



# INTERNATIONAL JOURNAL OF ADVANCE RESEARCH, IDEAS AND INNOVATIONS IN TECHNOLOGY

ISSN: 2454-132X

Impact factor: 6.078

(Volume 6, Issue 2)

Available online at: [www.ijariit.com](http://www.ijariit.com)

## Is the level of happiness related to the number of hours of sleep amongst students?

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### ABSTRACT

*We have always been told that we should have a six to eight hours of sleep is must for all the human beings. Also, all the doctors say that 6-8 hours of sleep further leads of a high level of refreshment but that is often misinterpreted with happiness. Hence I decided to take a survey people to find out the relation between happiness and took a survey of 573 students from NMIMS ASMSOC, MPSTME, and Navrachana Vidyani Vidyalaya.*

**Keywords—** Sleep

### 1. INTRODUCTION

Doctors say that 6 – 8 hours of sleep is required for healthy lives amongst human beings. Moreover, not only for the health of the human beings, but the doctors don't deny that the stress levels are also directed depended to the no. of hours people sleep.

Amongst many students in school, due to a number of entertainment devices and mediums and also the trends of binge-watching various shows on Netflix, TVF, Amazon Prime, etc. the number of hours students sleep has reduced. And also, the stress level in teenagers have increased due to various reasons.

Also the main question which comes in my mind is that is the level of stress increasing the unhappiness or is the fun of watching new movies and then discussing it with friends next day brings more happiness.

The main thing that concerns us that the net happiness should be good. Students are nowadays facing a lot of problems with the depression people should not actually suffer from such problems at a young age like this as this can further lead to having problems like diabetes, high cholesterol, high blood pressure, etc.

Let's see through the data collected if it is the case as per the data collected from students from the institutes as mentioned above.

### 2. OBJECTIVES

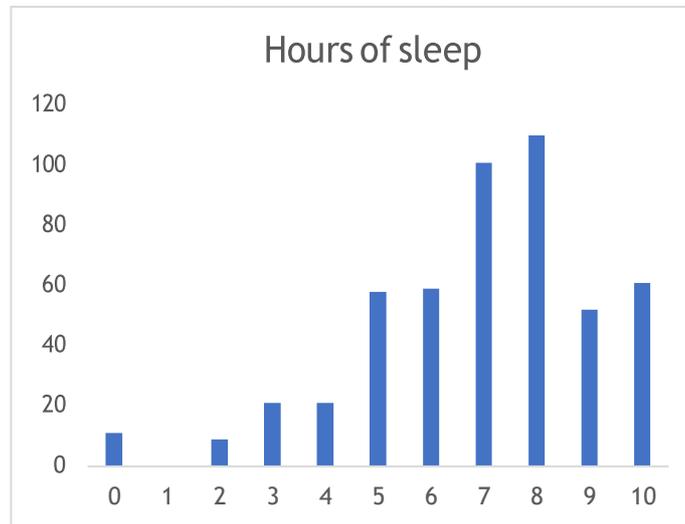
- To understand the relation between the hours slept and happiness on a scale of 10;
- If a possible positive relation, how to help people come out of it;
- Peoples thought on relation of the happiness and no of hours slept.

### 3. ANALYSIS

From the sample of 503 observations, the correlation between the no. of hours person sleeps and how happy he feels on a scale of 10 is 0.1917507. This shows that there is very low level of correlation between the no. of hours people sleep and happiness of students is negligible. Hence it can be said that there is either no relation between no. of hours one sleeps and how happy he feels.

The other possibility is that people are actually not able to scale their happiness out of 10. This can be influenced due to various reasons like accepting or having low expectation in life or settling for less.

If that is the trend, then it sets a negative expectation from life. I also personally interviewed many people from the sample size where one person said that waking up early, travelling, studies, projects, home work had made his life so monotonous that he was not able to sleep at night, felt sleepy in the morning, and had little but no expectation in life.



From the above bar diagram, we can conclude that most of the people sleep for 7 hours, second most for 6 hours and the third most for 8 hours. This means that most of the people sleep for the prescribed no. of hours as per prescribed by the doctor i.e. 6-8 hours.



From the above graph, we can understand that most of the people think that they are happy on a scale of 8 that is above average on the scale of happiness. This can also be seen as a positive sign as 64.41% people have rated their happiness between 7-10 which is again a positive sign amongst the students.

If to be considered, companies can go under maintenance at late nights so that people get enough sleep and they can also improve on the services they provide.

#### 4. CONCLUSION

It can be concluded on a note that there might be no relation between happiness and no. of hours slept or there might be a blind phase which people might not have discovered. Hence there is no strong correlation between sleep and happiness unlike sleep and stress as per various studies.

APPENDIX

**SURVEY TO FIND THE RELATION BETWEEN AVERAGE SLEEPING HOURS AND INDIVIDUAL'S HAPPINESS**

THIS GOOGLE FORM IS TO FIND THE RELATION BETWEEN THE HAPPINESS OF A PERSON AND THE NO. OF HOURS HE/SHE SLEEPS.

Q1) On an average for how many hours do you sleep at night? \*

0 1 2 3 4 5 6 7 8 9 10

HOURS            HOURS

Q2) How happy do you consider yourself to be? \*

0 1 2 3 4 5 6 7 8 9 10

WRETCHED            OVER THE MOON

Timestamp	Q1) On an average for ho	Q2) How happy do you consider yourself to be?
297	10/11/2019 14:37:58	7 8
298	10/11/2019 14:39:55	8 3
299	10/11/2019 14:40:59	7 7
300	10/11/2019 14:48:38	8 3
301	10/11/2019 14:50:34	5 6
302	10/11/2019 15:10:45	6 5
303	10/11/2019 15:13:21	5 9
304	10/11/2019 15:32:50	9 3
305	10/11/2019 15:36:48	5 8
306	10/11/2019 15:36:57	7 6
307	10/11/2019 15:38:05	5 7
308	10/11/2019 15:40:05	8 5
309	10/11/2019 15:40:51	8 5
310	10/11/2019 15:49:10	6 5
311	10/11/2019 15:50:01	6 10
312	10/11/2019 15:57:20	5 5
313	10/11/2019 16:04:06	7 6
314	10/11/2019 16:04:48	7 6
315	10/11/2019 16:13:06	4 6
316	10/11/2019 16:27:52	6 8
317	10/11/2019 16:28:02	8 7
318	10/11/2019 16:41:04	6 10
319	10/11/2019 16:41:17	8 10
320	10/11/2019 16:42:44	6 3
321	10/11/2019 16:48:26	6 8

ALL THE DATA AND CONTENT IS ORIGINAL AND IS FROM DATA COLLECTED THROUGH GOOGLE FORMS.