



**International Journal of Biology, Pharmacy
and Allied Sciences (IJBPAS)**

'A Bridge Between Laboratory and Reader'

www.ijbpas.com

**THE PREDICTION OF LIFE QUALITY BASED ON SLEEP QUALITY AND TEST
ANXIETY IN UNIVERSITY OF MEDICAL SCIENCES STUDENTS**

**¹ELHAM DIDEH ROWSHAN, ^{2*}MITRA MAHMOODI, ³MANSOREH AMIRIAN
ZADEH**

1-M.A. Student of General Psychology, Arsanjan Branch, Islamic Azad University, Arsanjan, Iran

2-Assistant professor, Department of Psychology, Arsanjan Branch, Islamic Azad University,
Arsanjan, Iran

3-Assistant professor, Department of Psychology, Arsanjan Branch, Islamic Azad University,
Arsanjan, Iran

***Corresponding Author: Dr. Mitra Mahmoodi**

ABSTRACT

The study aimed to evaluate the prediction quality of sleep and quality of life based on test anxiety Fasa University of Medical Sciences and other undergraduate courses in 2013. In this study, three types of Quality of Life 36 question questionnaire (SF-36), Pittsburgh sleep quality and Sarason Test Anxiety completed. The instruments had good reliability and validity. In the present study we used Pearson correlation analysis and univariate and multivariate logistic regression were used. The results showed that the quality of life in physical and mental quality of sleep is able to predict the pages of medical sciences ($P=0/0001$). In the study of quality of life (physical and psychological) on test anxiety and test anxiety showed variable amounts ($p=0/0001$) can predict the quality of life and quality of sleep. And quality of life in anxiety predictive power both physical and mental and medical students.

Keywords: Quality Of Life, Sleep Quality, Anxiety

INTRODUCTION

Over the past few decades, health as a human right and a social purpose in the world known. This means that to satisfy the basic needs of health and improving the

quality of human life and should be accessible to all people. Recently, there has been a wider context of health, including improving the quality of life (Park, 1995).

No doubt young people a certain stratum of society that has different social demands. Due to inexperience and lack of knowledge of youth skills and facilitating preventive, corrective, more susceptible to serious internal injuries and social. Students selected segments of society and future manufacturers in every country, it is important to their mental health. No doubt young people a certain stratum of society that have different social demands. Due to inexperience and lack of knowledge of youth skills and facilitating preventive, corrective, more susceptible to serious internal injuries and social. Students selected segments of society and future manufacturers in every country, it is important to their mental health. Sleep is very essential factor in mental and physical health, and particularly during young it is an important step in the development of biological and promotes quality of life, is of utmost importance. Disruption of sleep can cause problems such as lethargy and a general ill during the day, stress and anxiety, headaches and poor performance in the academic curriculum. Several factors such as age, gender, environmental and occupational factors are implicated in the development of sleep disorders. The quality and quantity of sleep on learning, memory and cognitive abilities of many, especially things related to store new information and

skills in educational environments, the awareness of the impact of the timing of sleep and sleep habits To achieve a good sleep and prevent sleep deprivation is of great importance, which varies the timing of sleep the greatest impact on sleep quality is good and what The effect is less or not at all important variables still need discussion. Students during schooling and life grappling with various anxieties one of the anxiety Test anxieties, test anxiety, a particular type of anxiety disorder characterized by physical symptoms, cognitive and behavioral conditions to prepare for the test, and the tests and the final test is determined. When test anxiety a problem that is too high to prepare for the exam and does Test interfere. Many students suffer from test anxiety. The anxiety is so severe that impairs the performance of the test, however, when anxiety affects exam performance, creates problems for many students and can have negative effects on performance, education of those who suffer from it. However, during student test anxiety there, but in higher education reaches its peak. This can not only prevent the test and study affects the whole program, but It also limits the personal development (Yazdani, 2011). According to Klynz (1999) due to a lot of test anxiety as the expectations of parents, teachers and others in life, fear of getting

frustrated friends and family because of the poor performance of the relevant know the feeling their value and the result of testing and lack of control over the situation there,. Due to the quality of life in test anxiety and sleep quality are three important elements in the lives of students, and also because a lot of research on these three variables with the students there Sort this research aims to connect students with the quality of sleep and quality of life in the review of test anxiety.

STATEMENT OF THE PROBLEM

Physical and mental health of students the most important goals of any society is; because they ensure health promotion and advancement of any society. Quality of life, quality of sleep and general health variables in the organization of social improvement - physical and human psychological play an important role. The new approach of the World Health Organization, health is not merely the absence of disease but a state of well-being comfort optimal physical, mental and social is assumed. Thus, in assessing the health of people, not just the traditional health indicators, such as mortality and mortality and morbidity be considered, but also the perception of the quality of life Given the quality of life is one of the main health and The quality of life in multiple dimensions such as physical health, mental health, social relationships,

family life, emotion, functions physical, spiritual and professional life involves considering the importance of the little people is The importance and necessity of research:

Because students are at an age where image development process and increase their confidence pass and high levels of stress can be negative effects on the health, quality of life, as well as academic achievement the students' readiness to accept their professional roles have survived, according to its consequences, as well as Strategies to get rid of it is of particular importance. Researchers believe that quality of life and efforts to promote the role of health, life personal and social individuals. Quality of life in the past two decades, research has become an important subject of research the effects of stress on health and medical students have studied. However, research on stress and stress often temporary crisis situations Less is considered long-term. In addition, the students' quality of life interventions relaxing effect on stress and quality of life is considered less.

The other controversial issue here is the quality of sleep in college students who, because of life Student stressful and new challenges are and the fact that one third of human life is spent in sleep, sleep disorder during the student can affect quality of life.

Sleep disorders multiple aspects of quality of life such as general health, physical functioning, cognitive and emotional affect and impair daily activities. The relationship between health and quality of life of great importance in clinical decision-making and policy investments in health, so that the landscape quality of life, a potent stimulus for decisions and the preferences of the individual. If a considerable distance between his health and quality of life. This The difference is not of interest to policy makers in health, clinical decision-making and Health policy may not be aligned with the preferences of the person, as a result of the error and the desired result is not achieved it. Students make up a large amount of young population in the country and the age and social status educated stratum of society as it can as a model for others place. So choose any lifestyle by them, not only in their personal lives are effective, but also affects the behavior and lifestyles of other people.

BACKGROUND RESEARCH:

Savana et al (2010): Improving the quality of life is an important goal in the treatment of mental disorders. In this study it was shown that the subjective quality of life in older people is lower than in other people's depression who is reduced and therefore their quality of life will be reduced.

According to some researchers at the University of Toronto (2005), the pleasure of life and satisfaction of their viability are the most important opportunities and potential for the for having a happy life, physical and psychological. Who is reduced and therefore their quality of life will be reduced.

According to some researchers at the University of Toronto (2005), the pleasure of life and satisfaction of their viability are the most important opportunities and potential for the for having a happy life, physical and psychological. Hervi and Milani (2003) in their study reported decreased anxiety, increased concentration, memory and learning enhancement, facilitation of study and students will feel good physically and mentally. Hood et al. (2000) showed higher anxiety scores were associated with lower self-esteem. The results of research by, Sryremardy (1999) about the sources of stress and coping strategies Nepal medical students showed anxiety and its impact on quality of life those students can affect their learning and practice. Friedrich et al (1992) showed that improved education, better quality of life, and as a result of depression, stress and anxiety, pain, fatigue and discomfort are reduced. Amiri and Taheri results and (2010) suggest that the levels of depression, anxiety stress and quality of life of patients

and significant inverse relationship exists. Thus the quality of life in patients with depression, anxiety and stress were significantly higher significantly lower than patients with levels of depression, anxiety and stress less.

RESEARCH METHOD

According to the object and purpose of the study was descriptive and correlational study .

Statistical Society

The population in this study, all students at Fasa University of Medical Sciences in year 2013-2014.

RESULTS

Table 1: Total amount of scores, mean, standard deviation, minimum and maximum values, physical health, mental health, sleep quality and anxiety, try to sex

maximum	At least	standard deviation	Average	Total	Variable name	Sex
400	50	71/85	290/71	40700/75	Physical health) Man (N=140
388	33/33	78/08	262/5	36750/83	Mental health	
25	7	3/56	15/78	2210	Quality of sleep	
20	13	2	15/16	2123	Test Anxiety	
400	120	66/89	295/72	37557/5	Physical health)female (N=127
400	52/5	79/38	250/97	31874/33	Mental health	
25	7	3/1	16/77	2130	Quality of sleep	
22	13	2/06	15/37	1953	Test Anxiety	

Table 2: Total amount of scores, mean, standard deviation, minimum and maximum values, physical health, mental health, sleep quality and stress tests for all subjects

maximum	minimum deviation	standard deviation	Average	Total	Variable name	Row
400	50	69/45	293/1	78258/25	Physical health	1
400	33/33	78/77	257/02	68625/17	Mental health	2
25	7	3/38	16/25	4340	Quality of sleep	4
22	13	2/03	15/26	4076	Test Anxiety	5

Table 3: results of the correlation coefficient between variables

4	3	2	1	Variable name	Row
			1	Physical health	1
		1	0/ 531**	Mental health	2
	1	-0/ 151*	-0/ 228**	Quality of sleep	3
1	0/ 002	-0/ 149*	-0/ 143*	Test Anxiety	4

< 0/01; P < 0/05 ** : P * :

Hypothesis 1: the quality of sleep, quality of life (physical health) students to predict.

Table 4: Linear regression tests simultaneously (inter) for the variable quality of sleep

Degrees of freedom	F	R ²	P(Sig) significance level	t	B	Predictor variables	Changing criterion
1	14/59	0/052	0/0001	18/12	369/29	Constant	Physical health
			0/0001	-3/82	-4/68	Quality of sleep	

Hypothesis 2: the quality of sleep, quality of life (mental health) students to predict.

DISCUSSION

First hypothesis: the quality of sleep, quality of life (physical health) students predicts.

The results showed that the quality of sleep can 0/001 amount of physical health in medical students predict. The results of this study support the findings of the investigation Zyraz: Svana et al. (2010), King et al. (1989), Moradi et al. (2013), Mskvyta and Rymva (2012) and Hodjati et al (2013) point a. Between quality of sleep and quality of life and health There. The survey results Bagheri et al. (2007) did show that poor sleep quality, and significant negative effects on the quality of people's health and quality of sleep most negative impact on public health, state of mind and physical pain is. When people experience sleep quality in fact, the physical elements of the physical aspects of quality of life is concerned.

A poor quality of life can also affect on family connections. Poor quality of life can use and adapt ineffective coping mechanisms in people and consequently "increase Their stress and tension in direct contact with the physical factors such as sleep quality and can increase the severity of the disease in people. Quality of life is the product of interaction of social, economic, health and environmental impact on human and social development Piaget

(1992) states: 'quality of life, including life satisfaction, self satisfaction, health and social and economic factors. People who are at a high level in terms of quality of sleep on quality of life than the physical dimension health are higher. If the people who sleep quality have a lower quality of life in terms of physical characteristics are also lower. This research shows that people who have lower sleep quality, reducing physical pain and physical Their quality of life and the people with better quality sleep and greater physical health are higher and more freshness. The higher quality of life. Research conducted by Bagheri et al (2007) showed that a low sleep quality and significant negative effects on quality of life it is, therefore, the recent hypothesis is confirmed and the results of this study suggest a relationship between sleep quality and quality of life and physical health aspects of it.

Hypothesis 2: the quality of sleep, quality of life (mental health) students to predict. According to the table above hypothesis is confirmed ($p=0/0001$). The results of research Alvba et al (2009), Avryna et al. (2005), Peters (1995) Savannah, et al (2010) is in line with the results. According to this hypothesis, and the results obtained and the results of the research, people who Lower quality of life (mental aspect) lower Are also given negative results can be seen

that the quality of sleep and physical health. In explaining these findings can be said that according to a study Alvba et al. (2009) and Alktakyn et al (2008) Quality of life is a series of psychological factors and environmental factors. Which can impact on people's lives up. To affirm the quality of life for people with sleep quality higher psychological negative factors affecting their quality of life is reduced and higher quality of life. In the nineteenth century, the dependence of the properties of the mental aspects of sleep were used by Murray in Nice on the basis of observations and detailed age group. That were more personal aspects, so innovative in the development of this field will participate. The authors of the first people who sleep about half of the images were evaluated. Without enough sleep and rest, ability to concentrate, make decisions and participate in daily activities is reduced and irritable person. Health care providers are often responsible for the care of Mddjviany underlying sleep disorders or seek hospitalization and illness has disrupted sleep. Therefore, to help clients and provide enough sleep and rest to the nature of sleep and sleep habits to understand the factors affecting it. In general, chronic insomnia may reduce the feeling of well-being (eg, bad mood and apathy, loss of interest, energy and concentration and increased illness) during

the day. Also, the subjective complaint of daytime fatigue. Insomnia and other disorders such as depression and anxiety can cause or association and its. Lead to interpersonal problems, social problems and job and focus on weak increase irritability. Different people have different values and quality of sleep and rest they need to meet people's physical and mental health depends on the need. Therefore, this hypothesis can explain the relationship between sleep quality and the results of this study suggest the quality of life (mental health). In looks as if it's been for students who live in dormitories are better quality sleep amenities provided, the quality of mental and physical health and mental health so they will have a great impact.

ACKNOWLEDGMENT

This article is extracted from my thesis under the title of "The Prediction of Life Quality Based on Sleep Quality and Test Anxiety in University of Medical Sciences Students". Hereby, I extend my sincere appreciation to Islamic Azad university of Arsanjan for the efforts and supports they provided to me.

REFERENCES

- [1] Alktakyn et al (2008) Mental Health of North Khorasan University of Medical Sciences and its related factors in 89 SH Hosseini et al.

- [2] Abbott Peters and Vogel et al (1990) Comparison of test anxiety in untrained male and female students of Islamic Azad University therefore Vrzshkarv - Abbas Mostafazadeh -Khsrv world -Syamak course illuminative
- [3] Amiri and Tahiri (2010) examined the relationship between quality of life and life expectancy of cancer patients after surgery Kazemi Mehrangyz shoa Kazemi
- [4] Bagheri et al (2007) Relationship between quality of sleep and quality of life Hossein Bagheri 2006.
- [5] C. Harry Hui, Doris Shui Ying MOK(2003), The interplay between sleep and mood in predicting academic functioning, physical health and psychological health: A longitudinal study.
- [6] Hojati et al (2008) The effect of sleeplessness on general health of nightshift nurses in hospitals of Golestan University of Medical Sciences (2008) Hojati Hamid Shams al Jalalmanesh, doctor Mohammed Fesharaki
- [7] King et al (1989) Comparison of test anxiety in athletes and non-athletes, male and female students of Islamic Azad University, therefore - Abbas Mostafazadeh - Khosrv Jahan Jahan Seyr -Syamak Eshraghi.get (1992) paper, the quality of life Samran Sepehri 2013.
- [8] King et al (1989) Comparison of test anxiety in athletes and non-athletes, male and female students of Islamic Azad University, therefore - Abbas Mostafazadeh - Khosrv Jahan Jahan Seyr -Syamak Eshraghi.
- [9] Moradi et al. (2013), the relationship between sleep quality and health-related quality of life in patients with chronic heart failure - Moradi -Neda - 2013 et al.
- [10] Moskvyta and Rymva (2012) hold the sleep quality of students during exams at the University of Medical Sciences - Ali Aghajanloo and colleagues -2012.
- [11] Pia King et al (1989) Comparison of test anxiety in athletes and non-athletes, male and female students of Islamic Azad University, therefore - Abbas Mostafazadeh - Khosrv Jahan Jahan Seyr -Syamak Eshraghi.
- [12] Saryremardy (1999) the relationship between anxiety and quality of life of students living in dormitories of Tehran University of Medical Sciences Salehi T. et al., 2010.

- [13] Yazdani, Farydokht, Soleimani, B. (2011), Evaluation of test anxiety and its relationship with students' academic performance , Journal of health System Research, Vol. 7, No. 6, 2011.