

Sleep Deprivation Associated with Social Media Usage Among Adolescents

Deepika Kajal¹, Rajesh Nair²

¹PhD Scholar, AIBAS, Amity University Haryana, Gurugram, India

²Professor and Director, AIBAS, Amity University Haryana, Gurugram, India

Corresponding author: kajaldeepika09@gmail.com

Abstract

Social media usage among teenagers is so common that concerns have been raised about its potential negative effects on sleep. According to the public sleep establishment, sleep is essential for a person's welfare and success (NSF). Individuals have different sleep demands. Social media is a PC-based technology that makes it easier to share information and opinions within the context of online communities and organisations. Social media, which is by nature web-based, allows for instantaneous electronic content connection with users. Social media, where children may communicate, study, and take part in a group. Teenagers reported worse sleep quality, lower self-esteem, and noticeably increased emotions of worry and discouragement while using social media more frequently—both generally and in the nighttime. These findings add to the expanding body of data demonstrating the connection between teen social media use and several facets of economic success. Furthermore, our data indicate that evening explicit social media usage and high social media interest are two crucial aspects that call for further research in regard to young people's health and wellbeing.

Keywords: Sleep Deprivation Associated, Social Media Usage, Adolescents

1. Introduction

Social media use has become one of the most popular leisure activities among teens. Examples of these platforms include Facebook, Instagram, Snap Chat, and WhatsApp. Teenagers are using social media more often, raising worries about possible detrimental consequences on their health and wellbeing, especially sleep. Sleep is essential for teens' ability to learn, memory processes, deep morals, and associated behavioural patterns. Obesity, depression, daytime sleepiness, low academic performance, and other issues have all been connected to poor or disturbed sleep. Increased awareness of teenage sleep disorders is therefore justified.

Screen-based activities in general have been related in several studies to sleep issues. However, there is a dearth of long-term studies on teens' use of social media and sleep. It's critical to look at whether teens' usage of social media platforms impacts their ability to sleep because these platforms have become a significant element of many of their daily activities. The ongoing longitudinal study then examined how teen usage of social media influenced their real sleep patterns and length. Additionally, we looked examined whether parental rules prohibiting PDA use in the bedroom while sleeping and Web access in the hour before bedtime may lessen these impacts. Additionally, a number of researchers have emphasised that dangerous and repetitive social media use should be seen as related yet separate issues. Risky social media use is characterised by a lack of control over one's use of the platforms and severe shortcomings in daily functioning. Recognizing recurring of purpose and dangerous usage is important because regular clients may be well prepared to limit their social media use, whereas risky clients may not exhibit substantial instances of purpose, for example, due to confusion between their ideal and actual web-based social organisation.

Social media usage and earlier research have shown a connection between rising social media use and falling anxiety. Estimating how young individuals communicate their sleeping patterns on social media and, inversely, how their social media activities relate to the sort of sleep they receive, is an area of research that

is expanding. The use of electronic media by young adults has been related in studies over the past ten years to decreased overall sleep time and sleep quality. Recent studies have shown a correlation between greater social media use and more substantial sleep disruptions, as well as between obsessive Facebook monitoring and poorer sleep quality. Rookies who use texting more frequently each day have been shown to have more severe sleep problems. Additionally, studies focusing on how people use Twitter have revealed that tweet sentiment varies during the day as a function of people's sleep patterns and circadian rhythms. Particularly on workdays, positive affectivity on Twitter is higher and peaks when people gradually awaken.

Teenagers all around the world are increasingly engaging in electronic media device use (EMDU), which includes using computers, mobile phones, TVs, and video games. A higher body mass index (BMI), neck or shoulder pain, side effects of impaired vision and eye strain, lower daytime productivity, and issues in parent-child interactions are only a few of the negative repercussions of this inconsistent use of electronics.

One of the top ten indicators of teenage self-destruction is sleep disorders, which, when they get worse, may be a coping method for other, more serious mental health issues. Previous research has shown that sleep disruption may be a substantial risk factor for a few teenage psychological health problems. The American Foundation of Pediatrics recommended limiting gadget use to no more than two hours each day. Utilizing the aforementioned electronic devices keeps sleep times later, limits the number of hours you can sleep, and has unpleasant effects on your sleep quality, according to certain studies.

In their analysis of the connection between teens' risky Web use and their sleep patterns, Jiewen Yang et al. noted that users of tricky Web sites ran a higher risk of experiencing sleep-disturbing effects, and they recommended further research into how teens' sleep patterns relate to their use of the Internet. The two severity levels of Web gaming confusion and social media fixation have been connected to higher mental anguish and worse sleep quality, according to a previous research by Hiu Yan Wong and colleagues. At order to develop interventional programmes to lessen the problem and to familiarise teenagers and their families, at home or in school, with the link, our review addressed the young adult sleep-quality-social media usage relationship. We also took into account the widespread use of social media, the importance of sleep patterns, and the effects on teenagers' physical and emotional wellness.

1.1. Objectives of the study

- In recent years, social media use has proliferated in many teens' everyday lives.
- The purpose of this study was to examine the relationship between teenage social media use and depression and sleep quality.

2. Literature Review

It has been determined that getting enough sleep and maintaining it are essential for mental health, healthy thought cycles, and a variety of diverse mental and social talents. In this regard, as the transition into adolescence is accompanied by emotional changes in physiology and brain organisation, consistent sleep hygiene guidelines play a crucial role in the success and progress of teenagers. However, unlucky sleep in immaturity has developed into a serious public mental and real physical problem. Intensive and persistent sleep problems during improvement persist over time, according to cross-sectional and longitudinal studies, with negative effects on teenagers' physical and mental wellbeing.

The Public Sleep Establishment (2009) defined insufficient sleep for teenagers as less than eight hours per day. A few general population overviews have noted that teenagers are highly prevalently sleep-deprived, and that adolescents are dynamically sleeping less in several countries. Teenagers dynamically postpone their

bedtime because of nighttime activities that keep them up, but they don't alter their morning time, it has been seen throughout time. A few of the factors linked to teens' shorter sleep duration and poorer sleep quality include new technology developments, paid job, stress, coffee use, and parental viewpoints.

In a study conducted in 2013 by Hoefelmann et al., the socioeconomic and financial factors influencing apparent sleep quality and sleep duration in secondary school students from St. Nick Catarina, Brazil, were examined. The students responded to a survey that collected data on the number of hours they slept during the school day, including whether they got enough sleep (over 8 hours) or not, whether they thought their sleep quality was good or bad, their orientation, age, and location, as well as financial (work and family pay) and school-related factors (grade and shift). The purpose of the current investigation was to focus on sleep-related aggravates in adolescents corresponding to Scholarly Accomplishment, Scholastic Pressure, Emotional Prosperity, Approaches to Adapting, Stress Side Effects, State-Quality Uncomfortability, Day-to-Day Issues and Elevates, Bliss Directions, Family Climate Aspects, Aspects of Seen Parental Holding, Saw Satisfaction, and Saw Wellbeing Status in both. The focus also compared the negative effects of insufficient sleep and adolescence on the aforementioned characteristics.

According to Lazarus (1966), pressure is a concept that has to be sorted out. It includes numerous variables and cycles that are connected to the individual and the environment and that are perceived by the individual as burdening or exceeding their resources and endangering their prosperity. "Stress" is derived from physical science and design, where it has a very precise meaning, a power great enough to cause a structure to twist or misshape when used.

According to Larsen (2000), pressure is the emotional predisposition brought on by situations that are viewed as overwhelming and unavoidable from one's perspective. Stressors are situations that often cause pressure. Individual contrasts exist in relation to pressure. The interaction between a person and the characteristics of the environment is where stress really lives. This conversation could be guided by character cycles. The word pressure is frequently used to refer to both the demands made on a species and its own physiological and psychological responses to those demands. The pressure is an internal state that can be triggered by genuine concern about physical illness, exercise, temperature restrictions, or ecological and societal conditions that are seen to be potentially damaging or beyond our capacity for adaptation. Despite years of research on stress, the definition of stress has not yet been agreed upon.

3. Materials and Methods

3.1. Procedure and Sample

As they were aligned with one another in a typical study, insights regarding the approach were at that time mentioned in an earlier piece.

Out of 6,830 secondary school freshmen, 720 persons were chosen as the sample size. The prevalence of sleep apnea was determined using the example size formula below with a p value of 0.25:

$$n = \frac{z_{1-\frac{\alpha}{y}} p(1-p)}{a^y}$$

3.2. Measures

A self-detailed survey with four components was used. The survey's first segment's segment questions stuck in people's minds. The Farsi version of the Pittsburgh Sleep Survey Record was used in the second section (PSQI). There is a Farsi language adaption of the standard self-revealed extensive and reliable sleep quality survey available. The survey itself has the best psychometric qualities for assessing the quality of abstract

sleep in both clinical and academic contexts. A common guideline was used to determine the sleep quality score for each subscale.

An apparatus was utilised to monitor how much an electronic device was used before sleep on a regular weekday, similar to what Lemola and Hysing had done in prior study. Cronbach's alpha was 0.70. The frequency with which individuals watched television, played video games, chatted on the phone, or utilised the Internet in the hours leading up to bedtime were the four parameters that were examined. The answers were given in the following order: 1 (never), 5 (mostly usually), and so on. Utilizing more electronic media before bed results in a higher total score.

Understudies were questioned about how much time they spend watching television, playing computer video games, and browsing the internet during the weekdays. The Beck Sorrow's Stock poll was used as a significant and reliable survey for assessing despondency.

3.3. Ethical Consideration

All significant moral reasoning was discussed in the related articles.

The review was started following approval from the moral advisory board of the organisation.

3.4. Inclusive criteria

The sample includes all children above the age of five who lived in a family and was measured. If a family had two eligible offspring, both were included, for example, twins. This was crucial since it meant that each child had an equal chance of being chosen, which a fundamental principle of the survey design was. All moms with children under the age of five were also interviewed.

3.5. Exclusion Criteria

Children below the age of five and homes that declined to participate.

3.6. Statistical Analysis

The data were entered into SPSS. Prior to this, the examination process made sense.

4. Results

The majority of the understudies in the study, who were young males with a mean age of years, focused on science, were in experimental disciplines, and the rest studied the humanities.

The standard of all used devices was. Young males spend significantly more time on social media than young women, while young women spent significantly more time playing PC games than young men (Table 1).

Table: 1. The typical amount of time high school students spend using electronics

	Hours of device use during a day (Mean ±SD)		P-value *-
	Male	Female	
TV watch (hours)	1.8 ± 3.2	4.2 ± 3.2	0.23
Computer games (hours)	2.5 ± 1.1	1.4 ± 1.1	<0.001
Social media (hours)	4.3 ± 1.3	2 ± 1.5	0.006
Total device use (hours)	6 ± 3.1	7 ± 3.1	0.2

Only 34 out of the total participants claimed to have no access to wifi, but they did have a cell phone and kept it in their room while they slept (Figure 1).

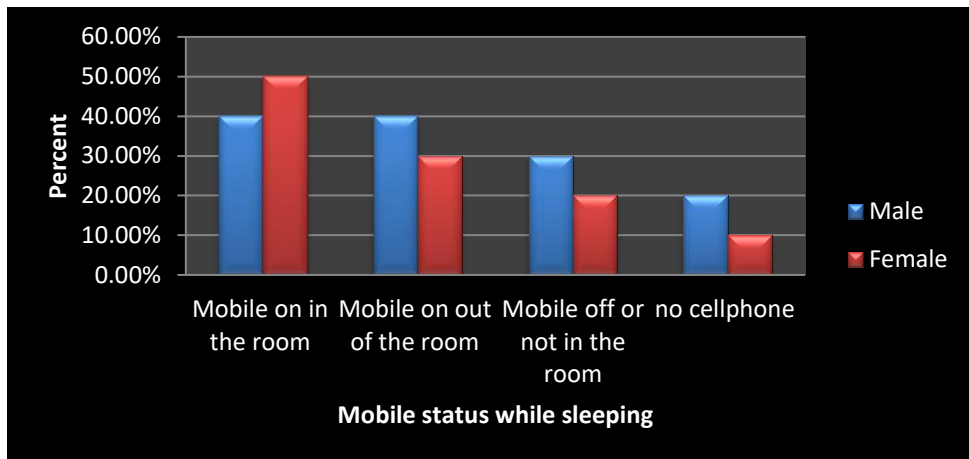


Figure: 1. Mobile Use During Sleep Among High School Students

Teenagers with poor sleep quality frequently utilised social media for 36 minutes longer than the typical person, according to research into the connection between social media use and sleep quality as well as the presence of a full sleep disorder. Poor sleep quality and heavy social media usage showed a quantifiable, significant correlation (Table 2). Figure 2 shows a direct correlation between the typical use of social media and discouragement and the inverse relationship between the typical use of electronic devices and sleep quality.

Table: 2. Relationship between High School Students' Use of Social Media, General Sleep Disorders, and Sleep Quality

Sleep quality	Social media (Mean ±SD)		P- Value
	Poor	2.46 ± 1.6	
Fine	1.8 ± 1.1	0.01*-	
Sleep disorder	Without problem	2.6 ± 2.2	
	Mild	4.2 ± 1.3	
	Moderate	3.02 ± 1.7	
	Sever	6.1 ± 3.2	<0.00**-

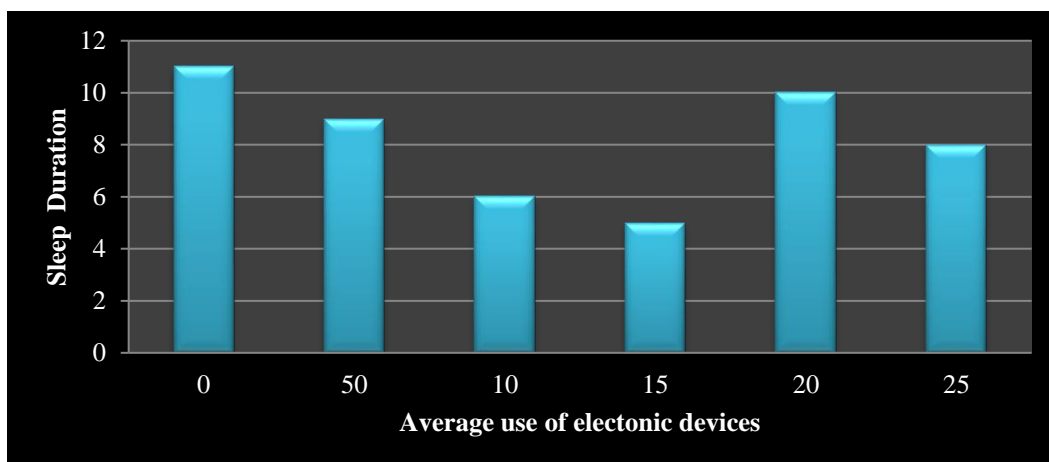


Figure: 2. Average Electronic Device Use (TV, Mobile, and Computer Games) and Sleep Duration in High School Students: A Reverse Correlation

5. Discussion

A research on 576 secondary school students in grades 10 through 12 looked at how teenage use of electronics and sleep habits related to one another.

In particular, the typical person spends more than two hours per day on social media, which is higher than what the American Institute of Pediatrics advises and what is well recognised. The average person uses electronics (television, phone, and PC gaming) for more than seven hours per day.

The quantity of time spent using Savvy devices was related to the fact that nearly 33% of teen sleep duration was 6 hours or less. Strong evidence connects widespread use of cutting-edge technology and the Internet with poor sleep, including shorter sleep duration, daytime interruption, and persistent sleep inactivity. Therefore, growing levels of electronic gadget usage in this older age group are something that health professionals, parents, and educators should rightfully take into account.

Several studies have looked at how teenagers' behaviour is impacted by PC gaming and web use. For instance, in one study, 10.8% of the teens were moderately or seriously web-dependent, and young boys were more likely to misuse the internet or get addicted to it, especially those who had recently experienced traumatic experiences. Mikiko Tokiya et al revealed that sleep disturbance affected the majority of students and that there was a direct link between inadequate sleep and Internet use among Japanese teens. It was demonstrated in that investigation, among other related characteristics, that adolescents in depressive states of mind and private secondary school understudies experienced higher degrees of sleep-unsettling effects.

Durkee et al. examined the connection between Obsessive Web Use and Risky Ways of Behaving in European Adolescents in another review. They discovered that neurotic Web usage, cigarette use, poor diet, and genuine idleness were most strongly associated with teenagers with poor sleep patterns and dangerous behaviour. The most important PIU-related traits found in the review were negative sleeping patterns. Additionally, whereas the frequency of maladaptive Web clients (MIU) was essentially higher in women than in men, Persistent Internet Use was typically higher in males.

Anxiety, depression, and tension are much higher in online-dependent Iranian secondary school students than in ordinary web users, according to a research by Gholamian et al., which found that 33% of Iranian secondary school students are moderately to severely web-dependent.

These research' findings from many cultures provide credence to the current investigation's conclusions about the impact of EMDU on sleep patterns. There were a number of variations in the techniques used to assess students' dependency on EMDU, as well as variations in the students' grades and the criteria that were under scrutiny.

The majority of them used them for several hours each day, and their usage for entertainment was more common than their use for thinking. Although the motivations for usage (studying or relaxing) were not identified in our evaluation, using for recreation might be seen as a negative sign of gadget use and should be given special attention for behaviour management by authorities in charge of young people's health.

The consequences of excessive social media use on pain other than sleep aggravation were especially considered in a recent study. The results unequivocally established a connection between excessive social media use and bad sleep, day dysfunction, sleep disorientation, and depression. According to one research, the use of local social media and social media in the evening are two crucial elements that are equivalent to young adults' sleep and prosperity. Previous research have identified social media usage characteristics as the root of misery, including sleep disruptions caused by incoming instant messages, the stress of constantly being online, and feeling worried and guilty about missing another message, piece of information, or interaction.

Teenagers' age-related sensitivity to anxiety and depression, as well as the interference of computer displays with melatonin synthesis and the pressure of accessibility, may be the main factors of the increased risk of depression brought on by excessive use of social media.

On average, people spend more than 7 hours per week using electronic devices (television, phones, and PC games), with more than 2 hours per day dedicated to social media. A substantial correlation was found between this increased social media use and insufficient sleep, everyday frustration, short sleep duration, and discouragement. Additionally, more than 60% of students said they sleep with a phone in their room that is charged. While young women watched more television than young men did, young guys utilised social media far more frequently. These distinctions were intricately linked to grave and extremely grave daily brokenness. Young women were more likely to play PC games, which may worsen mild to severe everyday dysfunction. Prior to going to bed, more young women engaged in the practise of sending SMS instant messages or conversing on a PDA.

6. Conclusion

This study examines the long-term effects of (dangerous) social media usage on teenagers' sleep as well as the possible buffering effects of parental guidelines on Web and advanced cell phone use before bed. The findings suggest that teenagers' inclination to put off going to bed is mostly influenced by how powerful and risky social media use is. By all accounts, limiting access to the Internet and high-tech mobile devices before bedtime is a good strategy for improving teenagers' sleep quality. However, this is only true if youngsters do not spend too much time on social media. When kids have supported these harmful social media usage practices, strict parental regulations against using the internet or a mobile phone before night no longer seem to have an impact on sleep length and quality. The current study examined how Iranian college students in Hamedan, Iran, used social media and other electronic devices in relation to two significant wellbeing outcomes, namely sleep quality and sorrow. The results showed that there was a clear relationship between increasing social media use and poor sleep, everyday messes, short sleep duration, and sadness. The majority of students also acknowledged that they had phones and that they use them while sleeping in their dormitories. Because of this, it is crucial that health officials, parents, and educators offer interventional programmers to this large age group in order to lessen the issue and assist teenagers and their families in becoming accustomed to restrictions when using devices to access social media sites at home or school in light of current standard updated rules.

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