

# The Silent Struggle: Insomnia among Adult Learners

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## Abstract:

This study aimed to study the insomnia level of adult learners. The investigator used a judgmental sampling technique to collect data, and he collected 90 samples, of which 27 were males and 63 were females. The investigator used an independent t-test to analyse the data. A standard tool is used to collect the data. Data are collected through Google Forms. The insomnia scale is developed by Mahasweta Chopdar and Dr. O.P. Mishra. The study found no significant difference in Insomnia levels in relation to their Gender.

**Keywords:** Insomnia, Adult learners, Struggle, Students

## Introduction:

To sustain optimum health and well-being, getting enough sleep is essential. Insomnia problems have become very common among learners. Sufficient sleep is crucial for the proper functioning of physiological processes and for maintaining the optimal health of the human body. A deficiency in sleep can lead to a variety of negative outcomes, including heightened stress levels, the development of mood disorders, diminished performance capabilities, and a decrease in the overall quality of life. Roughly 30% of India's population experiences insomnia. So, it is important that we address the issue of insomnia and provide some tips to improve sleep quality.

## Conceptual Framework:

**Insomnia:** When you experience insomnia, it means you are not getting adequate sleep. This could be due to insufficient sleep, poor quality sleep, or difficulty in falling or staying asleep. For some people, insomnia might only be a small annoyance, but for others, it can drastically alter their lives.

**Adult Learner:** An adult learner, meaning an adult who is engaged in the act of learning, has many strengths to bring to any classroom or learning venue. Whereas younger students have a "clean slate" to fill, adult students have an abundance of experience. A typical definition of an adult learner is someone who is twenty-five years of age or older. Adult learners can also be referred to as mature learners, non-traditional students, adult learners, and lifelong learners. Adult learners may encounter barriers or challenges in their lives that could impact their learning experience. When creating classes for adult learners,

these difficulties must be considered.

### **Symptoms of insomnia**

If you have insomnia, you might:

- have trouble falling asleep
- stay up late at night
- awaken multiple times throughout the night
- awake early in the morning and find it difficult to fall back asleep
- not feeling rejuvenated upon awakening
- feel grumpy and exhausted during the day.
- Find it tough to focus since you're exhausted

### **Objectives**

- To study the Insomnia level of adult learners completed or pursuing teacher education in Cooch Behar, Alipurduar and Jalpaiguri districts.
- To study the Insomnia level of male adult learners completed or pursuing teacher education in Cooch Behar, Alipurduar and Jalpaiguri districts.
- To study the Insomnia level of female adult learners completed or pursuing teacher education in Cooch Behar, Alipurduar and Jalpaiguri districts.

### **Hypothesis**

- **H01:** There is no significant difference in Insomnia levels among learners in relation to their Gender.
- **H02:** There is no significant difference in Insomnia levels among adult learners in relation to their locality.
- **H03:** There is no significant difference in Insomnia levels among adult learners in relation to their family type.

### **Methodology**

Exploring the process of conducting research is the foundation of this field of study. Its primary focus is on understanding the logical steps taken by researchers when addressing the research problem. In order to ensure smooth progress in conducting research, the researcher must possess a comprehensive understanding of both research methods and research methodology, which delineates the sequential steps taken when investigating the

research problem.

**Research Method:** The researcher has chosen a descriptive study as the research method to conduct this study.

**Variable:** A variable is anything that changes over a period of time. Insomnia, Gender, locality and family types are taken as variables here.

**Sampling:** Here, the researcher used the judgemental sampling technique to collect the data. 90 samples were taken to conduct the study, of which 27 were male and 63 were female.

**Data collection tools and techniques:** A standard tool is used to collect the data. Data are collected through Google Forms. The insomnia scale is developed by Mahasweta Chopdar and Dr. O.P. Mishra.

**Data analysis techniques:** A T-test was used to analyse the data.

## Results

- **H<sub>0</sub>1:** There is no significant difference in Insomnia levels among learners in relation to their gender.

Table 1: Insomnia levels among learners in relation to their gender

Category	Sample Size	Mean value	S.D value	Standard error of the mean	T-value	Significant
Male	27	50.59	12.95	2.49	0.55	NS
Female	63	52.08	8.62	1.09		

NS= Not Significant at 5% and 1% level

$$df = N_1 + N_2 - 2 = 27 + 63 - 2 = 88$$

(According to the t table)

t= 1.99 at the 5% significant level

t= 2.63 at the 1% significant level

**Interpretation:** Here, the value of the T ratio is 0.55, which is less than 1.99 at the 5% significant level and also less than 2.63 at the 1% significant level. So, the null hypothesis is accepted at the 5% and 1% significant level.

- **H<sub>0</sub>2:** There is no significant difference in Insomnia levels among adult learners in relation to their locality.

Table 2: Insomnia levels among adult learners in relation to their locality

Category	Sample Size	Mean value	S.D value	Standard error of the mean	T-value	Significant
Municipality	23	50.39	8.67	1.81	0.75	NS
Panchayat	67	52.06	10.52	1.29		

NS= Not Significant at 5% and 1% level

$$df = N_1 + N_2 - 2 = 23 + 67 - 2 = 88$$

(According to the t table)

t= 1.99 at the 5% significant level

t= 2.63 at the 1% significant level

**Interpretation:** Here, the value of the T ratio is 0.75, which is less than 1.99 at the 5% significant level and also less than 2.63 at the 1% significant level. So, the null hypothesis is accepted at the 5% and 1% significant level.

- **H<sub>0</sub>3:** There is no significant difference in Insomnia levels among adult learners in relation to their family type.

Table: Insomnia levels among adult learners in relation to their family type

Category	Sample Size	Mean value	S.D value	Standard error of the mean	T-value	Significant
Nuclear Family	57	53.61	9.67	1.28	2.51	S*
Joint Family	33	48.21	9.95	1.73		

S\*=Significant at 5% but not at 1% level

$$df = N_1 + N_2 - 2 = 23 + 67 - 2 = 88$$

(According to the t table)

t= 1.99 at the 5% significant level

t= 2.63 at the 1% significant level

**Interpretation:** Here, the value of the T ratio is 2.51, which is less than 1.99 at the 5% significant level but greater than 2.63 at the 1% significant level. So, the null hypothesis is rejected at the 5% level but accepted at 1% significant level.

**Findings and Discussion**

- No significant difference in Insomnia level was found among adult learners in relation to their gender at 5% and 1% levels of significance. It is found in the study that 41% of the male samples have shown High or above-average or average levels of insomnia. It is found in the study that 59% of the female samples have shown High or above-average or average levels of insomnia. Although insomnia levels are quite high among females, they are not significant compared to males. Insomnia has become a problem among adult learners, irrespective of their gender. Most men and women experience stress at work. A few people are anxious about not having a job. 66.67% of male adult learners are non-employed among the male adult learners who show high or above-average or average levels of insomnia. 87.30% of female adult learners are non-employed among the female adult learners who show high or above-average or average levels of insomnia.

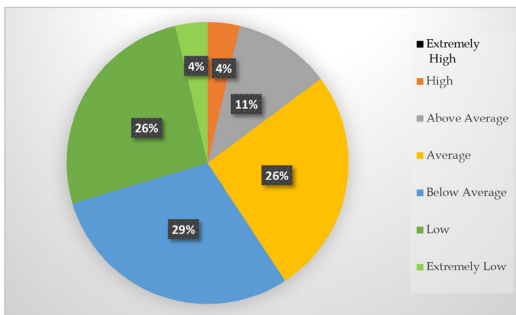


Figure 1: Insomnia Level of Males

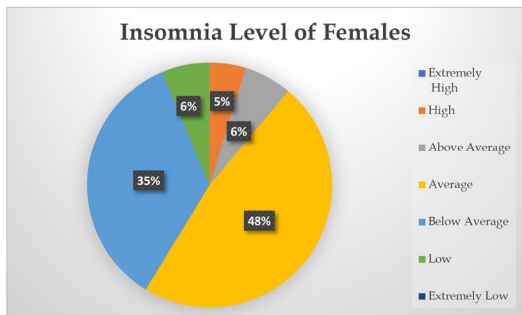


Figure 2: Insomnia Level of Females

- There is no significant difference in Insomnia levels among adult learners in relation to their locality at 5% and 1% levels of significance. It is found in the study that 35% of the adult learners who live in the municipality area have shown High or above-average or average levels of insomnia. It is found in the study that 51% of the adult learners who live in panchayat areas have shown High or above-average or average levels of insomnia.

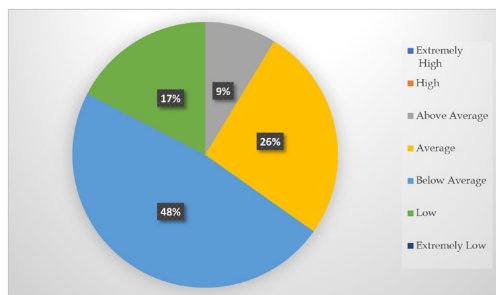


Figure 3: Insomnia Level of adult learners live in Municipality Area

- There is a significant difference found in Insomnia levels among adult learners in relation to their family type at a 5% level of significance but not at a 1% level of significance. It is found in the study that 63% of the adult learners who live in nuclear families have shown High or above-average or average levels of insomnia. It is found in the study that 39% of the adult learners who live in joint families have shown High or above-average or average levels of insomnia. The secret to sound sleep is a peaceful mind. In a joint family, most of the family members talk with each other, laugh with each other, celebrate with each other, and discuss their problems with each other. These habits aid in relieving our own stress and anxiety. It helps us to have a peaceful mind. A peaceful mind facilitates a sound sleep.

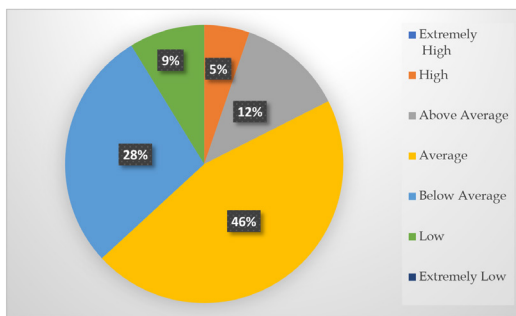


Figure 4: Insomnia Level of adult learners live in Nuclear Family

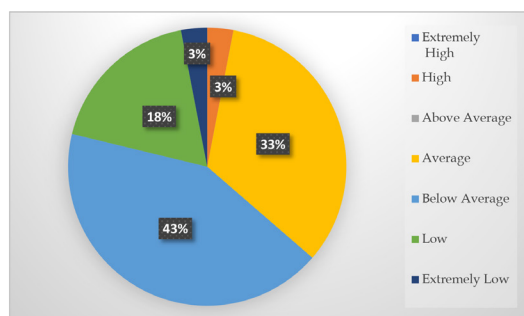


Figure 5: Insomnia Level of adult learners live in Joint Family

**The following advice can help to get better sleep:**

- **Create a regular sleep schedule:** Go to bed and wake up at the same time every day, and maintain consistent bedtime and wake-up times, even on weekends.
- **Establish a sleep-friendly environment:** It is important to establish a sleep-friendly environment. The bedroom should be dark and quiet.
- **Make use of relaxing methods:** To help you relax and get ready for sleep, try some deep breathing, meditation, or light stretching before bed.
- **Limit stimulants:** Alcohol, nicotine, and caffeine should not be consumed right before bed since they may cause problems with sleep cycles.
- **Prioritize sleep hygiene:** By avoiding heavy meals just before bed, restricting screen time, and getting regular exercise, you can lead a sleep-friendly lifestyle.

**Delimitations of the Study:**

- Data has been collected from the Cooch Behar, Alipurduar and Jalpaiguri districts only.
- Only 90 samples are taken to conduct the study.

- Only Insomnia, Gender, Locality, and family type are taken as variables.
- Data was collected mostly from students aged 21 to 39.

## Conclusion

Most of the time, we do not give importance to such problems as insomnia. However, it has become a serious issue among the learners. In our busy life, it is important that we enjoy a sound sleep at night. A healthy life is a happy life. It is important for us to have a relaxed mind, and for that, we need adequate sleep at night. For a healthy life, it is important that we have sound sleep at night.

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