to 23 years.



Self confidence and concentration ability of the players were tested by using Mental Skills Questionnaire developed by Hardy and Nelson. The Collected data was statistically analyzed by independent t test and it was tested by 0.05 level of confidence to find the significant difference between the selected groups. The result shown that, there was a significant difference exists on good and poor sleep quality on selected psychological variables among college men athletes.

KEYWORDS: *Self confidence, concentration ability, good and poor sleeps men athletes.*

INTRODUCTION:

Sleeping is associated with a state of muscle reaction and limited perception of environmental stimuli. (simple.M2010). Good sleep many parents try to understand, once the baby is a sleep, how to keep them sleeping through the night. It is important to have structure in the way a child is put to sleep so that they can establish good sleeping patterns. Researchers have found that babies learn how to fall asleep through a process called operant conditioning, by use of reinforcement. Sleep will reinforce the behaviors that precede it. Regular cues including those mentioned above, such as dimming the lights, singing lullabies, quieting the surrounding environment right before bed or the association of a fixed and specific place for sleep, act as stimuli for the behavior of 'self-sustaining sleep' that is, sleep that will be

triggered by the child him or herself and last through the night. There are additional hypotheses as to what might help and hurt a child in falling asleep and staying asleep. Some researchers believe children who learn to fall asleep on their own have longer sleep cycles as opposed to the falling asleep with parental presence. As well, comforting children, upon awakening, outside of their beds is associated with poor sleep consolidation. Comforting should take place within the child's bed area.

Parental attention will however act as reinforcement for signaling or calling out to the caregiver if intervention is too long or busy (such as feeding). Attending to the infant upon being signaled should be as short as possible, if the goal is to train the child to put him/herself back to sleep if she wakes up in the night. When the caregiver provides intense intervention, the infants crying is "rewarded" by the comfort of a parent. The child will deduce that if she cries, the parent will provide excessive attention (carskadon.MA, 2005).

POOR SLEEP

Poor sleep quality can occur as a result of, for example, restless legs, sleep apnea or major depression. Poor sleep quality is caused by the individual not reaching stage 3 delta sleep which has restorative properties. Major depression leads to alteration in the function of the hypothalamic-pituitary-adrenal axis, causing excessive release of cortisol which can lead to poor sleep quality. Nocturnal polyuria, excessive nighttime urination, can be very disturbing to sleep. (Golub.R.M, 2012).

Emotional adjustment (also referred to as personal adjustment of psychological adjustment) is the maintenance of emotional equilibrium in the facilitated by cognitive of acceptance and adaptation. Assertiveness is the quality of being self – assured and confident without being aggressive. In the field of psychotherapy, it is a learnable skill and mode of communication. (Ruban,1971).

STATEMENT OF THE PROBLEM

The purpose of the study was to comparison of good and poor sleep quality on selected psychological variables among college men athletes.

HYPOTHESES

1. It was hypothesized that there would be significant difference in self confidence and concentration ability between sports men with good and poor sleep quality.
2. It was hypothesized that there would be significant difference in assertiveness between sports men with good and poor sleep quality.

METHODOLOGY

To achieve the purpose of the study, the investigator selected sixty men athletes consist of selected from *Government College of Physical Education Ganderbal*. Their age ranged between 18 to 25 years. The following variables on namely self confidence and concentration ability were selected for the study. They were tested with standardize questionnaire of self confidence and concentration ability *skills of the players were tested by using Mental Skills Questionnaire developed by Hardy and Nelson*. The "t" ratio was used to analyze the collected data.

Result and Discussion

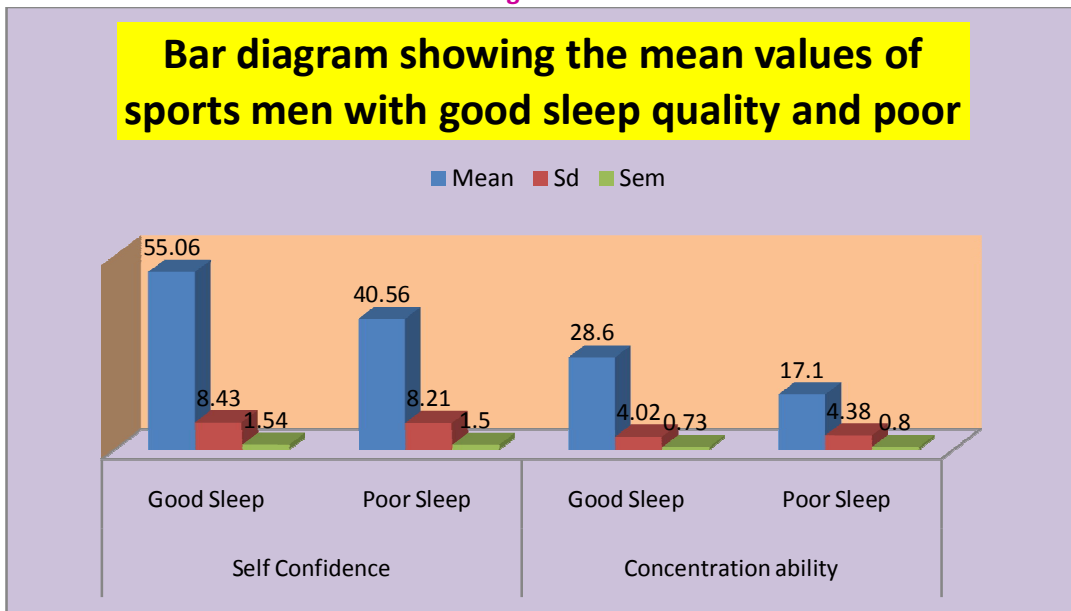
(Table -I) standard deviation and “t” ratio mean of emotional adjustment and assertiveness

Variable	Group	Mean	Sd	Sem	Md	T
Self Confidence	Good Sleep	55.06	8.43	1.54	14.50	6.75*
	Poor Sleep	40.56	8.21	1.50		
Concentration ability	Good Sleep	28.6	4.02	0.73	11.50	10.59*
	Poor Sleep	17.1	4.38	0.80		

Significant at 0.05 lever for ‘t’ test with df 58. The table value is 2.00

From the analysis of data it was proved that there was significant difference between good sleep and poor sleep self confidence and concentration ability as the calculated ‘t’ value 6.75 and 10.59 respectively were greater than the required ‘t’ value 2.00 with the df 58 at level of confidence, it shows that there was significant difference between the sports men with good sleep quality and poor sleep quality in self confidence and concentration. The sports men with the good sleep quality were better in self confidence and concentration than sports men with poor sleep quality.

Figure – 1



CONCLUSION

1. It was concluded that there was a significant difference in self confidence between sports men with good and poor sleep quality.
2. It was concluded that the sports men with good sleep quality were better than the sports men with poor sleep quality in self confidence .
3. It was concluded that there was a significant difference in concentration ability between sports men with good and poor sleep quality.
4. It was concluded that the sports men with good sleep quality were better than the sports men with poor sleep quality in concentration ability .

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