

Perceived Stress, Poor Sleep Quality and Mental Well-Being in Young Adults



Submitted by

Ayeza Qayyum

FA19-BPY-021

Supervised by

Dr. Shameem Fatima

Co-Supervised by

Ms. Zaeema Farooq

DEPARTMENT OF HUMANITIES

COMSATS UNIVERSITY ISLAMABAD, LAHORE CAMPUS

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Ayeza Qayyum

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Research Completion Certificate

It is certified that the research work contained in this thesis entitled “**Perceived Stress, Poor Sleep Quality and Mental Well-Being in Young Adults**” has been carried out and completed by **Ms. Ayeza Qayyum**, Student ID: **FA19-BPY-021**: Student of BS Psychology, session 2019 – 2023. This study is an independent research work and carried out under given instructions and consideration.

Dated: _____

Dr. Shameem Fatima

Supervisor / Chairperson

Department of Humanities

Ms. Zaeema Farooq

Co Supervisor/Lecturer

Department of Humanities

Dr. Musferah Mehfooz

Head of Department

Department of Humanities

External Examiner

Declaration

I, Ms. Ayeza Qayyum, Student ID: FA19-BPY-021, student of BS Psychology, session 2019-2023, hereby declare that the material printed in this thesis titled “**Perceived Stress, Poor Sleep Quality and Mental Well-Being in Young Adults**” is original work and has not been printed, published, or submitted as research work, thesis, or publication in any form in any university or research institution in Pakistan or abroad.

Dated: _____

Signature: _____

Dedication

With the name of Allah, the Most Gracious and the Most Merciful. My sincere gratefulness goes to my beloved parents, my dearest siblings, my respected supervisor and my closest friends for their endless support and encouragement.

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Abstract

Abstract

The aim of the current study was aimed to assess the association between perceived stress, poor sleep quality, and mental well-being. It was hypothesized that there would be an association between perceived stress, poor sleep quality and mental well-being in young adults. A secondary hypothesis was sleep quality would be a moderator between perceived stress and mental well-being among young adults. A sample of 488 young adults including men ($n= 244$) and women ($n=244$) ranging in age from 19 to 25 years ($M = 20.38$ and $SD = 1.76$) was taken from different private and government sector universities. Convenience sampling strategy was used to approach participants and collect data. Pittsburgh Sleep Quality Index (Buysse, 1989), Perceived Stress Scale (Cohen , 1983) and Warwick Edinburgh Mental Well Being Scale (Warwick and Edinburgh, 2008) were used to access the perceived stress, poor sleep quality and mental well-being. Pearson product moment correlation and moderation analysis through AMOS were used to test hypotheses. For additional findings independent samples t -test were applied. The findings of the study revealed that perceived was found to have a positive association with poor sleep quality and negative association with mental well-being. Additional findings revealed that there were significant differences in perceived stress, poor sleep quality and mental well-being in young adults related to the family system, gender and universities. The present study had implication in clinical and counseling psychology.

Keywords: perceived stress, poor sleep quality, mental well-being, young adults, universities, association.