

Sleep Disturbances among Al-zaytoonah University Students in Jordan

Abstract

The College students are at high risk for sleep disturbances that may affect their daily health and functioning. Therefore, the purpose of this study was to examine sleep disturbances among 119 Arabic nursing students in Jordan. The average global Pittsburgh Sleep Quality Index (PSQI) score was 8.01(SD= 3.15; range= 1.3 to 14). Furthermore, significant differences were found between good and poor sleepers in terms of employment, mental functioning, social functioning, and bodily pain but not in terms of gender, age or grade point average. This cross-sectional study provides preliminary evidence that nursing students in Jordan had poor sleep quality and it may serve as basic information for Arab researchers to conduct intervention studies in the future.

Keywords: sleep, nursing, students, employment, functioning.