



IMPACT OF QUALITY OF SLEEP ON LIFE SATISFACTION AND WORK MOTIVATION IN YOUNG ADULTS

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Abstract

Sleep is body's response to maintain equilibrium in the body. Good quality sleep influences our cognitions, mental abilities and decision making abilities. The study aimed to understand the impact of quality of sleep on Life Satisfaction and Work Motivation. The data was collected on 120 participants in New Delhi and NCR. The data was collected on individuals who were presently working in an organisation. To analyse the data, three scales, Sleep Quality Scale, Work Motivation Scale and Life Satisfaction scale was used. The data was analysed at both descriptive and inferential levels. Pearson correlation and simple linear regression was used to analyse the data. Data presented that there was significant positive correlation between two variables. There was positive correlation between Quality of sleep and Work Motivation. Hence, it can be concluded that sleep has influence our Quality of life and Motivation. Further research is needed to explore mechanisms for good quality sleep.

Keywords: Sleep Quality, Work Motivation, Life Satisfaction; Young adults, correlational study

Introduction

Sleep it is the body's response to rest. Sleep is a process which helps to maintain an equal homeostasis in our body. It is required by all living organisms in this world. According to Joshua, 2023 "sleep can be interpreted as process of unconsciousness, where the brain relaxes" In this state, individuals are reactive to internal stimuli. Quality of sleep affects majorly most factors namely, satisfaction, motivation, memory, learning and other biological functions. Poor quality and deprivation of sleep is linked with various disorders Insomnia, affects our ability to make rational judgements and satisfaction. Good quality of sleep is linked with body immune system to fight back any foreign material present in our body.

Sleep functions in two major phases. Rapid eye movement is synonymous with REM. Non Rapid Eye Movement sleep is further divided into three phases, namely NREM phase one, NREM phase two and NREM phase three. Each phase is characterized by its own depth and quality of sleep and brain wave activity.

The three phases of sleep are marked by varying time lengths.

Non Rapid Eye Movement phase one- is characterized by light shallow sleep, in this phase of sleep an individual is prone to being easily awoken, this phase is the first and foremost stage of sleep. It lasts mainly between one to seven minutes.

Non Rapid Eye Movement Phase two- is characterized by intense and deeper quality of sleep. This stage of sleep is characterized by memory formation and helps in building of learnings. This phase of sleep is marked by slow brain activity.

NREM part three - is seen by low brain wave frequency and occurs from about twenty to forty minutes. Rapid Eye Movement sleep is characterized by dreaming. In this phase of sleep, body voluntary muscles paralysis, the paralysis of sleep help in prevention of neural activity in dream to manifest with body's body voluntary movements.

Motivation

Motivation can be defined as an activity which helps to guide, initiate a person's behavior and goals. Motivation is a process which is a culmination of three factors, emotional, physiological and psychological factors. Motivation helps a person in achieving goal-directed behavior. Motivation can be seen in two domains, internal and external factors.

Motivation is a force which initiates behavior, actions and goals and causes people to engage in certain activities. Motivation can be seen as the willingness desire of an individual to achieve goals and helps in satisfying needs. An individual is motivated when there is a need or deficiency. A state of deficiency creates a state of tension and discomfort which causes an individual to behave in ways to achieve a specific goal.

Motivation is a process which involves use of cognitive processes like perception, memory, decision making. However, interpretations are subjective as per individual needs.

Life Satisfaction

The word Satisfaction is Latin in nature which means to do enough with one's own life. Life satisfaction encompasses satisfaction with one's life choices, needs and wants. It is the whole subjective journey of accumulation of choices, needs, experiences, behaviours held by an individual. In true meaning, satisfaction

with one's life is subjective and appears different to different people. It encompasses the negative positive and judgements held by a person.

Life satisfaction provides a global index for an individual's mental, psychological and cognitive functioning. It provides us a holistic development report of an individual. Life satisfaction postulates how people think feel and evaluate others and hold opinions for the future. Life satisfaction is affected and influenced by cultural, societal, parental, moral and normal perspectives. It helps us to analyses mental well-being and deal with life challenges in an effective manner. It provides an index of well-being in adults showcasing about their mood levels and nature.

Review of Literature

1. Shreya Samanta and tanushree Moitra 2023 conducted a study on middle aged employed and unemployed women on life satisfaction and stress. The participants were chosen in such a way that 35 participants were employed and 35 participants were unemployed. The results were interpreted at both statistical analysis. Findings suggested that there was significant difference in stress level among employed and unemployed women. the two variables, life satisfaction and stress were negatively correlated.
2. Akshay Mohan and Maheshbabu 2023 conducted a study on academic motivation and sleep quality among adults across gender. The study was establishing correlation between achievement motivation and sleep quality. The data was conducted on 80 participants. Findings suggested no relationship between achievement motivation and sleep quality among adults. Findings suggested that the two variables
3. Faris S Alghamdi 2023 employed to examine, the relationship between job satisfaction and life satisfaction. The study was conducted and the results reported were obtained. The results of pearson correlation revealed that job satisfaction and life satisfaction were significantly correlated.
4. Halil sari 2020 conducted a study to understand the relationship between job satisfaction, motivation and life satisfaction amongst teachers. Objective of the study was to find life satisfaction and job motivation among teachers. The data was collected from 264 teachers. It was noted that life satisfaction is a predictor of job motivation and job satisfaction among teachers. The variables job satisfaction, life satisfaction and work motivation were positively correlated to each other.
5. Shaheen Parveen 2019 employed to understand relationship of work motivation of employees in the telecom sector. The sample of the study was 120 employees working in telecom sector. The findings suggested that employee motivation and work motivation of individuals were positively correlated at 0.01 level of significance.

Aim-

The aim of the research is to understand the impact of quality of sleep on Life satisfaction and Work Motivation in Young Adults.

Objectives

The study aims to understand the following,

1. To study the relationship between quality of sleep and Life Satisfaction in young adults.
2. To study relationship between quality of sleep and Work Motivation in young adults.
3. To examine the effect of the quality of sleep and Life Satisfaction in young adults.
4. To examine the effect of the quality of sleep and Work Motivation in young adults

Hypothesis

1. There will be significant correlation between Quality of Sleep and Life Satisfaction in Young Adults.
2. There will be significant correlation between Quality of Sleep and Work Motivation in Young Adults.

Methodology

The study aimed to understand the impact of quality of sleep on Life Satisfaction and Work Motivation in young adults. The research aims to signify the relationship between two variables. Person correlation used and employed linear regression model understand relationship. The data collected was analysed using three measures of Quality of Sleep, Life Satisfaction and Work Motivation

Sleep Quality Scale

Sleep Quality Scale measures the quality of sleep by an individual. It assesses mechanism of sleep and rest taken by an individual. It is a scale which has been validated in age group 18- 58 years. It is a self-report measure consisting of 28 items with four point Likert scoring. The scores are totalled, higher scores depicting sleep problems. The scale has been validated on individuals aged between 18-59 years of age. The scale has high internal consistency reliability of 0.92 and a test-retest reliability of 0.81. The SQS has scores have been strongly correlated with Pittsburg Sleep Quality Index. The scale has good construct validity. Total score ranges from 0 to 58, higher scores denoting more sleep problems.

Satisfaction with Life Scale

The Satisfaction with Life Scale was (SWLS) created by Diener, Emmons, Larsen, and Griffin in the year 1985. The scales consist of 5 questions and was made to assess the quality of one's own life experiences. The scale was made to assess and evaluate one's own choices and judgements. According to Diener 1985, the scale can be assessed on population with varying age group. This scale has been widely used in clinical settings. The scale was developed in the United States with 5 item questionnaire using a 7- point Likert Scale. The scale has a good internal reliability of 0.74. satisfaction with life scale has also been used on patients with Depression and Social support.

Work Motivation Scale

The scale was developed by KG Agrawal to measure the level of motivation in working individuals. It was developed in 1990. It is a 26 item questionnaire with 5- point Likert score. It assesses an individual performance and commitment towards work and an organisation. The scale has good internal consistency of 0.99 and was found by Spearman Brown Formula. The scale has high validity and can be assessed on working population.

Participants - Data has been collected on individuals residing in New Delhi and NCR. The data was collected on people in the age group (23-35 years). It was duly noted that participation is voluntary by individuals. The data was collected only on Individuals working in an organisation or working in a job.

The data was collected by individuals over 35 years of age. Data was collected by individuals with any physical disability.

Analysis of Results

Table 1 Pearson Correlation Table for the sleep quality and work motivation among young adults.

		Sleep quality	Work Motivation
Sleep Quality	Pearson Correlation	1	.753**
	Sig. (2-tailed)		.000
	N	120	120
Work Motivation	Pearson Correlation	.753**	1
	Sig. (2-tailed)	.000	
	N	120	120

*. Correlation is significant at the 0.01 level (2-tailed).

Correlation analysis shows statistically significant positive correlation between sleep quality and work motivation among young adults. The Pearson correlation coefficient between sleep quality and work motivation is .753, showing a positive correlation between the two variables. To understand this, as sleep quality increases, work motivation increases. Similarly, as work motivation decreases sleep quality of individuals decreases. Positive correlations imply there is strong significant association between sleep quality

and work motivation. However, it simply does not apply that poor sleep is the only predictor of low motivation adults. Individual work place and interest level also is factor of motivation.

Table 2

Pearson Correlation Table for the sleep quality and life satisfaction among young adults.

		Sleep quality	Life Satisfaction
Sleep Quality	Pearson Correlation	1	.693**
	Sig. (2-tailed)		.000
	N	120	120
Life satisfaction	Pearson Correlation	.693**	1
	Sig. (2-tailed)	.000	
	N	120	120

** . Correlation is significant at the 0.01 level (2-tailed).

Correlation analysis shows significant positive correlation between sleep quality and life satisfaction among young adults. Pearson correlation coefficient between sleep quality and life satisfaction is 0.693, indicating a significant positive association between the two variables. This means that as sleep quality increases, the life satisfaction of adults increases.

Table 3. Impact of quality of sleep on life satisfaction amongst young adults.

	R ²	F	Sig.
Life Satisfaction	.480	108.750	.000 ^b

p < 0.001. Predictors (Constant); Life Satisfaction Scale

Linear regression was applied on data to study the influence of quality of sleep on life satisfaction among young adults.

Table 4. Impact of quality of sleep on Work Motivation amongst young adults.

	R²	F	Sig.
Pro – Everyday	.567	154.496	.000 ^b

p<0.001. Predictors: (Constant) Work Motivation

Linear regression was applied on data to study the impact of quality of sleep on work motivation among young adults.

Discussion

The aim of this study is to understand the impact of Quality of sleep affects life satisfaction and work motivation in young adults. Sleep is a process which helps to maintain an equal homeostasis in our body. Sleep can be seen as a process of not only closing eyelids but a process marked by state of unconsciousness.

Poor quality and deprivation of sleep is linked with various disorders Insomnia, affects our ability to make rational judgements and satisfaction. Good quality of sleep is linked with body immune system to fight back any foreign material present in our body. Motivation can be defined as an activity which helps to guide, initiate a person's behavior and goals. Motivation is a process which is a culmination of three factors, emotional, physiological and psychological factors. An individual is motivated when there is a need or deficiency. A state of deficiency creates a state of tension and discomfort which causes an individual to behave in ways to achieve a specific goal.

Life satisfaction encompasses satisfaction with one's life choices, needs and wants. It is the whole subjective journey of accumulation of choices, needs, experiences, behaviours held by an individual. In true meaning, satisfaction with one's life is subjective and appears different to different people.

The First hypothesis stated there will be significant relationship between Quality of Sleep and Life satisfaction was proved and accepted. The results showed there is significant positive relationship between quality of sleep and Life Satisfaction. This can be understood as quality of sleep increases, life satisfaction increases. Similarly, as quality of life decreases, satisfaction with life decreases.

The results are sync with the previous findings. Correlation using Pearson's method was used to identify the association between variables between quality of sleep and life. Hence the first hypothesis was proved and accepted.

The second hypothesis stated there will be significant correlation between Quality of Sleep and Work Motivation in Young Adults was proved and accepted. The results showed there is significant positive relationship between quality of sleep and Work Motivation. This can be understood as quality of sleep increases, work motivation increases. Similarly, as quality of life decreases, Work Motivation decreases.

Correlation using Pearson method employed to identify association between variables between quality of sleep and work motivation.

Linear regression was applied on data to study the impact of quality of sleep on life satisfaction among young adults. The analysis shows a relationship between sleep quality and life satisfaction.

Implications

Poor sleep quality can lead to negative mood states like irritability, anxiety, and depression, which can significantly impact how satisfied you are with life. On the flip side, good sleep quality can boost positive emotions and overall life satisfaction. Chronic sleep deprivation is linked to health problems such as obesity, cardiovascular diseases, and weakened immune function. Improving sleep quality can help prevent these issues and improve your quality of life. Lack of sleep can also impair cognitive functions like memory, attention, and decision-making, which are crucial for your well-being and life satisfaction. Sleep quality can also affect your productivity and performance at work. People with poor sleep quality are more likely to make mistakes, be less satisfied with their jobs, and have a higher risk of missing work. Additionally, sleep quality can influence your relationships with others. Poor sleepers may show more negative behaviors, leading to conflicts and strained relationships, while good sleepers tend to have more positive interactions. Overall, improving sleep quality can lead to higher life satisfaction. Quality sleep is essential for your emotional well-being, physical health, and cognitive functioning, all of which contribute to feeling fulfilled and satisfied with your life. Understanding these implications can help individuals and organizations prioritize sleep hygiene and create environments that promote better sleep quality, ultimately leading to improved life satisfaction and well-being.

Conclusion

The study aimed to understand the impact of Quality of Sleep on Life Satisfaction and Work Motivation. The data was collected on 120 participants employing three separate questionnaires. The data was analysed using Pearson Correlation and Simple Linear Regression. The findings of the data suggested that there exists positive correlation between quality of sleep and life satisfaction. Significant positive correlation is seen between Quality of sleep and Work Motivation. There can be several reasons to support such findings, it is also reported that poor quality of sleep hinders our biological movement. However, better quality of sleep enhances our ability to reason well. Secondly, due advancements in technology sleep producing music are launched to help people sleep comfortably.

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