

The relationship between sleep quality and academic burnout

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Background

- Rates of burnout syndrome range widely across different countries from 8.9% to 91.1%.
- Reports from Iran show similar rates ranging from 25.5% to 91.1%.
- Academic burnout consists of three components: emotional exhaustion, cynicism towards university, and a sense of academic inefficacy (Maslach et al., 2001).
- Quality of sleep is defined as a mental index related to the experience of sleep, such as the level of satisfaction with sleep and the feeling that arises after waking up from sleep (Heydari et al, 2017)
- The quality of sleep includes features such as subjective sleep quality, sleep onset latency, sleep duration, sleep efficiency, sleep disturbances, use of sleep medications, and daytime functioning impairments.

Research Aims

1- Documenting degree of academic burnout and sleep problems in a non-clinical sample of Iranian students

2- Investigating the association between quality of sleep and academic burnout

**Academic burnout and sleep problems are positively correlated in a non-clinical sample, with higher levels of academic burnout associated with more severe sleep problems (Moradi et al, 2019).

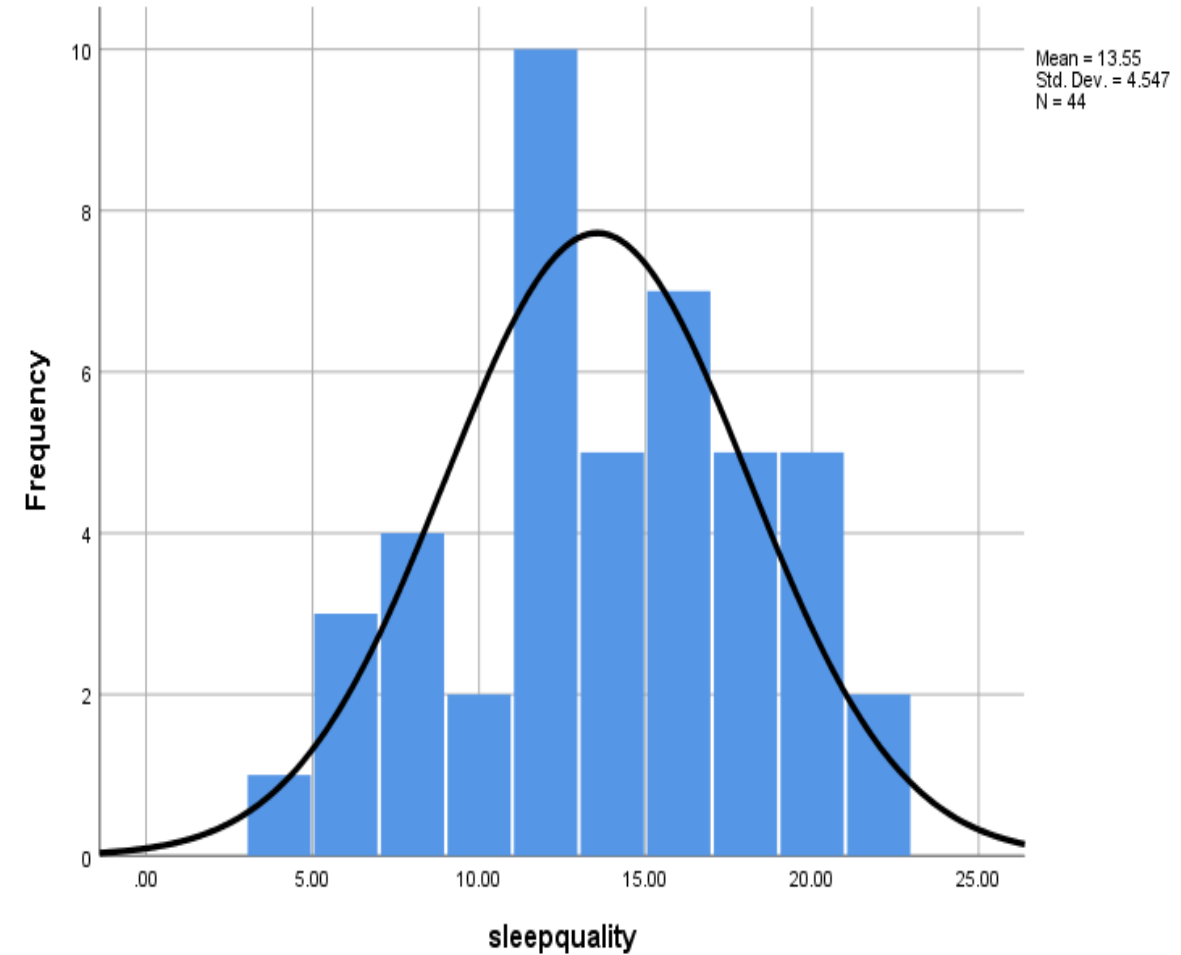
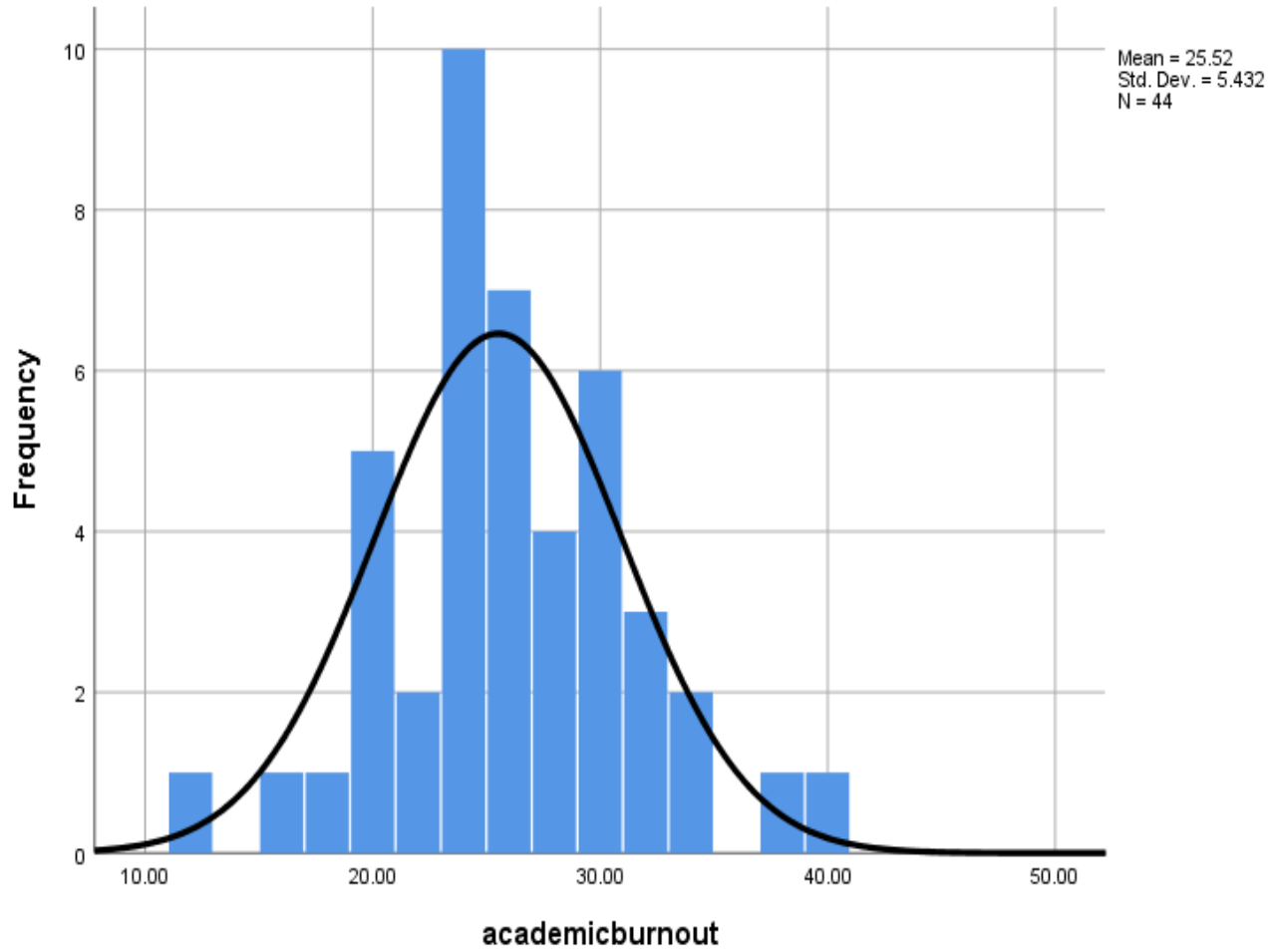
Methodology

- Study design: cross-sectional
- The participants were selected using convenience sampling method
- Participants were 44 college students (24 females) aged 19 to 42 years old (mean 22.5)

Participants completed two questionnaires:

1. The Pittsburgh Sleep Quality Index (1989) consists of 18 items and 7 subscales
2. The student burnout scale (2009) It consists of 9 items assessing three factors of academic burnout

Results



Correlations

		sleep quality	sleep efficiency	sleep latency	sleep duration	sleep disorders	sleep medication	sleep dysfunction	perceived sleep quality
Academic burnout	Pearson Correlation	.08	.08	-.07	.00	.06	.03	.00	.11
	Significance level	.56	.56	.62	.99	.69	.80	.99	.45
Cynicism	Pearson Correlation	.01	.09	-.26	.09	.04	-.16	-.05	.16
	Significance level	.92	.55	.08	.53	.79	.29	.72	.27
Inefficiency	Pearson Correlation	-.16	.01	.03	-.10	-.16	-.12	-.01	-.14
	Significance level	.27	.92	.82	.48	.28	.40	.91	.34
Emotional exhaustion	Pearson Correlation	.30*	.10	.02	.00	.22	.31*	.05	.22
	Significance level	.04	.49	.87	.98	.14	.04	.71	.14

*. Correlation is significant at the 0.05 level (2-tailed).

Discussion & Conclusion

- Based on descriptive findings in this research, academic burnout among students was moderate, while the quality of sleep exhibited a high rate of problems.
- Significant correlations were found between emotional exhaustion and sleep quality, along with certain subscales such as sleep medications.
- Despite limitations in the study, significant findings suggest there is a pressing issue that needs to be addressed.
- The small sample size prohibited the assessment of whether sex/gender and demographic variables were related to academic burnout and sleep quality.

Thank you for your attention

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