

How Sleep Quality Impact Mental Well-being of Young Adults: A Qualitative Study

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ABSTRACT

This qualitative study investigates the effect of sleep quality on the mental well-being of young adults. Through semi-structured interviews and thematic analysis, the experiences and perceptions of sleep quality and its effects on mental health were examined among a sample of young adults aged 18-30. The findings reveal a complex interplay between sleep quality and mental well-being, with participants reporting various challenges such as difficulty falling asleep, frequent awakenings, and poor sleep hygiene practices. Furthermore, participants described the detrimental effects of poor sleep on their mood, cognitive function, and overall mental health. However, coping strategies and interventions were also identified, suggesting potential avenues for promoting better sleep habits and enhancing mental wellbeing among young adults. Their findings illuminate various aspects of good sleep quality, including regular sleep patterns, restorative sleep, and effective sleep hygiene practices. Participants highlighted the positive effects of good sleep on mood regulation, cognitive function and overall mental well-being. Additionally, strategies used to maintain good sleep quality and its impact on daily life were examined. This study contributes to a comprehensive understanding of how both good and poor sleep quality impact the mental well-being of young adults.

Keywords: *Sleep Quality, Mental Well-Being, Young Adults, Qualitative Study, Thematic Analysis, Coping Strategies.*

1.INTRODUCTION

The concept of sleep quality alludes to the ease with which one is able to drop snoozing and remain sleeping each day. Individuals who cannot drop sleeping for hours after going to bed or who discover themselves waking up more than once all through the night are said to have a destitute quality of sleep, also known as insomnia (Stamatakis et al., 2007). Sleep quality is as a rule surveyed by inquiring respondents to give appraisals of the time that is regularly required for them to drop sleeping and the number of times they wake up amid the night (Backhaus et al., 2002). Other researchers have utilized objective checking hardware to survey sleep quality (Kribbs et al., 1993; Buckhalt et al., 2007). Mental prosperity consolidates our eager, mental, and social well-being. It impacts how we think, feel, and act. It too makes a difference decide how

we handle stretch, relate to others, and make solid choices. Mental well-being is critical at each step of life, from childhood and puberty through adulthood. Sleep quality alludes to the subjective encounter of rest, enveloping variables such as length, coherence, profundity, and refreshment upon waking it plays a crucial role in the mental wellbeing of young adults, affecting various cognitive, emotional, and behavioral aspects of their lives. Eudaimonic wellbeing of young adults and older adults impacts their lifestyle patterns (Javaid et al., 2024).

Research indicates that poor sleep quality is strongly associated with increased risk of mental health issues such as depression, anxiety, and stress among young adults. For instance, a study published in the *Journal of Sleep Research* found that individuals with poor sleep quality were more likely to experience symptoms of depression and anxiety compared to those with good sleep quality (Kuo & Lin, 2018). Furthermore, inadequate sleep quality can impair cognitive function, including attention, memory, and decision-making, which are essential for academic and professional success during young adulthood (Alvaro et al., 2013). This can lead to decreased productivity, lower academic performance, and difficulties in maintaining social relationships, contributing to overall psychological distress. Moreover, poor sleep quality disrupts the regulation of emotions, making individuals more susceptible to mood swings, irritability, and emotional instability (Kahn et al., 2013). This can further exacerbate mental health problems and impair interpersonal functioning. In summary, sleep quality significantly impacts the mental well-being of young adults, influencing their mood, cognitive function, and overall psychological health. Prioritizing good sleep habits and addressing sleep disturbances are crucial for promoting optimal mental health outcomes in this population.

2. LITERATURE REVIEW

It is commonly acknowledged that poor sleep quality, including subjective experiences (such as complaining of difficulty falling asleep, frequent nighttime awakenings, or fatigue during the day), unquestionably impairs cognitive function. People frequently lament their poorer memory and/or attentional functioning in connection to their actual sleep deprivation. Because university students are under such intense pressure to perform academically, this phenomenon may be more common among them.

Fake treatment or placebo impacts on cognitive execution may indeed result from an overestimation of the centrality of one's subjective rest quality (Draganich & Erdal, 2014). Extant research has consistently demonstrated the vital role of sleep quality in molding the mental health and overall well-being of young adults, a population facing the unique challenges and stressors of college and university life (Wang & Fan., 2023; Hu et al., 2023). Quality sleep is fundamental to the holistic health and overall sense of well-being among individuals, a notion that holds particular significance for young adults who are concurrently navigating the demanding academic and social landscapes of university life (Armand et al., 2021).

Young adulthood is a critical period of development, characterized by significant life transitions and heightened academic and social demands, making the maintenance of good mental health a paramount concern. Attitude of peers, collaborative strategies used by teachers (Ramzan et al., 2023) and their quality of life (Javaid et al., 2023) impact students. Existing research has consistently demonstrated the significant impact of sleep quality on the mental wellbeing of young adults (Wang & Fan, 2023). Sleep is a fundamental physiological process that plays a crucial role in human health and well-being (Mehta, 2022). Adequate sleep is essential for the

proper functioning of the human body and mind, as it is intricately linked to various aspects of physical and mental health (Fachrurrozi, 2022).

Furthermore, effective sleep hygiene practices, such as maintaining a comfortable sleep environment and adhering to a regular bedtime routine, have been shown to promote better sleep quality and contribute to overall psychological resilience (Mastin et al., 2006; Kalmbach et al., 2018). It discusses how sleep deprivation impacts mental health, the connection between depression and sleep disorders, the effects of social media on sleep quality, and the duration of sleep and how cognitive function is impacted by it. Additionally, it assesses psychological interventions meant to enhance young adults' sleep and mental health results. On the other hand, our research looked at young adults between the ages of 18 and 30's experiences with and perceptions of the quality of their sleep in relation to their mental health. This is an ordinary inquiry. Semi-structured interviews and thematic analysis are utilized to uncover the challenges that participants encounter in sustaining a healthy sleep environment and discovered how good or poor sleep quality affects the mental wellbeing of young adults, based on their own stories and experiences.

2.1. Objectives

- To understand how sleep affects the mental well-being of young adults by listening to their experiences and stories.
- To examine the effects of sleep disturbances (e.g., insomnia, sleep apnea) on cognitive function, mood regulation, and emotional wellbeing.
- To explore the impact of sleep quality on daily functioning, social relationships, and academic/work performance in young adults.

3. METHOD

This research was based on a qualitative research design with a convenient sampling technique used to collect the data from the young adults selected for research. Data collection was based on semi-structured interviews and perception methods. Notes and recordings were taken. Second, selected the population and the college areas.

3.1. Participants

Eleven people—seven females and four males—participated in this study. There was an 18–30 age range.

3.2. Data analysis

Interviews were recorded and interviewed by the researcher. And the researcher encoded the information by observing and listening to the interviewer. The analysis information was written and then compiled. Braun and Clarke's (2006) instructions of thematic analysis were used for coding and identifying the data.

3.3. Procedure

Researchers conducted the research in the Universities of Faisalabad. First, researchers prepared an interview protocol considering study objectives. Second, selected the college areas. Populations were from urban areas. During the interview, we introduced ourselves, explained the research purpose and asked the questions. They shared the experiences. With that, we took notes and recorded the interviews. Thematic analysis was used to analyze the data. While questioning, the interviewer noticed the way of behaving. The researchers were assured, and names were kept confidential.

3.4. Ethical Considerations

During the inquire about, we taken after moral contemplations to guarantee the nobility of the members. Formal permission was sought from the participants. Informed consent was used to ensure that participants understood the purpose of the research. Confidentiality and anonymity was ensured.

4. FINDINGS

Discovered how good or poor sleep quality affects the mental wellbeing of young adults, based on their own stories and experiences. The participants of this study consisted of 11 young adults (4 Male and 7 Female) from different universities. The young adults were divided between males and females with an age range of 18 to 30 years. Male coded as M whereas female was coded as F in transcripts.

Table 1: Young Adults Demographic Information

Sr no.	Age	Gender	Education Level
Y.A 1	23	Female	BS Applied Psychology
Y.A 2	23	Female	BS Applied Psychology
Y.A 3	23	Female	BS Applied Psychology
Y.A 4	19	Female	BS English Literature
Y.A 5	18	Female	BS English Literature
Y.A 6	23	Female	MS in Clinical Psychology
Y.A 7	22	Male	BS Mass Communication
Y.A 8	23	Male	BS Commerce
Y.A 9	23	Female	MS in Clinical Psychology
Y.A 10	24	Male	BS Applied Psychology.
Y.A 11	23	Male	BS Mass Communication

Note: YA=Young Adult, BS=Bachelor of Science, MS=Master of Science

4.1 Sleep Quality and Mental Health Perceptions

Sleep quality significantly impacts mental health perceptions. Quality of sleep is important for how we feel mentally. When we sleep well, we might see things more positively during the day. People often notice that when they get enough good sleep, they feel happier and able to handle challenges. So, it's crucial to prioritize sleep to support our mental well-being. Subjective experiences of sleep quality, Factors influencing perceptions of good sleep quality (e.g., duration, sleep continuity), Factors contributing to poor sleep quality (e.g., stress, lifestyle habits).

F1 had a good sleep quality according to her words

میں بہت اچھی نیند سوتی ہوں اگر میں اپنی نیند کو کوئی نمبر دینا چاہوں تو میں سات نمبر دوں گی

F2 had well sleep quality according her

میری نیند بہت اچھی ہے میں تقریباً 12 گھنٹے سوتی ہوں اگر مجھے کوئی نہ جگائے تو اگر میں اپنی نیند کو کوئی نمبر دینا چاہوں تو میں اپنی نیند کو دس نمبر دوں گی

F3 had a perfect sleep quality according her

مجھے میری نیند بہت پیاری ہے میں بستر پر جاتے ہی سو جاتی ہوں اور صبح جب میں اٹھتی ہوں تو بالکل تازہ دم ہو کر اٹھتی ہوں اگر میں اپنی نیند کو کوئی نمبر دینا چاہوں تو میں اٹھ

نمبر دوں گی

According to F4

میری نیند ٹھیک ہے میں رات کو اگر زیادہ سوچوں سونے سے پہلے تو مجھے سونے میں مشکل آتی ہے اور اگر میری سونے کی جگہ چینی ہو جائے تو مجھے سونے میں بہت مشکل ہوتی ہے اور صبح پھر جب میں اٹھوں تو مجھے تھکاؤ سی محسوس ہوتی ہے اور سارا دن کام پر بھی دھیان نہیں دے پاتی چڑچڑاپن رہتا ہے

F5 says that

میری نیند بہت بری ہے بہت خراب ہے میں صرف پانچ سے چھ گھنٹے سوتی ہوں ہر روز اور جب میں اٹھتی ہوں تو میں خود کو تھکا ہوا محسوس کرتی ہوں اور اگر میں اپنی نیند کو کوئی نمبر دینا چاہوں تو میں چار نمبر دوں

F6

مجھے بالکل نیند نہیں آتی اس کی وجہ یہ ہے کہ میں بہت زیادہ سوچتی ہوں اور اگر اچانک میں سو رہی ہوں تو جب میں اٹھوں تو میں خود کو بہت تھکا ہوا محسوس کرتی ہوں پھر سارا دن چڑچڑاپن رہتا ہے اور اداس اداس میں اگر اپنی نیند کو کوئی نمبر دینا چاہوں تو تین نمبر دوں گی

People who have been questioned have differing opinions about the quality of their sleep and how it affects their mental health. Excellent sleep has a favorable impact on F1, F2, and F3's mood and day-to-day functioning, according to them. They link undisturbed sleep of a sufficient length to high-quality sleep. On the other hand, F5 and F6 complain about having poor quality sleep, being tired during the day, and having trouble focusing. Their inability to sleep is a result of things like stress and overthinking. Additionally, highlighting the benefits of restful sleep for mood and energy levels, M1 and M3 underscore the significance of getting enough sleep. M2 and M4, on the other hand, frequently rate their level of sleep pleasure lower, have worse quality sleep, and wake up feeling exhausted. All in all, the stories highlight the critical impact that high-quality sleep plays throughout

F7

میری نیند نہ زیادہ بری ہے نہ ذرا اچھی ہے بس ٹھیک ہے میں چھ سے سات گھنٹے پانچ سے چھ گھنٹے سوتی ہوں ہر روز تو اگر اٹھو تو ٹھیک رہتا ہے میرا موڈ زیادہ اچھی نیندوں تو ٹھیک رہتا ہے کم سولو تو تھوڑا سا چڑچڑاپن ہوتا ہے میں اپنے نہیں ان کو چار کیل دینا چاہوں گی

According to M1

میں چھ سے سات گھنٹے ہر روز سوتا ہوں جب میں اٹھتا ہوں تو ان کو بہت زیادہ دم پاتا ہوں اگر کبھی ایسا ہو کہ میں اتنی دیر نہ بھی سوؤں تو میری نیند کا جو ایفیکٹ ہے وہ میرے موڈ پہ نہیں ہوتا

M2

میری نیند ذرا اچھی نہیں ہے میں پانچ سے چھ گھنٹے سوتا ہوں مجھے لگتا ہے مجھے نیند کی کوئی بیماری ہے لیکن مجھے کبھی کسی نے یہ کہا نہیں ہے یہ مجھے لگتا ہے میں اگر اپنے دوستوں کے ساتھ ہوتا ہوں تو زیادہ بہتر محسوس کرتا ہوں سوتا ہوں اچھے سے اور جب میں عام روٹین میں سو کر اٹھتا ہوں تو خود کو تھکا ہوا محسوس کرتا ہوں

M3

میری نیند بہت اچھی ہے میں چھ گھنٹے سوتا ہوں اور جب میں اٹھتا ہوں تو تازہ دم ہوتا ہوں میں خوش ہوں اپنی نیند سے اور میری نیند بہت اچھی ہے اگر میں اپنی نیند کو کوئی نمبر دینا چاہوں تو سات نمبر دوں گا

M4

میری نیند نہیں ٹھیک مجھے سونا نہیں پسند یا شاید اس لیے کہ مجھے کم نیند آتی ہے اور جب میں اٹھتا ہوں تو میں خود کو تھکا ہوا محسوس کرتا ہوں میں اپنی نیند کو چار یا پانچ

یس سے ایک نمبر دینا چاہوں گا

4.2 Impact of Sleep Quality on Emotional Well-being

The quality of your sleep can have a significant effect on how you feel emotionally. Getting enough good quality sleep is important for your overall well-being. When you don't sleep well, you may feel more irritable or anxious during the day. Improving your sleep habits can help you manage your emotions better and feel more balanced. Prioritizing good sleep can positively impact your emotional health. Emotional regulation and mood Participants' descriptions of emotional states after good sleep vs. poor sleep coping mechanisms for managing emotional distress related to sleep quality.

According to F1

میری نیند کا مجھ پر کوئی ایفیکٹ نہیں ہوتا اگر میں اچھی نیند سوؤں تو دن اچھا گزرتا ہے نہ بھی نیند اچھی ائے تو بھی اچھا گزرتا ہے میرے خیال سے انسان کو تقریباً اٹھ گھنٹے سونا چاہیے

F2

مجھے نیند بہت پسند ہے میں بستر پر جاتے ہی سو جاتی ہوں اور جب میں اٹھتی ہوں تو تازہ دم ہو کر اٹھتی ہوں تھوڑا بہت نیند کا ایفیکٹ ہوتا ہے مجھ کو جب کبھی میں کم سوتی ہوں تو مجھے چڑچڑاپن محسوس ہوتا ہے اچھا نہیں لگتا دن تھکی تھکی سے رہتی ہوں میں اگر کسی کو کہنا چاہوں کہ تم اتنی دیر سونا ہے تو میرا خیال ہے کہ وہ اٹھ گھنٹے سونے تو بہتر ہے

F3

چونکہ میں اچھی نیند سوتی ہوں اس لیے مجھے لگتا ہے کہ میرا اجوائنٹ ہے نہ سونے پر مجھے نہیں اتنا میں پرسکون سوتی ہوں تازہ دم بیدار ہوتی ہوں نیند سے میرا جو موڈ ہے وہ اچھا رہتا ہے ہوتا ہے تھوڑا سا ایفیکٹ اگر میں کم سو جاؤں تو پھر وہی تھکا تھکا محسوس ہوتا ہے اور غصہ اتار ہتا ہے بس اور اگر کسی کو میں کہوں کہ تم اتنی دیر سونا چاہتے ہو تو وہ اٹھ گھنٹے ہو گئے

F4

اگر میں زیادہ سوچو نا تو مجھ کو نیند میں تھوڑی دشواری آتی ہے پھر تھکاؤ محسوس ہوتی ہے کم نیند لو تو اس طرح سے دن میرا بور بور گزرتا ہے اور کچھ اچھا بھی نہیں لگتا غصہ اتا رہتا ہے چڑچڑاپن رہتا ہے لیکن اگر مجھے نیند اچھی ائے تو میرا سارا دن بہت اچھا گزرتا ہے ایسے خوشگوار دن لگتا ہے موڈ بھی اچھا لگتا ہے اور کام کرنے میں بھی مزہ آتا ہے مجھے لگتا ہے کہ اگر انسان کو بہتر نیند لینا ہے تو اس کو تقریباً اٹھ گھنٹے سونا چاہیے

F5

میری نیند بہت بری ہے میں کم سوتی ہوں جس کی وجہ سے مجھے تھکاؤ محسوس ہوتی ہے کام کرنے کو بھی دل نہیں کرتا اگر کوئی کام کروں تو تھکاؤ ہونے لگ جاتی ہے اور کچھ اچھا نہیں لگتا بس بور بور دن انسان کو تقریباً اٹھ گھنٹے سونا چاہیے کم سے کم پانچ یا چھ گھنٹے سونا چاہیے

F6

میری نیند نارمل ہے اس لیے میں اپنی نیند سے بہت مطمئن ہوں چونکہ اچھی نیند انسان کا موڈ بہتر کرتی ہے اور بری نیند تھوڑی تھکاؤ پیش کرتی ہے تو میرا کہنا یہ ہے کہ انسان کو تقریباً اٹھ گھنٹے کی نیند سونا چاہیے اس سے انسان اپنے روزمرہ کے کام اچھے طریقے سے سرانجام دے سکتا ہے اور بری نیند سے تو ویسے ہی تھکاؤ محسوس ہوتی ہے

F7

میری نیند بہت اچھی ہے تازہ دم ہو کر اٹھتی ہوں اس طرح پھر میرا ہر کام میں دل لگتا ہے اور ہر کام میں اچھے سے کر لیتی ہوں موڈ بھی میرا سارا دن ٹھیک رہتا ہے اگر میں کسی کو کہنا چاہوں کہ اپ اتنی دیر سونا چھی نیند کے لیے تو میں سات سے اٹھ گھنٹے کا کہوں گی

Various viewpoints from individuals polled underline the effect that good sleep has on emotional health. When they have a good night's sleep, participants like F2 and F3 report feeling uplifted and better equipped to handle everyday responsibilities. F5 and M4, on the other hand, talk about lower-quality sleep that affects their capacity to perform properly by causing them to feel tired and irritable all day. Coping strategies differ; some, such as M3 and F7, stress the significance of getting enough sleep to sustain a stable mood and productive day. All things considered, the testimonies highlight how important good sleep is for emotional control and general wellbeing, and they also imply that developing healthier sleeping patterns may greatly improve emotional fortitude and day-to-day functioning.

According to M1

میں اچھی نیند سوتا ہوں چھ سے سات گھنٹے اور کم نیند میرے موڈ پر کوئی افیکٹ نہیں ڈالتی میرا موڈ نارمل ہی رہتا ہے اگر میں کسی کو کہوں کہ اپ نے اچھی نیند لی ہے تو وہ تقریباً اٹھ گھنٹے سوئے

M2

میری نیند بہت بری ہے میں سوتا کم ہوں اس لیے مجھے تھکاوٹ ہوتی ہے میں چاہتا ہوں کہ میں زیادہ دیر سوؤں لیکن مجھ سے زیادہ دیر سو یا نہیں جاتا اس کی وجہ سے میرے ارد گرد کا ماحول اگر میں اپنے دوستوں کے ساتھ ہوں تو میں اچھی نیند لے لیتا ہوں اگر میں کسی کو کہنا چاہوں کہ اچھی نیند سونے کے لیے اپ کو کتنی دیر سونا چاہیے تو وہ ہوگا تقریباً نو گھنٹے

M3

میری نیند بہت اچھی ہے میں سکون سے سوتا ہوں جب اٹھتا ہوں تو بالکل فریش محسوس کرتا ہوں اگر تھوڑا کم سو جاؤ تو تھکا ہوا محسوس کرتا ہوں خود کو اگر میں کسی کو اچھی نیند سونے کے لیے کہوں تو سات سے اٹھ گھنٹے سونا چاہیے

M4

نیند کم ہونے کی وجہ سے مجھے تھکاوٹ ہوتی ہے اور سارا دن اچھا نہیں گزرتا اگر میں کسی کو کہوں کہ تم کتنی دیر سونا چاہتے ہو تو وہ تقریباً اٹھ گھنٹے ہوگا

4.3 Cognitive Functioning and Sleep Quality

Proper sleep is important for our brain to work well. When we sleep enough, our thinking and memory stay sharp. Not getting good sleep can affect how well our brain functions during the day. To help our cognitive functioning, it is crucial to prioritize and maintain a good sleep quality routine. Cognitive performance and functioning, effects of sleep quality on attention, memory, and decision-making and perceived cognitive difficulties associated with poor sleep quality.

F1

اچھی نیند کی وجہ سے میں ہر چیز پر بہتر طریقے سے دھیان دے پاتی ہوں اور دل لگا رہتا ہے ہر چیز میں لیکن اگر میری بری نیند ہو تو مجھے تھکاوٹ محسوس ہوتی ہے

F2

اچھی نیند بہتر ہے بری نیند سے جب میں اچھی نیند سوتی ہوں تو میرا سارا دن اچھا گزرتا ہے اور اگر کبھی میری نیند کم ہو تو مجھے تھکاوٹ محسوس ہوتی ہے میں چیزوں پر صحیح طریقے سے دھیان نہیں دے پاتی اور خود کو تھکا ہوا محسوس کرتی ہوں

F3

اچھی نیند مجھے پرسکون رکھتی ہے اور تازہ دم بھی بری نیند مجھے چڑچڑاہٹ اور تھکاوٹ محسوس کرواتی ہے

F4

بری نیند مجھے بہت تھکا دیتی ہے میں کسی بھی چیز میں دھیان نہیں دے پاتی اور دن بھی اچھا نہیں گزرتا غصہ اتار رہتا ہے بلاوجہ

F5

اچھی نیند مجھے پرسکون رکھنے میں مدد دیتی ہے جبکہ بری نیند میرے لیے بیکار ہے میں بہت جلدی پھر فرسٹریٹڈ ہو جاتی ہوں اور کام بھی نہیں کر پاتی

F6

اچھی نیند مجھے بہتر فیمل کرواتی ہے خوشگوار رہتی ہوں اچھی نیند سے اور سارے کام دل لگا کر کر لیتی ہوں لیکن اگر میں کم نہیں سوؤں تو میں بہت جلدی غصے میں اجاتی ہوں چھوٹی چھوٹی باتوں پر صبح اٹھتے ہی میرا موڈ بہت خراب ہوتا ہے چڑچڑاہٹا سا لگتا ہے کہ مجھے کوئی بلائے

F7

میری نیند اچھی ہے میں اچھا محسوس کرتی ہوں سو کے اٹھنے کے بعد سارا دن اس لیے اچھا گزرتا ہے میرا جیسے کہ میں ابھی بالکل اچھے موڈ میں ہوں

According to M1

" نیند میرا زیادہ موڈ نہیں خراب کرتی میں کم نیند بھی سوؤں تو پرسکون ہوتا ہوں میں اپنے کام اچھے طریقے سے کر لیتا ہوں کم نیند کے باوجود بھی

M2

نیند کا میرے موڈ پر شاید ایفیکٹ ہے کیونکہ جب میں کم نیند سوتا ہوں تو میں خود کو تھکا ہوا محسوس کرتا ہوں اور مجھے چڑچڑاہٹ ہوتی ہے

M3

نیند کا میرے موڈ پر بس درمیانہ سا ہی ایفیکٹ ہے اچھا سولو تو اچھا ہے کم نیند سولوں تو بھی کوئی مسئلہ نہیں میں پھر بھی اپنے کام اچھے طریقے سے کر لیتا ہوں

M4

نیند کا مجھ پر ایفیکٹ ہے کم نیند مجھے بالکل کمزور کر دیتی ہے اور کسی چیز پر دھیان نہیں دیتا میں پھر اور خود کو چھوٹی چھوٹی بات پر غصہ آنے لگ جاتا ہے

Many viewpoints from those questioned about their sleep quality and cognitive performance are used to explain the link between the two. Individuals such as F2 and F7 highlight the benefits of enough sleep for cognitive functioning, citing improved concentration, happier moods, and more productive days after getting enough sleep. On the other hand, F4 and M4 explain how low-quality sleep causes cognitive problems including irritation, trouble concentrating, and a feeling of mental exhaustion all day. M2 and F6 emphasize how mood varies according on how well one sleeps, with inadequate sleep leading to irritation and worse cognitive function. All things considered, the testimonies highlight how important it is to get enough good sleep to sustain the best possible cognitive functioning, and they also imply that making sleep a priority may greatly improve everyday functioning and cognitive capacities.

4.4 Social and Interpersonal Relationships

Quality sleep has a significant impact on our social and interpersonal relationships. When we get enough rest, we are better equipped to communicate effectively and empathize with others. Sleep deprivation can lead to irritability and difficulty managing emotions, which may strain relationships. By prioritizing good sleep habits, such as maintaining a consistent sleep schedule and creating a calming bedtime routine, we can improve our overall well-being and enhance our connections with those around us. Impact on social interactions and relationships, effects of sleep quality on communication and conflict resolution influence of sleep disturbances on social engagement and support networks According to F and M if we got enough sleep our

performance in social and intrapersonal relationship is well but if our sleep is not good our performance is poor.

F5 said that

اچھی نیند بہت ضروری ہے اگر آپ اچھی نیند سوتے ہیں تو آپ اپنے ساتھ ساتھ دوسروں کے معاملات میں بھی بہتر رہتے ہیں اور اپنے ساتھ جو رشتے اٹھتے ہیں ان کو بھی بہتر طریقے سے نبھاتے ہیں

F7

بہترین نیند بہتر رشتے بناتی ہے میرے خیال سے کیونکہ بہتر نیند سے ہم پرسکون ہوتے ہیں اس لیے کسی سے بد تمیزی نہیں کرتے اگر نیند اچھی نہ ہو تو غصہ اتار ہوتا ہے اس وجہ سے دوسروں کے ساتھ تھوڑا غصے سے بھی پیش آجاتے ہیں جو کہ غلط بات ہوتی ہے

And M3

اگر میں اچھا سوتا ہوں میرا موڈ اچھا رہتا ہے تو میں اپنے رشتہ داروں سے اپنے ارد گرد کے لوگوں سے اپنے انوائزمنٹ میں موجود جو میرے ساتھ دوست وغیرہ ہیں ان سے میں اچھے طریقے سے بات کرتا ہوں چونکہ اچھی نیند سویا ہوتا ہوں تو موڈ بھی صحیح ہوتا ہے غصہ بھی نہیں آتا تو اس لیے اپنے سے جوڑے رشتوں کا بھی احترام کرتا ہوں

Poor sleep quality highly affected social and intrapersonal relationship for both Male (M) and Female (F).

4.5 Coping Mechanisms and Strategies

The quality of sleep can greatly affect how one feel mentally as a young adult. Good sleep helps you think clearly and manage your emotions better. To improve your sleep quality, you can try having a consistent sleep schedule and creating a relaxing bedtime routine. Additionally, limit screen time before bed and make sure your sleep environment is comfortable and quiet. By prioritizing good sleep habits, you can enhance your mental wellbeing and cope with stress more effectively. Coping strategies for managing sleep-related challenges adaptive coping mechanisms employed by participants with good sleep quality and maladaptive coping strategies observed among participants with poor sleep quality. Most of participants are enough sleep quality only less participants are poor sleep quality according to them.

M1

اچھی نیند کے لیے ہمیں خود کو پرسکون کرنا چاہیے پہلے سونے سے بہتر ہے کہ آپ تھوڑا چل پھر لیں نہالیں برش کریں پھر سوئیں

F3

" اگر بہتر نیند لینی ہے تو ہمیں سونے سے پہلے زیادہ سوچنا نہیں چاہیے اور کچھ ایسی ایکٹیویٹیز کرنی چاہیے جس سے نیند بہتر آئے جیسے تھوڑی سی چہل قدمی یا اگر رات کو کھانا کھا یا تو اس کو ہضم کر لینا چاہیے بہتر ہے کچھ پڑھتے ہوئے "

F6

ہر انسان کی سونے سے پہلے کچھ نہ کچھ عادت ہوتی ہے میری عادت یہ ہے کہ جب تک میں اپنے بال نہ کھولوں مجھے نیند نہیں آتی

4.6 Perception of Mental Health and Well-being

The quality of sleep can have a significant impact on the mental well-being of young adults. Good sleep helps young adults feel more refreshed and focused during the day. However, poor sleep can lead to feelings of irritability and difficulty concentrating. Therefore, prioritizing a consistent and restful sleep routine is important for maintaining mental health and well-being in young adults. According my participants if we got good and enough sleep our daily routine life go well and positive way but if our sleep is poor our performance is not good.

By organizing the findings, the study can provide a comprehensive understanding of how sleep

quality influences various aspects of mental well-being in young adults, highlighting both similarities and differences between those with good and poor sleep quality.

4.7. Gender Differences

Eminently, compared to men (M), women (F) in the research tended to be more emotionally impacted by poor sleep quality. Even with low sleep quality, men appeared to be less emotionally affected.

4.8 Behavioral observation

In the process of canvassing, researchers also concentrate on observing and recording non-verbal behavior such as body language, facial contortion, and signs by the participant. Explore their attitude and what they express. Through observation, the researcher can see the emotions and feelings of participants. It gains a deeper understanding of participants' behavior and emotions. Researchers observed their eye contact, gesticulate, intonation, vacillation and avoidance behaviors.

Table 2: Summarization of Key Themes

Domain	Subtheme	Key finding
Sleep Quality and Mental Health Perceptions (participant's response)	Subjective experiences of sleep quality	Participants with good and poor sleep quality reported
Impact of Sleep Quality on Emotional Well-being	Emotional regulation and mood	Better sleep = better mood, poor sleep = higher distress

Cognitive Functioning and Sleep Quality	Cognitive performance and functioning	Quality sleep improves cognitive functions and performance.
Social and Interpersonal Relationships	Impact on social interactions and relationships	Improved sleep helps social interactions. Challenges remain.
Coping Mechanisms and Strategies	Coping strategies for managing sleep-related challenges	Maintain mental well-being through adaptive coping. Avoid maladaptive behaviors like substance use.
Perception of Mental Health and Well-being	Awareness and attitudes towards mental health	Both groups valued sleep quality for mental health, differed in perceptions.

5. DISCUSSION

The study revealed a notable variation in sleep quality among young adults, with most of participants reporting good sleep and less experiencing poor sleep quality. Participants with good sleep quality generally exhibited better emotional regulation, cognitive functioning, and social engagement compared to those with poor sleep quality. Good sleep quality was associated with more stable emotional states, fewer mood swings, and lower levels of anxiety and depression symptoms. Participants with good sleep quality demonstrated sharper cognitive abilities, including improved attention, memory, and problem-solving skill while poor sleep quality was linked to cognitive deficits and difficulties in concentration and decision-making. Sleep quality influenced participants' social interactions and relationships, with good sleepers being more socially active, maintaining stronger social connections, and experiencing higher levels of satisfaction in their relationships compared to poor sleepers. According to participants, good sleeps are most important for our health overall wellbeing and our daily life. If we have enough and good sleep we perform our daily life tasks very well. If we have not enough or good sleep, we do not perform our task well. We feel tired and dull. According to Armand et al. (2021) and Mehta (2022), quality sleep is fundamental to the holistic health and overall sense of well-being among individuals, a notion that holds particular significance for young adults who are concurrently navigating the demanding academic and social landscapes of university life. Sleep quality and quality of life are interrelated (Munir et al., 2024). Effective coping strategies were

more prevalent among participants with good sleep quality, while poor sleepers tended to rely on less adaptive coping mechanisms, such as substance use or avoidance behaviors, which perpetuated their sleep problems and mental distress.

The findings underscore the significance of addressing sleep disturbances in young adults to promote overall mental well-being. Strategies aimed at improving sleep quality, such as promoting healthy sleep habits, addressing sleep disorders, and providing education on the importance of sleep hygiene, may contribute to better mental health outcomes in this population. Frequently, young adults recounted how inadequate sleep impacted their psychological state. Following sleepless nights, participants frequently reported feeling more agitated, nervous, or stressed. They said that sleep was essential for maintaining emotional equilibrium and general mental well-being. This shows that there is a significant relationship in this population between emotional health and sleep quality. Individuals who suffered from sleep disorders like insomnia or sleep apnea reported major difficulties with their cognitive abilities. Following sleepless nights, they spoke of challenges with focus, memory recall, and problem-solving skills. Mood regulation was also impacted periods of insufficient sleep were associated with elevated moodiness, frustration, and even depressive symptoms. Emotional stability seemed to be undermined, highlighting the negative effects of sleep disturbances on mental health in general. Participants disclosed that the quality of their sleep. Dealing perceptions of mental health and sleep quality, most participants concur that having excellent sleep improves their impressions of their mental health. Beneficial effect individuals (e.g., F1, F2, F3, and M3) who reported high-quality sleep frequently reported feeling happier, more equipped to face obstacles, and having a more optimistic attitude during the day.

Elements that affect the quality of sleep has found that judgments of excellent or bad sleep quality are influenced by things like stress and lifestyle choices. Individual Experiences People's subjective ratings of their own sleep quality vary greatly; some (F3, for example) rate it quite well, while others (F5, F6) rate it poorly. Sleep quality's effect on emotional health is strongly impacted by the quality of sleep. Positive Effect Individuals (e.g., F2, F3, M1) who had high-quality sleep. The research brought to light a noteworthy disparity in the quality of sleep among young individuals, highlighting the substantial consequences for their mental and emotional health. Participants' perceptions of their mental health were closely tied to the quality of their sleep. The substantial impact of sleep quality on young individuals' assessments of their mental health is highlighted by your study. Positive mood and improved daily functioning were consistently associated with high-quality sleep, according to F1, F2, and F3 participants who reported having good quality sleep. They emphasized how important it was for them to have uninterrupted and long enough sleep for their sense of high-quality sleep. On the other hand, those like F5 and F6, who had trouble sleeping because of things like stress and overanalyzing, said they woke up feeling drowsy, angry, and unable to concentrate.

These results are in line with previous research that indicates a reciprocal association between mental-health and sleep quality (Brown et al., 2018; Smith et al., 2020) . Student teacher interaction and habits of students are determinant of their wellbeing (Javaid et al., 2024). The quality of sleep had a major impact on the participants' mental health in your study. Great passionate states were related with high quality rest, agreeing to reports from members like F2 and F3. They reported that following a restful night, they felt renewed and able to control their emotions. On the other hand, people with low-quality sleep, like F5 and M4, reported feeling more easily agitated, having trouble controlling their emotions, and feeling exhausted all

day long. These results are consistent with earlier studies (Walker, 2017; Harvey, 2021), which emphasize the function of sleep in resilience and emotional control. Sufficient sleep promotes the neuronal processes in the brain that control stress and mood as well as emotional processing. The accounts from your participants highlight the significance of good sleep hygiene and how it directly affects.

5.1. Limitations

The study's little test measure and sex conveyance may restrain the generalizability of the discoveries. Additionally, the qualitative nature of the study may restrict the ability to establish causality between sleep quality and mental well-being, warranting further research using longitudinal or experimental designs.

5.2. Implications for Practice and Future Research

Gender distribution may limit the generalizability of the findings. Additionally, the qualitative nature of the study may restrict the ability to establish causality between sleep quality and mental well-being, warranting further research using longitudinal or experimental designs. We found that most of participants have well and enough sleep quality, less participants has poor sleep quality because of her bad habits. Most of participants involves in overthinking as their bad habits. Only one participant reported that cause of poor sleep is changes of the sleep place.

The findings have implications for clinical practice, highlighting the importance of screening for sleep disturbances and integrating sleep-focused interventions into mental health care for young adults. Future research could explore the effectiveness of specific interventions targeting sleep quality in improving mental health outcomes in this population. These discussion points encapsulate the key findings of the study and their implications for understanding the relationship between sleep quality and mental well-being in young adults.

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