

Social Behaviors Hierarchy and Sleep

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Abstract

Social behaviors, attachment, social support and human rights orientation were studied for the relationship with sleep. It was assumed that human physiological aspects have a relationship with social behavioral hierarchy that include primitive to most advanced social behaviors. Following tests were used in following order on randomized volunteer participants, Pittsburgh Sleep Quality Index, Parental Attachment Questionnaire (PAQ), Multidimensional Scale of Perceived Social Support (MSPSS) and Assessment Human Rights Questionnaire. A strong relationship was found. Findings of the study could be important for multiple fields of social science specially psychology.

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