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## Research Article

# MENTAL HEALTH AMONG SLEEP DISORDER ADULT AND NORMAL ADULTS

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### ABSTRACT

Sleep disorder is a continuous inability to have a regular sleep, disturbed pattern of sleep or insufficient sleep. A good sleep is fundamental to good mental health, just as good mental health is fundamental to good sleep. The present study is conducted on total sample of 240 adults. Sleep disorder screening questionnaire (2010) by Emory Health Care and Academic Medical College, Atlanta, Georgia and Mental Health Inventory by Jagdish and Shrivastava (1995) were used. The result indicated that mental health in patients with sleep disorder is significant in comparison to normal adults. Moreover males have better mental health in comparison to females.

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## INTRODUCTION

Sleep disorder are serious enough to interfere with normal physical, mental and emotional functioning. Sleep is essential for a person's health and well being according to National Sleep Foundation<sup>(1)</sup>. Yet millions of people do not get enough sleep and many suffer from lack of sleep. Getting enough quality sleep at the right times can protect your mental health, physical health, quality of life and safety.

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity' as given by WHO<sup>(2)</sup>. It is not just the absence of mental disorder. It is defined as a state of well being in which every individual realize his or her own potential, can cope with the normal stress of life, can worked productively and fruitfully, and is able to make a contribution of her and his community.

Mental health is one of the most important factor affecting sleep disorders in adults in large amount. Sleep problems are particularly common in patients with anxiety, bipolar disorder, shift workers and attention deficit hyperactivity disorder (ADHD)<sup>(3)</sup>. Furthermore, it was found that, the changes that occur during aging in the normal sleep-wake cycle and the specific pattern of sleep disturbance that occur is association with both mental health disorders and neurodegenerative disorders (Kirstie & Andrew<sup>(4)</sup>). Primary sleep disorders such as insomnia, sleep apnea and REM sleep behavior disorder are potential cause or risk factors for mental health problems or

neurodegenerative disorders. Stress leads to psychological and physiological arousal, and, therefore, leads to impaired sleep (Akerstedt<sup>(5)</sup>).

If a person suffers from poor sleep, his or her well-being is affected. Chronic sleep problems are associated with numerous complaints concerning social (Schleider and Güntert<sup>(6)</sup>) and academic performance, such as difficulties with concentration (Engle-Friedman, Riela, Golan et al<sup>(7)</sup>), as well as concerning psychological and physical health (Morin, Rodrigue, and Ivers<sup>(8)</sup>), social dysfunction, and poorer self-rated health (Elovainio, Kivimäki, Vahtera, Keltikangas-Järvinen, and Virtane<sup>(9)</sup>). People who suffer from depression may experience sleep disturbances which disrupt the process of falling and staying a sleep. The sleeper may wake intermittently throughout, or wake early in the morning and be unable to sleep again (Holsber, Trachsler, Seifritz<sup>(10)</sup>). Anxiety is perhaps the most obvious example of how mental health can affect-sleep. Many of us have experienced sleepless nights clue to worrying about upcoming events people with anxiety experience such feelings often, and to extent where they can severely affect a person's daily life. People who suffer from anxiety tend to spend less time in deep sleep (Monti & Monti<sup>(11)</sup>). Furthermore, Woodson<sup>(12)</sup> found that poor people can make people less receptive to positive emotions in turn making them feel down during the day. Cole, Dendukuri<sup>(13)</sup> have shown that history of Insomnia has been shown to increase the risk of developing depression.

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**Objectives of the Study**

- ❖ To study the mental health among sleep disorder and normal adults.
- ❖ To examine the mental health among sleep disorder and normal adults patients with respect to gender.

**Hypotheses**

H01 There will be no significant difference in the mental health among sleep disorder and normal adults. H02 There will be no significant difference among sleep disorder and normal adults patients with respect to gender.

**MATERIAL AND METHODS**

**Locale of the study**

The locale for the study was Bikaner city in Rajasthan. India.

**Sample selection**

The total samplesize in the study comprised of 240 patients. The study sample consists of 120 cases in each of the four categories of sleep disorder taken from different hospital/clinic situated in Bikaner city. A group of 120 normal subjects matched with patients with sleep disorder in terms of gender was taken.

**Tool description**

Mental Health Inventory developed by Jagdish and Srivastava (1996) was also used by the investigator to study mental health of prospective teachers of science. The inventory consists of 56 items including 32 false-keyed (negative) [\* marked] and 24 true-keyed (positive) statements. The reliability coefficients of different dimensions of MHI were found to be more than 0.70 that was determined by split-half method using odd-even procedure. The reliability coefficient of overall mental health was 0.73. The construct validity of inventory was found to be 0.54. Sleep disorder screening questionnaire (2010) by Emory Health Care and Academic Medical College, Atlanta, Georgia

**Statistical analysis of data**

Data was statistically analysed through SPSS 20.0. To assess the mental health in sleep disorder and normal adults Mean, SD and t test was used to compute data.

**RESULTS**

The information about mental health was represented in the table given below.

**Table 1** Mental Health in sleep disorder and normal Adults

Group	N	Mean	SD	t value
Sleep disorder adults	120	129	8.16	7.81*
Normal adults	120	122	5.44	

\*significant at.001 level

**Table 2** Mental Health among sleep disorder and normal adults with respect to gender

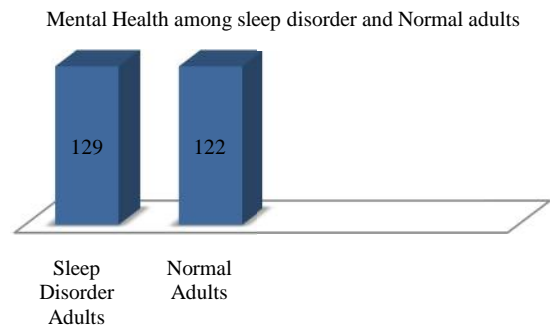
Group	Sleep Disorders			Normal		
	N	Mean	SD	Mean	SD	t value
Male adults	60	127	7.81	122	5.51	4.05*
Female adults	60	131	8.06	122	5.42	7.17*

\*significant at. 001level

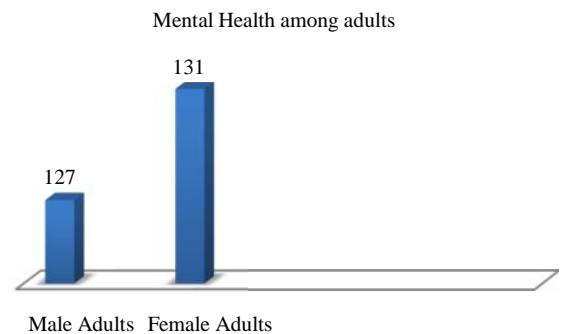
**Table 3** Mental Health among sleep disorder and normal adults with respect to gender

Group	Male adults			Female adults			t
	N	Mean	SD	N	Mean	SD	
Sleep disorder patients	60	126	5.37	60	123	4.66	3.26*
Normal adults	60	123	4.46	60	122	5.22	1.12

\*significant at .01 level

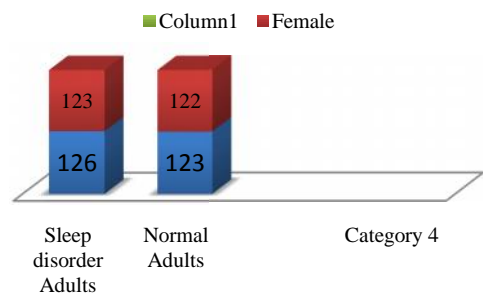


**Figure 1**



**Figure 2**

Mental Health among adults with respect to Gender



**Figure 3**

The result of the present study indicates that there is a clear difference between the Sleep disorder and normal adults .In terms of mental health according to mean129 is for the Sleep disorder adults and 122 is for normal adults .The difference clearly justify that Sleep disorder adults are under more mental stress comparison.

Mental health mean of females is131and mean of males is 127 for the Sleep disorder adults and mean of females122and mean of males 122 is for normal adults .The difference clearly

justify that Sleep disorder adults both male and female are under more mental stress in comparison to normal adult.

In terms of mental health according to mean of male 126 and mean of female 123 is for the Sleep disorder adults and mean of male 123 and mean of female 122 is for normal adults. The difference clearly justify that male adults with sleep disorder are under more mental stress in comparison to females suffering from sleep disorder. But no significant difference was found in normal adults' gender wise. However, it is further supported that women suffer from more sleep-related complaints than men (Krishnan and Collop, <sup>(14)</sup>).

## DISCUSSION

Sleep disorder is the most serious problem of the modern world. The study clearly indicates that mental health of sleep disorder patients is clearly significant in comparison to normal adults. They are significantly affected. Moreover in sleep disorder adults, female are more significantly affected in comparison to males. The government must take step to prevent the problem of sleep disorder in adults as it is going to harm our adults to a great extent.

## CONCLUSION

Mental health affects human life mentally healthy person has balanced, intelligent, having good relations, memory and learning capacity, has good emotional control, full of confidence, well adjusted, performed better in any field. On the basis of above result, it may be concluded that the main effect of gender and sleep disorder was found to be significant on mental health.

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