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The Relation between Social Anxiety/ Life Quality and Sleep Quality among Iran-shahr High School Students

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ABSTRACT

The purpose of the present study is to investigate the relationship between social anxiety/life quality and sleep quality among students, within the academic year 2012_2013. The methodology used here is of a descriptive-correlation type, and the population consists of all Iran-shahr high school students, from which a total of 356 students (196 females and 160 males) were chosen as the sample through a class-random method. Warosherbon's questionnaires of life quality, Moshaaveri's questionnaire of social anxiety, as well as Pittsburgh's questionnaire of sleep quality were used here to gather the data. The obtained data were then analyzed through Pearson's correlation, multivariate regression, and independent T-test. Results showed that one can predict 0.127 and 0.10 of students' sleep quality based on their social anxiety and life quality, respectively. There was a significant relationship between social anxiety and sleep quality. A significant relationship existed between life quality and sleep quality of students. There was also a significant difference between males and females in their social anxiety, life-, and sleep quality. The social anxiety and sleep disorders were higher in females; life quality was poorer in this group.

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INTRODUCTION

Social anxiety that is defined as unpleasant experience in presence of others is one of factors that creates disorder in social development and growth and prevents from improving talents and individual personality. This phenomenon is prevalent in youth hood and has negative effect on efficiency and dynamism of youth and can destroy their personal and social performance [1] .according to DSM IV social anxiety means continuous fear in an situation in which a person feels others search about him/her and worries about that he/she behaves in way that others despise him/her [2] Mehrabi zadeh [3] believes that a person who suffers from social anxiety does not like to communicate and interact with others and avoids every situation where he/ she may expose judgement of others. Children and adults who suffer from social anxiety do not want to attend in social situations and interact with others ,because they see all social situations and interpersonal relations as assessment and criticism situations [1]

Social anxiety is interpersonal disorder as conditions in which anxiety creates disorder in individual relations with others. These people have less social relations with others and have less tendency to marriage. Studies show that children who suffer from social anxiety have less social interactions with their classmates. Also, students who suffer from social anxiety have less social relationships with opposite sex and adults have less social family relationships to others. People who suffer from social anxiety have defect in their skills and they are weak in learning effective social behaviors. Their anxiety is reaction to this defect and its result is negative interpersonal responses [2]

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Life quality and activity of people are affected by quality of people sleep; so that sleep quality affects on life quality of people, significantly. Life quality relates to perception of every person about life satisfaction concept. Concept of life quality has been repeated in different medical and clinical resources. The aim of health improving is increasing the life quality. However understanding of people about life quality concept is different. Life quality has two applications in medical science fields, public life quality or public welfare and health-base life quality that relates to people perception about effects of illness and undesirable life conditions and life satisfaction [4]

Life quality research is studying effective factors on having good feeling about life concept and people happiness. In fact, life quality theory develops life quality concept to provide the best way for people life. Thus, the main aim of life quality research and its applications is providing life with high quality for all people so this life is both systematic and delightful [5] Biological , social and psychological changes that occur in youth hood are associated with sleep duration, insufficient sleep, irregular time of sleeping and insomnia in youth hood. These negative changes in sleep time can lead to social-mental consequences such as depression, behavioral and educational problems. However, needed sleep time does not decrease in youth hood. But, generally, youth asleep less than 9.2 hours [6]

Insomnia leads to decreasing daily performance in emotional, social and physical aspects, significantly. Also, it increases sleep during day and consequently, it increases job and social accidents. Also, touchiness and aggressive behaviors and decreasing social communications are more in people who suffer from insomnia than others, significantly. Rate and quality of sleep in night affect on cognitive performance and concentration of people to do daily activities [3] Undesirable educational performance of students and youth is result of their insomnia. There are many factors that lead to decreasing the sleep time among youth including : early starting education and delay to go to the bed [7] Recent studies showed that insomnia in short time can lead to physiological consequences in healthy people, such as; decreasing tolerance to glucose , increasing blood pressure, increasing the cortisol level and increasing the activity of neural system. But, the consequences of insomnia in long term are not clear [8] People who suffer from insomnia , not only suffer from fatigue, but also suffer from disorder in cell reparation, defect in learning memory, increasing tension and anxiety and decreasing the life quality . there is significant relationship between sleep period and job performance and also mental awareness of people. So that insomnia increases depression and anxiety and decreases ability to fight and face with daily tensions. In these conditions, a person is stimulate and becomes angry ,easily. Also, rate and quality of night sleep affect on cognitive performance and concentration level of person to do daily activities [9]

Thus, we have tried to study the relationship between social anxiety and life quality with sleep quality among students, in this research. We hope that the results of this research be suitable to decrease social anxiety and increase life and sleep quality.

Research objectives and questions:

The main aim of this research is to study the relationship between life quality , social anxiety and sleep quality among high-school students in Iranshahr city. To achieve this aim, the following questions will be studied:

Is there relationship between life quality and sleep quality among high-school students in Iranshahr city?

1. Is there relationship between social anxiety and sleep quality?
2. Is there relationship between life quality and sleep quality?
3. Is there significant difference between social anxiety of girl and boy students?
4. Is there significant difference between life quality of girl and boy students?
5. Is there significant difference between sleep quality of girl and boy students?

Research methodology:

This research has tried to study the relationship between social anxiety and life quality with sleep quality among high-school students in Iranshahr city. Thus, this research is descriptive and correlation study. Statistical community of this research includes all high-school students in Iranshahr city who were 4900 students in 1391-1392. Sampling method was random clustering method corresponding to community volume (girl and boy) who were 2700 girls (55%) and 2200 boys (45%). Since, this community includes both girl and boy sampling method was cluster sampling and since the numbers of girls and boys were not equal, boys and girls were selected according to volume of statistical community from every social class. To obtain the size of sample was used Kokaran' formula that according it among 4900 students, 356 students were selected (160 boys and 196 girls). Selecting data collecting tools depends on research objectives and questions. Thus, in this research were used three standard questionnaires including; social anxiety consulting (SPI), life quality (SF) and Pitersborg' s sleep quality questionnaires (PSQI).

Research findings:

Research questions are studied and reported in this section, respectively.

Is there relationship between social anxiety , life quality and sleep quality among high-school students in Iranshahr city?

Linear relationship of social anxiety (x1), life quality (x2) sleep quality of students (Y) are determined by using linear regression model as follows:

$$Y = \beta_0 + \beta_1 X_1 + \beta_2 X_2 + \varepsilon$$

Table 1: Variance analysis of regression model shows relationships between social anxiety , life quality and sleep quality of students.

P value	Value F	R^2_{adj}	R	Mean of squares	Degree of freedom	Sum of squares	Change resource
0/002	6/17	0/028	0/184	3661/71	2	7323/49	Regression
				593/56	353	209527/42	Reminder
				-	355	216850/91	Total

Regarding to that obtained p value is 0.002 that is less than significant level (0.05), thus H0 is rejected in this level and linear regression model is meaningful. It means that there is significant and linear relationship between social anxiety and life quality with sleep quality of students. Correlation coefficient is r=0.184 that shows there is significant relationship between social anxiety and life quality with sleep quality of students. Regarding to that significant level is equal to 0,002 and is less than α= 0.05. thus, this relationship is significant. Regarding to that the value of R^2adj (adjusted R) is 0.028, then social anxiety and life quality 0,028 in this model determine the variance of sleep quality of students.

Table 2: Coefficients of regression model show relationships between social anxiety and life quality with sleep quality of students.

P value	T value	Standard estimated B	Standard error	Estimated B	Variable
0/001	7/52	-	8/98	67/46	Constant
0/021	2/33	0/127	0/058	0/135	Social anxiety
0/046	-1/98	-0/10	0/091	-0/169	Life quality

Also, regarding to estimated p value in regression model , H0 and H1 are rejected in 0,05 level, because regarding to t value that are 2.33 and -1,98 for social anxiety and life quality of students with significant levels 0.021 and 0.046, respectively. Then sleep quality of students is different regarding to their social anxiety and life quality. Regarding to β value for social anxiety and life quality are 0.127 and -0.10, respectively. Then, we can predict sleep quality of students regarding to social anxiety and life quality of students; 0.127 and 0.10 respectively. Thus, the most important prediction factors of sleep quality of the students are social anxiety and life quality in this research, respectively.

Is there relationship between social anxiety and sleep quality of students?

Table 3: Shows statistics of Spearman's correlation test related to relation ship between social anxiety and sleep quality of students.

Sleep quality					Variable
Type of relationship	Relationship	r^2	Spearman		
			Significant level	Correlation coefficient	Social anxiety
Direct relationship	There is relationship	0/028	0/002	0/164	

Data analysis by using Spearman test shows that correlation coefficient between two variables; social anxiety and sleep quality of students is equal to 0.164 with P-value (significant level) 0.002 that is less than significant level α=0.05. thus, H0 is rejected in this level. It means that there is significant relationship between social anxiety and sleep level of students. Also, positive coefficients show there is direct relationship between these two variables, it means by increasing social anxiety of students, disorder in their sleep quality will be increased. (it is to say that in sleep quality test high scores show weakness in sleep quality). This fact is confirmed regarding to distribution of points and gradient in graph (1-3-4). Also, correlation coefficient between two variables is 0.028 (r^2 = 0.028). in the other words, 2.8% of changes between two variables is common(only 2.8% changes in sleep quality of students is justified by their social anxiety.

Is there significant relationship between life quality and sleep quality of students?

Table 4: Shows statistics of Spearman's correlation test related to relationship between life quality and sleep quality of students.

Sleep quality					Variable
Type of relationship	Is there relationship?	r^2	Spearman		
			Significant level	Correlation coefficient	Life quality
Inverse	yes	0/074	0/001	-0/272	

Data analysis by using Spearman test shows that correlation coefficient between two variables; social anxiety and sleep quality of students is equal to -0.272 with P-value (significant level) 0.001 that is less than significant level α=0.05. thus, H0 is rejected in this level. It means that there is significant relationship between

life quality and sleep quality of students. Also, positive coefficients show there is direct relationship between these two variables, it means by increasing life quality of students, disorder in their sleep quality will be decreased. (it is to say that in sleep quality test high scores show weakness in sleep quality). This fact is confirmed regarding to distribution of points and gradient in graph (2-3-4). Also, correlation coefficient between two variables is 0.074 ($r^2 = 0.074$). in the other words, 7.4% of changes between two variables is common(only 7.4% changes in sleep quality of students is justified by their social anxiety. (table and graph 2-3-4).

Is there significant difference between social anxiety of boy and girl students?

Table 5: Shows statistics of t-test to compare the mean of social anxiety of boy and girl students.

p	df	t	SD	M	N	Sex
0/001	354	4/16	21/64	101/96	196	Girl
			23/35	92/01	160	Boy

To test equality of variances was used Leven test and since P-value is 0.174 and higher than significant level $\alpha = 0.05$; thus, H0 is rejected in this level and we can say that variances of groups are equal and parametric test can be performed. Comparison mean social anxiety of students regarding to their sex shows that social anxiety scores of girl students are higher (M=101.96, SD=21.64) than mean social anxiety scores of boy students (M=92.01, SD=23.35). to compare mean values and regarding to equality of variances was used t-test . regarding to P-value that is 0.001 and less than α =0.05, then H0is rejected. Thus, there is significant difference between two groups. We van say that there is significant difference between social anxiety of girl and boy students and social anxiety of girls is higher than boys.

Is there significant difference between life quality of girl and boy students?

Table 6: Shows statistics of t-test to compare mean of life quality of girl and boy students.

p	df	t	SD	M	N	Sex
0/013	354	2/53	14/13	57/79	196	Girl
			15/51	61/73	160	boy

To test equality of variances was used Leven test and since P-value is 0.203 and higher than significant level $\alpha = 0.05$; thus, H0 is rejected in this level and we can say that variances of groups are equal and parametric test can be performed. Comparison mean life quality of students regarding to their sex shows that life quality scores of girl students are higher (M=57.79, SD=14.13) than mean social anxiety scores of boy students (M=61.73, SD=15.51). to compare mean values and regarding to equality of variances was used t-test . regarding to P-value that is 0.013 and less than α =0.05, then H0is rejected. Thus, there is significant difference between two groups. We van say that there is significant difference between life quality of girl and boy students and life quality of girls is less than boys.

Is there significant difference between sleep quality of girl and boy students?

Table 7: Shows statistics of t-test to compare sleep quality of girl and boy students.

p	df	t	SD	M	N	Sex
0/017	354	2/40	23/25	72/73	196	Girl
			21/59	66/97	160	Boy

To test equality of variances was used Leven test and since P-value is 0.39 and higher than significant level $\alpha = 0.05$; thus, H0 is rejected in this level and we can say that variances of groups are equal and parametric test can be performed. Comparison mean sleep life of students regarding to their sex shows that sleep quality disorders of girl students are higher (M=72.73, SD=23.25) than mean sleep quality disorders of boy students (M=66.67, SD=21.59). to compare mean values and regarding to equality of variances was used t-test . regarding to P-value that is 0.017 and less than α =0.05, then H0is rejected. Thus, there is significant difference between two groups. We van say that there is significant difference between sleep quality of girl and boy students and sleep disorders of girls are higher than boys.

Conclusion:

Results of the main and sub questions of the research show that there is significant relationship between social anxiety and sleep quality of students. People who suffer from social anxiety worry about that they are despised, their un desirable behaviors and mistakes and negative judgement of others and also curiosity of others about them and their physical and mental defects. They usually avoid conversation, doing work, eating, drinking, writing in presence of others and also meeting with unfamiliar persons, attending in communities talking with phone. They force to tolerate high pressure in theses situations. They experience some physical symptoms such as; muscular contraction , face turning red, increasing beating of heart, perspiration and vibration. Firstly, these persons avoid social situation and then investigate and valuate themselves, carefully. They conclude a

Bout themselves based on collected data about themselves and judgment that they think others have about them. According results of third sub question people who have these characteristics suffer from sleep disorders. They can asleep well and have respiration problems when asleep. Having suitable sleep is right of every person. But, sleep –awakening cycle is very important, because it affects on life quality of every person, significantly. Sleep is direct response of immune system. Intelligent performance, memory disorder, disorder in personal judgement and changes occur because of sleep problems. thus, sleep not only affects on person, but also affects on society.

Other effective factor on sleep quality of students is life quality. Life of people and families are affected by life quality that includes people reception of their position in life in culture view and value system they live in it, goals, expectations , standards and priorities. It is completely personal and does not see by others and affects on individual perception of different aspects of his/her life. Results of first and second research questions show that there is significant relationship between life quality and sleep quality of students. Accordingly, we can say that when people feel have not desirable life and do not like their life suffer from sleep disorder and have not regular sleep. According results of third sub question, girls have social anxiety more than boys. It means girls try to avoid participation and attending in social activities more that boys and are more bashful than boys and fear to attend in communities. Girls worry about judgements of others about themselves more than boys and do not like others criticize about them thus, they try to be quiet in communities. Girls think about following question in their conversation with other person: what does he/she think about me? Am I doing wrong thing? Is my gesture is unusuall in others view? What i say in conversation with him/her? How I have eye contact? Am I writing slowly? Did I write this amount, correctly? If I count slowly? I must count, incorrectly. These questions always annoy girls more than boys in all social situations. According to forth sub question girls have less life quality than boys. Life quality in a mental evaluation and every person can judge about him/her life quality better than others. Thus, we can say that girls have more negative evaluation about themselves than boys. They think that have less physical ability than boys, become fatigue sooner than boys and have not ability to perform physical activities. Also girls are more nervous than boys and they are sad.

According to fifth sub question, girls have more sleep disorders than boys. Girls asleep in bed more than boys. They awake up in middle of sleep more than boys. They can not stay awake in emergency cases and they see nightmares more than boys.

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