



## A Study of Causes and Effects of Insomnia in +2 Students located in Patna district

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**Abstract :** *The objective of the present study entitled "A Study of Causes and Effects of Insomnia in +2 students located in Patna district" was to understand the causes of Insomnia in +2 students and to explore the relationship between insomnia and other variables like – anxiety, aggression and adjustment amongst these students. The Independent variable was Insomnia whereas anxiety, aggression and adjustment were the dependent variables in this study. To test the relationship*

*between Insomnia and the other variables, six hypotheses were formulated. Sample consisted of 300 students of +2, age ranging between 16 to 18 years. The data was collected from various schools located in Patna district. Insomnia Severity Index (ISI), Comprehensive Anxiety test (CA Test), Aggression Scale (AS), Youth Problem Inventory (YPI) and Self-Prepared Questionnaire (SPQ) were the research tools used for data collection. The result was analyzed by computing mean, S.D., t-ratio, co-efficient of correlation and by constructing tables, bar charts and pie charts. Results indicate a presence of 'Sub-threshold' insomnia amongst the +2 students. A significant positive correlation (0.44) was found between insomnia and aggressive tendency. It was also observed that level of insomnia in adolescents is affected by the excessive exposure to electronic media. A not significant correlation (0.17) was found between insomnia and adjustment. Results indicated a high positive correlation (0.94) between insomnia and anxiety. A significant difference was found between the level of insomnia in female and male adolescents. Proper guidance to the parents and teachers and awareness among the students were some of the suggestions given by the researchers.*

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