

# Leisure Activity and its Impact on Sleeping Patterns of Tribal and Non - Tribal Paramedical College Students of Tripura: A Cross - Sectional Study

Dr. Jayathiee Sen<sup>1</sup>, Harikumar Pallathadka<sup>2</sup>, Dr. Ajit Kumar Ngangbam<sup>3</sup>

<sup>1</sup>Associate Professor, Tripura Institute of Paramedical Sciences, Tripura & Post Doc Research Fellow, Manipur International University, Manipur, India

<sup>2</sup>Vice- Chancellor & Professor, Manipur International University, Manipur, India

<sup>3</sup>Dean & Associate Professor, Manipur International University, Manipur, India

**Abstract:** *The present study aimed to study the impact of leisure activity on the sleeping habits of the paramedical college - going tribal and non - tribal students of Tripura. Students of both genders took part. There are 298 (34.81%) female students and 225 (26.29%) male non - tribal pupils overall. Thus, a higher proportion of female students took part in the research. There were 213 (24.88%) female ethnic residents and 120 (14.02%) male ethnic people in total. 856 pupils took part in all. Among the college students who are the subject of this inquiry, accessing the internet is their preferred pastime. The students preferred to play games, watch movies, listen to music, chatting with friends and family as their leisure activities using the internet. After a tiring day, they found the night time only to spend leisure time which adversely affects their sleeping pattern, especially the duration. The study shows poor sleeping quality among all participating students. Not a single student found with good sleep quality. These findings indicate the probable threat to the physical and mental health status of the students in the future. This addiction to the internet with poor sleep quality might affect their academic interest in the coming days.*

**Keywords:** Leisure activity, sleep quality, tribal, non - tribal, college students, paramedical

## 1. Introduction

People's quality of life is defined as their overall sense of contentment and well - being. It encompasses elements of a person's total sense of fulfillment and contentment with their daily experiences as well as their physical, mental, emotional, and social well - being. It is impossible to overestimate the significance of quality of life since it directly impacts people's satisfaction, productivity, and general happiness. The influence of quality of life on personal satisfaction and happiness is one of the main justifications for its importance. People typically experience higher degrees of happiness, contentment, and fulfillment when they lead high - quality lives. Consequently, this enhances their general state of health and optimistic perspective on life.

A good quality of life promotes personal fulfillment and a sense of purpose by enabling people to have meaningful and fulfilling lives. Furthermore, physical health is closely related to one's quality of life. Individuals' physical well - being improves when they have access to safe housing, wholesome food, clean water, and healthcare. A healthy lifestyle is encouraged by a high quality of life, which also lowers the risk of chronic illnesses and impairments. It makes it possible for people to exercise frequently, maintain a nutritious diet, and effectively manage their pain—all of which lead to better physical health and longer lifespans.

College - bound students' lives revolve around their leisure activities, which provide a host of advantages that go well beyond simple enjoyment. First and foremost, leisure activities are crucial for preserving physical health. Participating in recreational sports, fitness programs, or outdoor activities gives students the chance to keep active,

enhance cardiovascular health, and improve general well - being, as the responsibilities of academic life sometimes result in sedentary behaviors. Recreational pursuits are also effective means of managing mental health. Hobbies and interests provide a welcome diversion from the stress and strain of social commitments and academic deadlines, acting as avenues for unwinding and stress alleviation. They offer students a much - needed respite from the demands of their coursework, reducing stress and averting burnout. Furthermore, because they give students the chance to explore their hobbies, interests, and abilities outside of the classroom, extracurricular activities promote personal growth. Participating in extracurricular activities like club membership, creative pursuits, or community service fosters self - awareness, self - assurance, and the development of critical life skills like leadership, teamwork, and communication. Additionally, leisure time activities are essential for creating meaningful connections and advancing socialization. Students can expand their social networks, meet like - minded people, and develop friendships by participating in clubs, organizations, or recreational groups. These exchanges help students overcome feelings of isolation and loneliness while also exposing them to a variety of viewpoints and experiences that promote cultural enrichment and personal development. Overall, recreational pursuits are essential to college students' holistic development and well - being because they give them opportunities for sociability, cultural enrichment, personal growth, stress reduction, and physical fitness—all of which are necessary for a happy and well - rounded college experience. Even while academics are the college's main priority, having fun with extracurricular activities has several advantages that improve students' physical, mental, and emotional health.

Volume 13 Issue 7, July 2024

Fully Refereed | Open Access | Double Blind Peer Reviewed Journal

[www.ijsr.net](http://www.ijsr.net)

Sleep is an essential part of the human biological clock. It is believed to be an essential component of the circadian rhythm. The National Sleep Foundation published a description of teenage sleep demands and patterns in 2008. Humans often spend their maximum amount of time sleeping, or "brain food." Sleep is essential for both the body and the brain to function properly. Sleep occurs in many stages, such as non-REM and REM (rapid eye movement). Good sleep is directly tied to an individual's physical, mental, and emotional well-being. Conversely, poor sleep quality is closely associated with several health problems, both mental and physical. The National Sleep Foundation (2015) states that for better academic performance, college students should get approximately 9 hours of sleep on average. For both physical and emotional well-being, college students require enough good-quality sleep. Haghhigh Agnas et al. (2022) found a considerable correlation between the amount of sleep and meals. Lack of sleep can lead to obesity, shorter sleep duration, insomnia, and a more varied diet. Regretfully, it's not always easy to obtain both good quality and a high quantity of sleep. There is a strong correlation between morbidity and sleep quality, according to certain well-known researchers. Sleep is thought to be an essential modulator of glucose homeostasis, cardiovascular function, and hormone release. Poor sleep quality is a common issue in modern society, according to a Finnish study that found that, during the previous 30 years, a consistent decrease in sleep duration is strongly linked to an increase in sleep complaints. Moreover, one of the most inevitable aspects of sleep-wake functioning is poor sleep quality.

According to the data from the literature review, no research has been done on the impact of leisure activity on sleep patterns on tribal and non-tribal paramedical college students in Tripura. The current research team made an effort to thoroughly examine leisure pursuits and their effect on sleep. This study will pave the pathway for further research on this particular field which needs to be explored.

## 2. Material and Methods

Both ethnic and non-ethnic Tripura graduates were represented in the sample. Students of both genders took part. There are 298 (34.81%) female students and 225 (26.29%) male non-tribal pupils overall. Thus, a higher proportion of female students took part in the research. There were 213 (24.88%) female ethnic residents and 120 (14.02%) male ethnic people in total. 856 pupils took part in all.

The exclusion criteria were as follows: smoking, heavy drinking, having at least one obese parent, a family history of diabetes mellitus, using medicine for a condition longer than three months, and/or having genetic health problems. Every participant provided their informed permission. To determine height (cm) and weight (kg) and calculate their Body Mass Index (BMI), an anthropometric measuring device and a weighing machine are utilized. Patterns in recreational activities could be observed through the use of in-person interviews.

One often used index for evaluating sleep quality and related problems is the PSQI questionnaire. There are nineteen items in all on this self-rated quiz. The main topics discussed are

sleeping patterns, sleep latency, sleep-related problems, daytime napping, drug use for sleep, etc. Participants in the study are asked to self-rate based on how well they slept the previous month. A global score is calculated from the scores of each component. A person is deemed to have issues with sleeping distortion if their score is five or above. A sleeper's ability to fall asleep is regarded as being between 1 and 4. This survey offers a thorough evaluation of insomnia in a range of demographics.

## 3. Results

The baseline characteristics of the students are given in Table 1 - 4.

**Table 1:** Baseline Health Parameters of the Non-Tribal Male Students (n=225) Under Study

Parameters	Non-Tribal male
Age (years)	19.76 ± 1.32
Height (cm.)	168.25 ± 5.39
Weight (Kg.)	61.05 ± 10.80
BMI (Kg./m <sup>2</sup> )	21.94 ± 3.91

It is clear from the above table that, the BMI value of the non-tribal male college students of Tripura is within range. So, it can be inferred that their physical health status is good.

**Table 2:** Baseline Health Parameters of the Tribal Male Students (n=120) Under Study

Parameters	Tribal male
Age (years)	19.27 ± 1.22
Height (cm.)	164.41 ± 8.35
Weight (Kg.)	63.62 ± 10.69
BMI (Kg./m <sup>2</sup> )	23.22 ± 3.82

It is clear from the above table that, the BMI value of the tribal male college students of Tripura is within range of the normal values. So, it can be inferred that their physical health is good.

**Table 3:** Baseline Health Parameters of the Non-Tribal Female Students (n=298) Under Study

Parameters	Non-Tribal Female
Age (years)	19.39 ± 1.51
Height (cm.)	154.47 ± 8.58
Weight (Kg.)	51.62 ± 9.83
BMI (Kg./m <sup>2</sup> )	21.91 ± 3.46

It is clear from the above table that, the BMI value of the non-tribal female college students of Tripura is within range of the normal values. So, it can be inferred that their physical health is good.

**Table 4:** Baseline Health Parameters of the Tribal Female Students (n=213) Under Study

Parameters	Tribal Female
Age (years)	20.10 ± 1.46
Height (cm.)	154.21 ± 9.20
Weight (Kg.)	53.37 ± 11.10
BMI (Kg./m <sup>2</sup> )	22.80 ± 5.42

It is clear from the above table that, the BMI value of the tribal female college students of Tripura is within range of the normal values. So, it can be inferred that their physical health is good.

**Table 5:** Sleeping pattern Data of the students under study

Tribal male	Non - tribal male	Tribal female	Non - tribal female
5.95± 3.29	5.89 ± 2.48	5.72 ± 2.58	5.69 ± 2.42

Sleep quality has been measured with the help of the Pittsburg Sleep Quality Index, which indicates poor sleep quality if the value exceeds 5. In all the cases under study, the value was found to be above 5, so all the participants are suffering from poor sleep quality.

#### 4. Discussion

The state of Tripura in northeastern India is well - known for its diverse and thriving indigenous populations. The state is home to numerous indigenous tribes, all of which contribute to the unique fabric of Tripura's society. Among the significant tribes in Tripura are the Tripuris, Reangs, Jamatias, and Halam. These indigenous communities have contributed to the state's cultural variety over the millennia by preserving their distinctive customs, dialects, and rituals. The stunning landscapes of Tripura are dotted with tribal settlements, where handicrafts, folk dances, and rituals are an integral part of daily life. There has been a noticeable shift in favor of educating and empowering tribal men as evidenced by the notable increase in tribal boys' participation in universities throughout Tripura in recent years. Many people show their tenacity and will by conquering geographical and social barriers to higher education. Native dances, songs, and artwork are displayed by tribal students who participate actively in cultural activities, enhancing the vibrant campus atmosphere. The presence of these tribal college students not only encourages variety but also helps to break down gender stereotypes, resulting in the emergence of a new generation of strong, self - reliant people who wish to better their communities.

Among the college students who are the subject of this inquiry, accessing the internet is their preferred pastime. The intense interest that students at all levels have in the Internet has been the subject of a great deal of research (Li et al., 2021; Salarvand et al., 2022; Yang et al., 2022; Zenebe et al., 2021). According to some studies, this urge is like a "addiction, " which is bad for kids' academic interests and well - being. The world is now at our fingertips thanks to the ubiquitous use of the internet, which can have positive or negative effects on human behavior and social connections. Sengupta et al. (2023) report that these students' BMI (kg/m<sup>2</sup>) readings are normal, suggesting that their health is good.

Most students admitted that they use the internet to play games in their spare time as a way to relax after a demanding day. It has been reported that in their spare time, they play video games for cash. Since they allow them to unwind, students are known to love playing online games as a kind of relaxation. There has been global research on paramedical students' use of the Internet. Joshi (2022), who looked at how paramedical students in Urmia used the internet, found that while the rate of online dependency is moderate, students' understanding of internet addiction is lacking. If internet use is excessive and out of control, it can have both positive and negative effects.

Bazrafshan et al. 's (2019) research indicates that students in Iran pursuing paramedical degrees may experience depression if they use the internet excessively. There is a moderate prevalence of addiction among students without significant gender disparities, according to a cross - sectional survey conducted among medical and paramedical students in several Iraqi universities (Kamil & Yousif, 2022). A study was conducted in 2016 by Shirazi et al. with nursing students at a paramedical college. The results revealed a significant relationship between depression and Internet addiction among nursing students from the Gerash Paramedical School and the Hazrat Zainab School of Nursing in the southern Fars region. The literature evaluation indicates that no studies have been conducted on the differences in leisure activities of male tribal college students pursuing paramedicine in Tripura.

The fact that their poor sleep quality was primarily caused by internet surfing is really concerning. Students find time to browse the network just after returning from college, which gives them a great deal of relief. Most of the time, students use social media to pass the time after finishing their nightly assignments for the day. They are therefore enjoying their free time at the expense of their rest period, which poses a threat to daily life and is also an indication of bad health. Some students stated that they spend most of the day studying, taking notes, and doing other academic - related tasks; they only find free time to use the internet at night, usually after 10 P. M.

The effect of length and type of recreational activities on Tripura students' sleep quality has not yet been the subject of any research. According to the current study, there should be serious attention given to improving the low quality of sleep experienced by male and female college students in Tripura, both tribal and non - tribal. College students can dramatically increase the quality of their sleep, which will benefit their general health, cognitive function, and academic performance, by putting the following recommendations into practice. Making sleep a priority is crucial to having a well - rounded and successful college experience.

#### 5. Conclusion

The present study found that tribal paramedical college students are involved in different types of leisure activities. The most popular among all is internet surfing, within which playing games is given the first preference. Most students admitted that they use the internet to play games in their spare time as a way to relax after a demanding day. No student under study has been found to possess healthy sleep quality or sleeping patterns. Most of them, after a tiring day, use to relax their minds by roaming on the internet and playing games. This is indeed a very threatened outcome of the present study. This aspect should be given special attention, as good sleep is related to good health.

#### 6. Limitations

The study samples are limited in terms of age, educational attainment, and social standing. The results may serve as a gauge for the homogeneity of the samples. Future research should include samples from a range of age groups to provide

a fair comparison with non - tribal counterparts. The study's exclusive emphasis was the western region of Tripura. There may have been further regions listed.

### Funding

Nil

### Acknowledgment

The authors acknowledge the cordial participation of the students, faculties, and supportive staff during the course of the study.

### References

- [1] Agans, J. P., Hanna, S., Weybright, E. H., & Son, J. S. (2022). College students perceptions of healthy and unhealthy leisure: associations with leisure behavior. *Leisure Studies*, 41, 787 - 801.
- [2] Bazrafshan, M., Jokar, M., Rahmati, M., Ahmadi, S., Kavi, E., Sookhak, F., & Aliabadi, S. H. (2019). The Relationship between Depression and Internet Addiction among Paramedical Students in Larestan, Iran. *JOURNAL OF CLINICAL AND DIAGNOSTIC RESEARCH*.
- [3] Joshi, S. C. (2022). Sleep latency and sleep disturbances mediates the association between nighttime cell phone use and psychological well - being in college students. *Sleep and Biological Rhythms*, 20, 431 - 443.
- [4] Kamil, A. M., & Yousif, D. K. (2022). Evaluation of the level of Internet Addiction and its effects on academic performance among Medical and Paramedical College Students in Iraq. *ABCS Health Sciences*.
- [5] Li, S., Ren, P., Chiu, M. M., Wang, C., & Lei, H. (2021). The Relationship Between Self - Control and Internet Addiction Among Students: A Meta - Analysis. *Frontiers in Psychology*, 12.
- [6] Salarvand, S., N. Albatineh, A., Dalvand, S., Baghban Karimi, E., & Ghanei Gheshlagh, R. (2022). Prevalence of Internet Addiction Among Iranian University Students: A Systematic Review and Meta - analysis. *Cyberpsychology, behavior and social networking*.
- [7] Shirazi, M., Pour, B. A., Ghaffari, P., Jahangir, F., Daryae, E., Pour, Z. A., Bagheryan, M., & Shahbazi, F. (2016). The Relationship Between Internet Addiction and Depression in Nursing Students of Larestan School of Nursing and Gerash Paramedical School.
- [8] Sengupta, B., Sangwan, S., & Sen, J. (2023). Effect of BMI on sleep pattern among non - tribal female college students of Tripura: Cross - sectional Study. *International Journal For Multidisciplinary Research*.
- [9] Yang, W., Hu, W., Morita, N., Ogai, Y., Saito, T., & Wei, Y. (2022). Impact of Short - Term Intensive - Type Cognitive Behavioral Therapy Intervention on Internet Addiction among Chinese College Students: A Randomized Controlled Trial. *International Journal of Environmental Research and Public Health*, 19.
- [10] Zenebe, Y., Kunno, K., Mekonnen, M., Bewuket, A., Birkie, M., Necho, M., Seid, M., Tsegaw, M., & Akele, B. (2021). Prevalence and associated factors of internet addiction among undergraduate university students in Ethiopia: a community university - based cross - sectional study. *BMC Psychology*, 9.