

Social Media Usage and Sleep Quality Among Freshmen College Students in the New Normal

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Abstract

The disruption of sleeping hours brought by different diversions such as social media during the pandemic create a wreaked havoc to the sleep quality among the freshmen students. Despite of this, little attention was given to the impact of social media usage to the freshmen's sleep quality. This study sought to establish the relationship between the social media usage and sleep quality of freshmen college students. The study used descriptive-correlational method with 385 freshmen students as respondents across the higher educational institutions in the Philippines for the academic year 2021-2022 through simple random sampling. The researchers utilized the Social Media Addiction Scale (SMAS) and the Pittsburgh Sleep Quality Index (PSQI) in order to elicit the data from the respondents. Google Forms and Facebook application were used to administer the instruments. To understand the relationship between social media usage and sleep quality, the null hypothesis was tested at 0.01 alpha level of significance. Pearson product-moment correlation coefficient indicated that there is a significant relationship between the variables with the r-value of 2.83 which suggest a strong positive correlation. It can be deduced that social media usage affects the sleep quality of the freshmen college students. This study recommends to have a mechanism to regulate the usage of social media as this can be detrimental to the college students when taken for granted.

Keywords: Sleep quality, diversions, social media usage and addiction, pandemic

Introduction

Quality sleep is vital in sustaining a healthy lifestyle. Chatt et al. (2018) suggested that adults should have a 7–8-hour minimum amount of sleep. Lin et al. (2019) mentioned that sleeping problems are widespread and prevalent among college students. In addition, Aggarwal et al. (2018) concluded that sleep disruptions are linked to vascular inflammation and high blood pressure. Various health institutes have also said that failure to achieve enough quality sleep increases a person's risk of contracting health complications such as heart and kidney diseases, high blood pressure, diabetes, stroke, and obesity. Furthermore, the development of social networking sites changed the mode of communication and entertainment. In the report of Summer Allen for the American Psychological Association in 2019, social media usage of adults in the United States skyrocketed from 5% in 2005 to 70%. In addition, the Pew Research Center also said in 2018 that people aged 18-25 have social media usage rates as high as 88% (Nowell & Thompson, 2020).

In the literature and local studies, the correlation between the usage of social networking sites and the quality of sleep among Filipinos are not numerous. During the pandemic, the number of cases went up since the utilization of social media was the only diversion that college students had. Social media networks are now for information and sharing, including music, images, videos, messaging, commerce, and meet-ups (Olleras et al., 2022). Undergraduate students who believe they can express themselves better on social networking sites are most suited to using them and the most susceptible to smartphone addiction (Gündoğmuş et al., 2020). These advancements in social media blurred the lines from day to night by allowing the continuation of social connections in bed after a specified bedtime (Exelmans & Scott, 2019).

In this current time, social media is one of the places where people frequent and spend a majority of their time on communication and entertainment. Technological advancements and a transition in electronic device preferences of youth and families contributed to the increased screen-time exposure of children and families (Rodriguez & Merryman, 2021). In the study by Levenson (2017), using social media before bedtime causes a delay in bedtime and takes away the time spent on sleeping. The contents in social media also stimulate mental activation causing difficulty in falling asleep. Wahl et al. (2019) stated that exposure to low blue and bright light levels during the night or before bedtime due to extensive use of social media causes a reduction or delay in the body's natural production of melatonin in the evening and disrupts the body's regular sleep-wake cycles and circadian rhythms, delaying sleep onset (Bahinting et al., 2022).

Failure to achieve the suggested amount of quality sleep may lead to serious health problems and diseases. As cited by Safhi et al. (2020), Buysse reported that inadequate sleep causes increased morbidity and mortality. In addition, the results revealed that the constant rise of inadequate quality of sleep brings damage to mental and physical health (Hershner, 2014, as cited by Safhi, 2020). Scott (2019) also mentioned that inadequate adolescent sleep is a significant health concern in public health. That is because it has common consequences for mental well-being, excessive weight gain, scholastic performance, and safety in that age group (Ando et al., 2022). Mazzer (2018) stated that many studies have found that sleep deprivation has been linked to teenage growth and adjustment in various ways, including physical well-being, studying and school engagement, and emotion regulation (Abucejo et al., 2022).

Moreover, the findings that this study produced will add to the existing pool of knowledge and assist other researchers and studies that will be conducted in the future. In this light, the researchers decided to seek the correlation between the usage of social networking sites and the quality of sleep among freshman students in college.

Statement of the Problem

Generally, this study investigated the correlation between social media usage and the quality of sleep among freshmen students in Higher Educational Institutions (HEIs). Specifically, it sought to answer the following questions:

1. What is the level of social media usage of freshmen students in college in terms of:
 - 1.1 occupation;
 - 1.2 mood modification;
 - 1.3 relapse; and
 - 1.4 conflict?
2. What is the level of sleep quality of the freshmen students in college in terms of:
 - 2.1 subjective sleep quality;
 - 2.2 sleep disturbances;

- 2.3 use of sleeping medication; and
 2.4 daytime dysfunction?
 3. Is there a significant relationship between social media usage and sleep quality among freshmen college students?

Literature Review

Social Media Usage

According to a 2019 analysis by Summer Allen for the American Psychological Association, social media consumption among people in the United States has increased from 5% in 2005 to 70% in 2019. Some of the current well-known social media sites are YouTube, Facebook, Snapchat, Instagram, and Twitter. The study by Tutgun-Unal and Deniz (2015), the level of usage of several social networking sites consists of these four factors: occupation, mood modification, relapse, and conflict. First, "occupation" deals with the amount of time a person spends thinking about, dealing with, or being preoccupied with social media engagement. In the research of Aldhawyan et al. (2020), findings showed participants' occupation in terms of social media use (Pableo et al., 2022).

Second, "mood modification" indicates a person's mood changes due to social media activities and that certain changes in a person's mood occur while using social media. In a study by Tutgun-Unal et al. (2020) results show that Korean students' mood modification regarding social media use indicates that the students are "medium addicted" to social media, while Turkish students show that they are "mildly addicted" to social media. Third, "relapse" refers to the tendency for a person's behavior to revert to old patterns, and when that person avoids or attempts to restrict their social media engagement, it resurfaces their prior habits. According to the study of Şentürk et al. (2021), the relapse aspect of SMA was more prominent in patients with anxiety disorders and depression, demonstrating unsuccessful attempts to control social media usage (Yamon et al., 2022).

Lastly, "conflict" indicates a person's social media activities that negatively impact his life and relationships by causing a conflict. After conducting their study, Wong et al. (2020) exhibited that there is conflict in social media use as social media addicted individuals who problematically use smartphones feel sleepless, physically inactive, and suffer from a functional impairment, interfering with their school/work and family lives leading to psychological distress (Riconalla et al., 2022; Cabello, 2022).

Sleep Quality

The study Buch et al. (2019) stated that sleep is critical for the mind and body to be in good condition to function correctly. As a result, poor sleep quality poses a high risk of causing short- and long-term consequences to health (Medic, 2017). According to Medic et al. (2017), short-term poor sleep quality results include stress reactivity, bodily conditions, well-being, emotional distress, mood disturbances, other mental health illnesses, cognitive, memory, performance, and behavioral impairments. In contrast, long-term consequences include hypertensive disorders, hyperlipidemia, heart diseases, weight gain, and metabolic abnormalities. Sleep deprivation may also increase other cancer risks and death in males and suicidal adolescents and worsen the symptoms of various digestive dysfunctions.

As cited by Yau et al. (2020), in a study by Pilcher and Ott, sleep quality is akin to health measures. The understanding adds to the importance of gaining better insight into sleep quality being relative to everyday life in a youthful, healthful, and undisturbed sleep population. That is important because sleep disorders such as insomnia can be potentially lifelong. Additionally, Krueger et al. (1999) defined *sleep* as a mental and physical state characterized by changes in consciousness and environmental awareness, the neuronal activity cycle, and muscular inhibition. During sleep, synaptic activity-related ionic and electrical events engage the manufacture and distribution of factors that promote sleep growth. Different growth factors are classified as sleep-regulating substances as a result of theorists' previous research. According to this perspective, sleep is critical for maintaining our capacity to adapt to a constantly changing environment.

In the study of Masoed et al. (2021), it was shown in the results that the majority of their respondents have very good subjective sleep quality and sleep duration. Although they sometimes suffer from interrupting periods of sleep either weekly or biweekly. In addition to this, they also do not utilize sleeping medication. In addition, a study by Becerra et al. (2020) also mentioned that inadequate quality of sleep is a prominent public health problem because it can result in an increased risk of diseases such as hypertension, excessive weight gain, diabetes, among others. This mostly shows up to 32 percent of 18-24 years old individuals. According to CDC data, the population mentioned is made up of college students who are known to have a poor quality of sleep.

Relationship Between Social Media Usage and Sleep Quality

As stated above, in recent years, advancements in technology and a transition in the choice of electronic devices of youth and families have contributed to increased screen activities for children and their families (Rodriguez & Merryman, 2021). At the same time, it was reported that 46 percent of Filipinos lack sufficient sleep, while 32 percent get a sleep of no more than six hours, one of the highest sleep deprivation rates in Asia. Moreover, it was also pointed out by Whipps (2018) that particular causes of insufficient sleep quality and length vary, and the impact of multimedia devices in the bedroom on sleep quality is a relevant matter of discussion. These incidents prompted researchers to inspect the linkage in the usage of social networking sites to the quality of sleep.

After analyzing the connection among the PSQI and IAT results among female college students and conducting multiple regression analysis, Lin et al. (2019) discovered that the usage of social networking sites is particularly correlated with subjective quality of sleep, sleep latency, amount of sleep, disturbances in sleep, use of medication, and excessive daytime sleepiness. According to the results generated by PSQI, students with impartial to severe levels of internet addiction reported a more significant poor quality of sleep than those with mild to no internet addiction. Similar to these results, Nowell & Thompson (2020) investigated undergraduate Nursing students, and after performing Pearson's *r* correlation and ANOVA with Scheffe post hoc tests, they have reported that individuals who utilized Snapchat and Twitter reported having poorer sleep quality. While individuals who used social media applications multiple times during the night and who took sleep aid drugs also reported having a lower sleep as well. Their participants said that they spent up to five hours each day on social media. In relation, Garrett et al. (2018) longitudinal study resulted in having similar outcomes as they intended to examine the association between the usage of social networking platforms and quality of sleep among first-year students in college.

Meanwhile, the study of Shimoga et al. (2019) examined the middle and high school students' use of social media and sleep adequacy to find out the association between them. A social media frequency Likert scale and a Monitoring the Future survey was used to gather respondents' data. After assessing the data using repeated cross-sectional analysis and the adjusted Wald test, the study found out that among the respondents that had an adequate sleep, social media users were the ones who were not likely to report adequate sleep. While on the other hand, among the respondents that were experiencing sleep deprivation, users of social networks were the ones to report ample sleep. Therefore, they were able to conclude that the use of social networks reinforces health behaviors and that finding an optimized degree of social network usage would be a beneficial factor to adolescents' health behaviors.

However, Gulden and Kubra (2018) study are in complete contrast to the aforementioned studies. They assessed students and evaluated the relationship between social network use and disturbances to sleep through the Social Media Use Integration Scale (SMUIS) and the Pittsburgh Sleep Quality Index (PSQI). The researchers had concluded no significant relationship between social network usage and disturbances to sleep when the results underwent one-way ANOVA and Chi-Square Test. Similarly, performing descriptive statistics and multilevel statistical analyses on the Social Integration and Emotional Connection subscale of the Social Media Use Integration Scale and the Pittsburgh Sleep Quality Index responses of the participants deduced the relation of bedtime usage of social networking sites with sleep. Das-Friebel et al. (2020) found out that bedtime usage of social media does not significantly correlate with sleep and the affective well-being of healthy young adults.

Methodology

Research Design

The study utilized a descriptive-correlational design. This design describes the variables and the natural relationship that exists between them. Sousa et al. (2017) stated that a descriptive research design is commonly used to describe what exists, determine frequent occurrences, and classify the information when not much is recognized about a particular phenomenon. On the other hand, a correlational design is used to see if changes in one variable link to changes in another variable by performing systematic investigation and analysis.

Respondents of the Study

The respondents of the study were the first-year college students enrolled in Philippine educational institutions who are currently enrolled in the school year 2021-2022. Furthermore, due to sustaining the research rigor and quality, the simple random sampling was employed. 385 respondents were randomly picked from the entire population of the Higher Education Institution (HEI).

The Instrument of the Study

This research study utilized two instruments to measure sleep quality and social media usage. First, the Pittsburgh Sleep Quality Index (PSQI) was used to measure the level of sleep quality. It consists of 14 self-rated questions, assessing the components of subjective sleep quality, sleep distances, drug usage for sleep treatment, and daytime dysfunction. This instrument utilizes a 4-point Likert Scale. With a Cronbach's Alpha value of 0.87, it was confirmed to be valid and reliable.

Second, Social Media Addiction Scale was utilized to measure social media usage. It consists of 41 questions measuring compulsive social media use of university students in terms of occupation, mood modification, a relapse, and conflict. In the instrument, a five-point Likert Scale was used to allocate answers in the following order: never, rarely, sometimes, often, and always. With a Cronbach's Alpha of .967, the Social Media Addiction Scale was determined to be valid and reliable (Cabello & Bonotan, 2021).

Ethical Consideration

Surveys were assured to be voluntary in nature, and the participants may have withdrawn their participation if they wished to do so. With that said, the consent and approval of the respondents have been put into understanding. Adhering to the Republic Act 10173, the Data Privacy Act of 2012, the data and the identities that was collected have remained confidential. The researchers did not ask or include any personal or private information in the survey and the entirety of the study itself. Additionally, the researchers have placed a short text to inform the participants that the data collected remained private and not for disclosure in any situation. Any potential harm to the participants has been avoided with caution, considering all individuals involved. The study used a formal and appropriate style of language for research. Furthermore, the information gathered and included in the study is accurate and entirely based on data obtained with proper references.

Data Gathering Procedure

The researchers utilized Google Forms and Facebook to administer the questionnaires to the respondents, and a simple random sampling method is applied for this study. The researchers asked for the permission of their respondents in the first part of the questionnaire, clear and concise instructions on how the participants would fill out the forms that would help them easily understand the questions included in the questionnaire. The researchers also gave respondents enough time to answer the questionnaire to avoid rushing and unreliable answers. Once all the necessary information has been gathered, the researchers utilized MS Excel to tally all the answers accurately in a confidential manner. The final step in the data gathering procedure was to calculate and total all the tallied data gathered from the respondents. All the data gathered served as the foundation of interpretation, analysis, presentation, and evaluation of results for this study.

Data Processing and Statistical Treatment

The data have been subjected to statistical analysis to answer the research questions. For better presentation, tables, texts, and formulas have been utilized to show and analyze the computed results based on the respondents' responses. The following statistical tools were used to evaluate and explain the study's data effectively:

1. The level of sleep quality and social media usage of freshmen students in college were determined through mean.
2. The relationship between social media usage and the sleep quality of freshmen students was assessed through the Pearson product-moment correlation coefficient.

Result and Discussion

Level of Social Media Usage

The Social Media Addiction Scale (SMAS), as used by Tutgun-Ünal in 2020, was used to assess and quantify the respondents' level of social media usage. This instrument is divided into four subscales, occupation mood modification, relapse, and conflict, which are presented in Table 1, 2, 3, and 4, respectively.

Based on the results from Table 1, it was seen that the respondents had an average level of occupation of 3.00. All questions regarding the respondents' occupation had an interpretation of average. The highest mean has a value of 3.30 and the lowest at 2.64. Similar to the study of Gündoğmuş et al. (2020) describing university students' occupation in terms of social media use, it was found out that university students can easily spend the majority of their time on social media as a result of the rapid development of social media sites that are more widely used and have richer content.

Table 1
Respondents' Occupation Level Regarding Social Media Usage

	Indicators	Mean	Verbal Interpretation
1.	I pretty much think about what's going on at social media recently.	2.98	Average
2.	If there's anything I have to do first I check the social media.	3.29	Average
3.	When I don't check the social media for a while, the thought of checking it occupies my mind.	2.80	Average
4.	I think that my life would be boring, blank and tasteless without social media.	2.87	Average
5.	When I'm not connected to the internet, I intensely think of checking the social media.	2.81	Average
6.	I wonder of what's happening at social media.	2.80	Average
7.	There are times that I spent more time at social media than I think.	3.19	Average
8.	Each time I decide to cut my connection with social media, I tell myself "A few more minutes."	3.06	Average
9.	I can't give up using social media for a long while.	2.64	Average
10.	There are times that I use social media more than I plan.	3.17	Average
11.	I can't understand how time passes while using social media.	3.14	Average
	Mean	3.00	Average

Moreover, in the study of Tutgun-Ünal (2020), it was found out that new media and journalism students use social media for 4-6 hours. Thus, the results suggest that the students were at a medium level of addiction to social media in terms of occupation. It was discovered that students spend more time on social media than they expect and that not being on it causes them to think about social media.

It was seen on Table 2 that the respondents had a mean of 3.27 when it comes to the level of their Mood Modification with regards to their social media usage which can be interpreted as average. All the questions had an interpretation of average except for question 14 which had a high level of interpretation. The lowest mean level is at 2.94 which is average. In relation to this, the

study of Bhat (2018) confirmed that electronic media use is associated with changes in the mood of adults. Mood disorders along with sleep disturbance were seen in adults with abundant use of social media, wherein anxiety and depression were most prevalent. Thus, social media use is associated with affective disorders that affect the adults' emotional state and impact their mood.

Table 2
Respondents' Mood Modification Level Regarding Social Media Usage

	Indicators	Mean	Verbal Interpretation
1.	I use social media in order to forget my personal problems.	3.36	Average
2.	I spend time at social media at times when I feel alone.	3.61	High
3.	I prefer surfing at social media in order to be relieved from negative thoughts regarding my life.	3.24	Average
4.	When I get bored of my problems, the best place that I shelter is social media.	3.22	Average
5.	I forget about everything along the period that I use social media.	2.94	Average
		3.27	Average

Table 3
Respondents' Relapse Level Regarding Social Media Usage

	Indicators	Mean	Verbal Interpretation
1.	There happens to be times when I try to stop using social media and become unsuccessful.	2.61	Low
2.	I desire intensively to regulate my use of social media.	3.01	Average
3.	I make useless efforts in order to leave the use of social media.	2.53	Low
4.	I make useless efforts in order to regulate the use of social media.	2.53	Low
5.	I try to decrease the time that I spent at social media, and I become unsuccessful.	2.59	Low
		2.65	Average

Based on the results seen in Table 3, all of the mean values were low except for question 19 with an interpretation of average. Even though the majority of the mean values have a low level of interpretation, the overall level of the respondents' relapse regarding their social media usage has an average interpretation at 2.65.

In the study by Tut-gun Unal (2020), the social media addiction of students from South Korea and Turkey were compared with each other. Based on the results, social media use in terms of relapse was at a medium level of addiction in students studying in South Korea. According to the results, while South Korean students may try to decrease their social media usage, they are unable to do so as they can't help but use social media at a significant rate. Thus, the findings

revealed that university students in South Korea use social media on a daily basis at a higher rate than those in Turkey.

Table 4
Respondents' Conflict Level Regarding Social Media Usage

	Indicators	Mean	Verbal Interpretation
1.	I use social media more although it negatively affects my profession /studies.	2.56	Low
2.	I give less priority to my hobbies and leisure activities due to social media.	2.61	Low
3.	There happens to be times that I neglect my spouse and family members due to social media.	2.21	Low
4.	There happens to be times that I neglect my friends due to social media.	2.22	Low
5.	Due to social media, I cannot complete the activities that I start in a timely manner.	2.50	Low
6.	In order to spend more time at social media, I neglect activities regarding school or work.	2.14	Low
7.	I prefer spending time at social media rather than spending time with my friends.	2.01	Low
8.	My school studies or works are interrupted due to the time I spent at social media.	2.43	Low
9.	My productivity decreases due to social media.	2.86	Average
10.	I prefer spending time at social media rather than going out with my friends.	2.16	Low
11.	People criticize me for the time I spend at social media.	1.95	Low
12.	I find myself trying to hide the time I spent on social media.	2.25	Low
13.	There happens to be times that I forget eating due to social media.	2.18	Low
14.	There happens to be times that I allocate less time to my personal care due to social media use.	2.26	Low
15.	Alterations/disturbances occur in my sleeping order due to social media use.	2.69	Average
16.	There happens to be times that I encounter physical problems (back, head, eye aches) due to social media use.	3.03	Average
17.	The use of social media causes me to encounter problems in my relations with individuals who are important for me.	2.17	Low
18.	The use of social media causes problems in my life.	2.22	Low
19.	As the things I have to do increase, my desire to use social media increases at that rate.	2.39	Low
		2.36	Low

It was seen in table 4 that the level of conflict that the respondents experienced can be interpreted as low at 2.36. Seventeen questions have an interpretation of low, while three have an average interpretation. The lowest mean is at 1.95 and the highest at 3.03.

Based on the result, conflict was determined to be low on first-year students in college. Thus, the researchers can conclude that social media use in terms of conflict does not negatively impact the students' lives and relationships. The study of Rodriguez (2021) is akin to the results of this study. The study sought to find whether the electronic device use, and general well-being of the youth were inversely correlated to each other. The study's results found that the youth's electronic device use and their well-being were not inversely correlated to each other. The youth's media use was not linked with problematic behaviors, academic achievement, sleep hours, and health problems. Social media activities do not have a detrimental impact on youth life in terms of academics, physical, and psychological well-being. The findings from Deniz et al. (2018) study also resulted in a low level of addiction in terms of conflict in the social media use of secondary students in Istanbul.

Level of Sleep Quality

This section showcases the level of sleep quality that the college freshmen students attained, considering their subjective sleep quality, sleep disturbances, use of sleep medication, and daytime dysfunction. The gathered data regarding the subscales are presented in tables 5, 6, 7, and 8, respectively.

Table 5

Respondents' Level of Subjective Sleep Quality

	Indicators	Mean	Verbal Interpretation
1.	How would you rate your overall sleep quality?	1.60	Average
		1.60	Average

According to the respondents' responses in Table 5, at 1.60, it has an average interpretation. Based on the interpretation of the Pittsburg Sleep Quality Index, this can then be interpreted to having a fairly bad level of subjective sleep quality. The findings of this study on overall social media usage were related to the study of Lin et al. (2019) concerning the internet addiction and sleep quality of female college students. In the study of Lin et al. (2019), the findings revealed that the students have average to severe levels of internet addiction. Alongside internet addiction levels, it was found that those students with moderate to severe internet addiction reported having fairly bad sleep quality than those students whose internet addiction was categorized as low or none.

As seen in Table 6, at 1.60, it has an interpretation of average. Based on the interpretation of the Pittsburgh Sleep Quality Index, this can then be interpreted to having a fairly bad level of subjective sleep quality. In the 2018 study of Randjelović et al., the results obtained discovered that their respondents have a lower quality of sleep due to social media usage before bedtime.

Table 6

Respondents' Sleep Disturbance Level

	Indicators	Mean	Verbal Interpretation
1.	During the past month, how often have you had trouble sleeping because you cannot get to sleep within 30 mins?	2.10	High
2.	During the past month, how often have you had trouble sleeping because you wake up in the middle of the night or early in the morning?	1.85	Average
3.	During the past month, how often have you had trouble sleeping because you have to get up to use the bathroom?	1.53	Average
4.	During the past month, how often have you had trouble sleeping because you cannot breathe comfortably?	0.94	Low
5.	During the past month, how often have you had trouble sleeping because you cough or snore loudly?	0.64	Very Low
6.	During the past month, how often have you had trouble sleeping because you feel too cold?	1.32	Low
7.	During the past month, how often have you had trouble sleeping because you feel too hot?	1.14	Low
8.	During the past month, how often have you had trouble sleeping because you had bad dreams?	1.21	Low
9.	During the past month, how often have you had trouble sleeping because you have pain?	1.10	Low
		1.31	Low

Table 7
Respondents' Usage of Sleep Medication

Indicators	Mean	Verbal Interpretation
1. During the past month, how often have you taken medicine to help you sleep?	0.35	Very Low
	0.35	Very Low

Based on the results in Table 7, it can then be inferred that the respondents of the study had a very low level of sleep medication usage to assist them in falling asleep. The average score for the use of sleep medication subscale in the survey results is 0.35, which can be interpreted as very low. This indicates that freshmen college students did not use any type of sleep medication in the previous month. In a similar result in Lin et al.'s (2019) study, the use of sleep medication is not prevalent among female college students. The study discovered that the more prevalent the use of sleep medication is when the quality of sleep is also poor. The utilization of sleep medications is not prevalent to the respondents of this study but will continue to affect their quality of sleep.

Table 8
Respondents' Level of Daytime Dysfunction

Indicators	Mean	Verbal Interpretation
1. During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?	1.60	Average
	1.60	Average

As per the results stated in Table 8, it can be seen that the first-year college students had a low level of daytime dysfunction indicated at 1.26. The data obtained from the surveys reveal an average mean score of 1.26, interpreted as low. It conveys that college freshmen students experience difficulties staying awake while driving, eating meals, or engaging in social activity once or twice. The obtained results are similar to Nowell and Thompson (2020), revealing daytime dysfunction as the subscale that significantly impacted their respondents. The study observed that their respondents have trouble staying awake during the daytime and lack enthusiasm due to social networking sites. That resulted in the respondents having poor quality of sleep.

Relationship Between Social Media Usage and Sleep Quality

This research study sought the correlation between the usage of social networking sites and the quality of sleep among freshman students in college through the utilization of the Social Media Addiction Scale and the Pittsburgh Sleep Quality Index. The result of the Pearson product-moment correlation coefficient in Table 9 will present whether if the null hypothesis will be rejected or not. As seen in the result of the statistical analysis, it reveals that sleep quality and social media usage have a significant relationship. Therefore, the null hypothesis is rejected.

These findings are comparable to those of Nasirudeen et al. (2017), with the use of independent T-tests and Pearson Correlational Analysis to run the results of Cleveland Adolescent

Sleepiness Questionnaire (CASQ), discovered that overnight technology consumption has a negative impact on university students' sleep quality and may lead to hypersomnia. In addition, Akçay & Akçay (2018) conducted a descriptive study to assess the impact of media devices on adolescent sleep quality. The results of the study revealed that the majority of the respondents had poor sleep quality after evaluating pupils in grades 9, 10, and 11 using the bivariate Pearson correlation test and Chi-squared test. Furthermore, it was revealed that as students devote more time to accessing the media, their sleep quality suffers dramatically.

Table 9. *Pearson Product Moment Correlation of Sleep Quality and Social Media Usage*

	<i>Sleep Quality</i>	<i>Social Media Usage</i>
<i>Sleep Quality</i>	-	.283**
<i>Social Media Usage</i>	.283**	-

**Correlation is significant at the 0.01 level (2-tailed)

Conclusion

This research study has deemed an understanding that students and parents must acknowledge the significant relationship between social media usage and sleep quality. They must recognize that too much and irresponsible use of social media may negatively affect their overall wellbeing. The stakeholders of this study must be mindful of the way they use social media. The researchers recommend limiting their usage of social networking sites by managing their screen time. They can use mobile applications, such as the Off-time and Antisocial apps, that provide information on their screen time and can block or set a scheduled time to access social media apps. They can also set their phones to bedtime mode from the settings to block calls, alerts, and notifications from social media apps or keep their gadgets out of reach by storing them inside their bags or drawers when it is time to sleep. This is to keep them from using their mobile devices at night. By doing so, they can monitor and regulate their use of social media to a more appropriate amount.

Likewise, the parents and guardians are advised to regulate the usage of social networking sites for their children, especially during the night, to avoid having their children sleep late at night. They may set up parental controls in their home network to revoke their children's access to the internet at night and block and limit the sites and services they can use. Also, they can initiate and participate in various outdoor recreational activities like hiking, camping, and orienteering, which will revert their children's attention away from social media. By doing so, they can prevent their children from overuse social media.

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