

# Affects of Social Media Addiction on Sleep Quality among Youth across Cultures

Naveed Shibli<sup>1</sup> and Nida Akhtar<sup>2</sup>

<sup>1</sup>Department of Psychology Riphah International University Faisalabad

<sup>2</sup>Affiliation not available

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## Abstract

Crisis situations affect our behaviors and social surroundings including religious orientations. The area of the study is an area of the world that experienced a major situational crisis influence. To test that whether the ‘affect’ influenced the responses of college and school students of the area of the study as compared with other areas randomly selected (n = 270) students, including male (n = 135) and (n = 135) female belonging to various Schools and College of a city district were tested to find that how do their responses on social media addiction and related sleep quality resemble or are different from the reported responses of the subjects reported by the other researchers belonging to the areas those never experienced the ‘situational affect’ as subjects of the present study experienced? Bergen Social Media Addiction Scale and Sleep Quality Assessment Scale used. The SPSS analysis revealed that social media addiction was significantly and negatively correlated with sleep quality ( $r = -.37$ ,  $p < .01$ ) and was high among male (M = 17.94 and SD = 5.66) as compared with female (M = 16.16 and SD = 5.23). Moreover, sleep quality was found greater among male (M = 76.89) as compared with female (M = 72.27). Finally the college students scored high (M = 15.54 and SD = 4.56) as compared with school students (M = 18.89 and SD = 6.00). Moreover, Sleep quality was found greater among college students (M = 71.20) as compared with school students (M = 68.71). A bird eye view of the available context studies focusing subjects belonging to different areas as compared with the area of our subjects no similarity or difference was vividly visible however, more studies would bring in more information.

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