

### **Pattern of mobile game usage and quality of sleep among first-year students of the Advanced Technological Institute, Jaffna**

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**Background and objective:** With advances in technology, detrimental forms of mobile game playing are known to impact quality of sleep. The objective of this study is to describe the pattern of mobile game usage, quality of sleep and the relationship between the pattern of mobile game usage and quality of sleep among first year students of the Advanced Technological Institute, Jaffna.

**Methods:** The first-year students of the Advanced Technological Institute were selected for this institution-based descriptive cross-sectional study. Data were collected using a self-administered questionnaire. Sleep quality was categorized as 'Poor', 'Average', 'Good' and 'Very Good' based on the Sleep Condition Indicator. ANOVA and t test were used for the analysis.

**Results:** In total, 378 students participated in the study. More than half (57.4%) were involved in mobile game playing. According to the sleep score based on the Sleep Condition Indicator, 62.7% were rated as 'Very Good,'. There was a significant difference in mean sleep quality scores between those who played (mean 27.4±6.85) and did not play mobile games (30.4±4.6) (p<0.001). Sleep quality scores also differed based on the number of games in mobile phones (p<0.001) and the frequency of mobile gaming (p<0.001).

**Conclusion:** Sleep quality varies significantly between those who play mobile games and those who do not. The more time they spend with mobile phones, the less is their sleep quality.

**Keywords:** Sleep Quality, Sleep Condition Indicator, Advanced Technological Institute, Jaffna