

EXPLORING THE EFFECTS OF SLEEP DEPRIVATION ON GEN Z EMOTIONAL WELLBEING

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Abstract:

Sleep deprivation is a pervasive issue among Gen Z with significant implications for emotional wellbeing. It has major impact on both the physical and mental health of the Human being. This study explores the relationship between sleep patterns and emotional wellbeing among Gen Z, examining the impact of sleep deprivation on mental health outcomes. It also highlights the critical importance of addressing sleep deprivation among Gen Z. Design of the study: For the study, the researcher used a descriptive research design. Sample: A sample of sixty respondents from Generation Z were taken by the researcher. Method of sampling: Purposive, Nonprobability sampling technique. In this study, 20% of respondents reported having a high level of emotional wellbeing, 23 % reported having a moderate level of emotional wellbeing and 57% reported having a low level of emotional wellbeing.

Keywords: Emotional wellbeing, Sleep Deprivation, Generation Z.

Introduction

Sleep is a fundamental biological process essential for emotional regulation, cognitive function, and overall well-being. However, Generation Z (Gen Z), born between the mid-1990s and early 2010s, is experiencing unprecedented levels of sleep deprivation. Factors such as increased screen time, academic pressure, work commitments, and social media engagement contribute to irregular sleep patterns, often leading to chronic sleep deficiency. Unlike previous generations, Gen Z has grown up in a digital age where technology is deeply integrated into daily life. The rise of smartphones, social media platforms, and 24/7 connectivity has significantly disrupted sleep hygiene, making it difficult for many young individuals to achieve adequate rest.

Definitions

1. Emotional well-being

It refers to an individual's ability to manage emotions effectively, cope with stress, maintain positive relationships, and experience overall life satisfaction. It encompasses resilience, self-awareness, and emotional stability, allowing individuals to handle daily challenges and maintain a sense of balance and fulfillment.

2. Sleep Deprivation

Sleep deprivation is a condition that occurs when an individual consistently gets insufficient sleep, either in duration or quality, to meet their body's needs. It can be acute (short-term) or chronic (long-term) and is associated with negative effects on cognitive function, mood regulation, physical health, and overall well-being.

3. Generation Z (Gen Z)

Generation Z refers to individuals born approximately between the mid-1990s and early 2010s. This generation is characterized by high digital engagement, social media usage, and adaptability to technology. They have grown up in a fast-paced, information-driven world, influencing their communication styles, work habits, and mental health challenges, including sleep-related issues.

Review of Literature

Goldstein & Walker (2014) emphasize the connection between sleep and mood disorders. Their research found that individuals who experience poor sleep quality are more likely to develop symptoms of anxiety and depression. Furthermore, sleep deprivation has been linked to increased emotional reactivity, making individuals more sensitive to negative experiences and less able to manage stress effectively (Palmer & Alfano, 2017).

Numerous studies link sleep deprivation to negative emotional outcomes. A meta-analysis by **Alvaro** (2017) found that inadequate sleep is strongly associated with increased anxiety, depression, and mood instability in young adults. Sleep deprivation impairs the prefrontal cortex, which is responsible for emotional regulation, leading to heightened irritability, stress, and impulsive decision-making (Killgore, 2010).

Lemola (2015) suggests that chronic sleep deprivation can also lead to social withdrawal and loneliness, further worsening emotional well-being. Individuals who do not get enough sleep tend to have lower energy levels, reduced motivation, and a decreased ability to engage in meaningful social interactions, leading to feelings of isolation.

Need and Scope of the Study

Sleep deprivation is an increasingly prevalent issue among Generation Z, significantly impacting their emotional well-being. Studies suggest that inadequate sleep is linked to heightened stress, anxiety, depression, and emotional instability, yet many young individuals continue to prioritize digital engagement, academic demands, and social interactions over rest. Given the rising mental health concerns among Gen Z, it is essential to investigate how sleep deprivation contributes to emotional distress and to identify strategies for improving sleep hygiene.

Statement of the Problem

Sleep deprivation has become a growing concern among Generation Z, significantly impacting their emotional well-being. Despite the well-established link between sleep and mental health, many young individuals continue to experience inadequate sleep due to academic stress, excessive screen time, social media engagement, and lifestyle choices. This persistent lack of sleep can lead to emotional instability, increased stress, anxiety, mood swings, and even depression. While previous studies have examined the general effects of sleep deprivation on health, there is limited research specifically focusing on how it affects the emotional well-being of Gen Z, a generation deeply influenced by digital technology and modern societal pressures.

Methodology of the Study

Objective of the Study

- To study the personal profile of the respondents.
- To access the level of significance effects of sleep deprivation on gen z emotional wellbeing.
- To discover the association between personal profile and effects of sleep deprivation on gen z emotional wellbeing.
- To analyse the difference between personal profile and significance effects of sleep deprivation on gen z emotional wellbeing.
- To study the influence of significance effects of sleep deprivation on gen z emotional wellbeing.

Research design: The researcher followed descriptive research design for the study.

Universe of the study: Universe of the study: The universe of the present study is from, Generation Z

Sampling: Sampling: The researcher took the sampling of 60 respondents from Generation Z. Sampling method: Purposive sampling method.

The statistical tools applied by the researcher are Percentage Analysis, Chi-square, T-test and ANOVA.

Finds of the Study

Personal Profile of the Respondents

Factors	Medium	Frequency	Percentage
Age	18yrs-25yrs	55	92%
Gender	Male	38	63%
Marital Status	Unmarried	48	80%
Locality	Semi urban	37	62%
Educational Qualification	UG	34	57%
Occupation	Unemployed	40	67%
Monthly Income (in Rs.)	Below – Rs.15000	37	62%
Type of family	Nuclear	31	52%

- ✓ Nearly (92%) of the respondents is in the age group between 18-25 years.
- ✓ More than half (63%) of the respondents are Male.
- ✓ All most (80%) of the respondents are Unmarried.
- ✓ Nearly (62%) of the respondents are locality of semi urban.
- ✓ More than half (57%) of the respondents are UG level of educational qualification.
- ✓ Nearly (67%) of the respondents are occupation of Unemployed.
- ✓ Majority (62%) of the respondents are monthly income of below-Rs15000.
- ✓ Nearly (52%) of the respondents are working nuclear type family.

Analysis and Interpretation

Level of significance effects of sleep deprivation on gen z of the Respondents

Level of significance effects of sleep deprivation on gen z	Frequency	Percentage
Good	12	20%
Moderate	14	23%
Poor	34	57%
Total	60	100

The table reveals that majority 20% of the respondent's level of significance effects of sleep deprivation on gen z emotional wellbeing is Good. 57% of the respondents are with poor level of effects of sleep deprivation on gen z emotional wellbeing. 23% of the respondents are with moderate level of significance effects of sleep deprivation on gen z emotional wellbeing.

Influence of personal profile and significance effects of sleep deprivation on gen z of the Respondents

Variables	Statistical tool	Value	Result
Education and Level of significance effects of sleep deprivation on gen z	t-test	t= 1.895 P<0.05	Significant
Marital status Level of significance effects of sleep deprivation on gen z	t-test	t= 3.725 P>0.05	Not Significant
Locality and Level of significance effects of sleep deprivation on gen z	t-test	t= 1.095 P<0.05	Significant
Age and Level of significance effects of sleep deprivation on gen z	ANOVA	F= .091 P>0.05	Not Significant
Type of organization and Level of significance effects of sleep deprivation on gen z	ANOVA	F = 5.691 P<0.05	Significant
Income and Level of significance effects of sleep deprivation on gen z	ANOVA	F = 5.091 P<0.05	Significant

Findings

- There is significant difference in the education and level of significance effects of sleep deprivation on gen z emotional wellbeing.
- There is no significant marital status and level of significance effects of sleep deprivation on gen z emotional wellbeing.
- There is significant difference in the locality and level of significance effects of sleep deprivation on gen z emotional wellbeing.
- There is no significant difference in the age and level of significance effects of sleep deprivation on gen z emotional wellbeing.
- There is significant difference in the type of organization and level of significance effects of sleep deprivation on gen z emotional wellbeing.
- There is significant difference in the Income and level of significance effects of sleep deprivation on gen z emotional wellbeing.

Suggestions**Establish a Healthy Sleep Routine**

Set a consistent bedtime and wake-up time, even on weekends. Create a wind-down routine (reading, stretching, or listening to calm music). Avoid naps longer than 30 minutes during the day.

Reduce Screen Time Before Bed

Limit phone use 1 hour before sleep (blue light disrupts melatonin). Use night mode on devices to reduce blue light exposure. Keep your phone away from your bed to resist late-night scrolling.

Create a Sleep-Friendly Environment

Keep your room cool, dark, and quiet. Use blackout curtains and white noise machines if needed. Invest in a comfortable mattress and pillows.

Manage Stress & Anxiety

Practice deep breathing or meditation before sleep. Keep a journal to write down worries and thoughts. Engage in regular physical activity (but avoid heavy workouts before bed).

Conclusion

Sleep deprivation has a profound impact on Gen Z's emotional well-being, contributing to increased anxiety, mood swings, depression, social isolation, and decreased resilience. Given the generation's heavy reliance on technology, academic pressures, and social media, poor sleep habits have become a widespread issue. Addressing this problem requires a holistic approach, including maintaining a consistent sleep routine, reducing screen time before bed, managing stress effectively, and fostering a sleep-friendly environment. Small lifestyle changes, such as limiting caffeine, engaging in relaxation techniques, and setting digital boundaries, can significantly improve sleep quality and emotional stability.

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