

An Empirical Investigation of Self-Regulation and Social Media Use, and the Influence of These Variables on Sleep Quality in Undergraduate University Students

Aim

Research regarding self-regulation, social media use and sleep among young adults, and the effects that social media use and sleep have on wellbeing suggests the importance of cognitive processes concerning impulse control in an individual's quality of life. Considering this, it is not known whether self-regulation and nighttime social media use have the ability to predict sleep quality. Therefore, this study aimed to investigate whether reported self-regulation levels and nighttime social media usage are associated, and whether they could predict sleep quality among undergraduate university students.

Method

Participants completed the Sleep Condition Indicator (SCI), the Short Self-Regulation Questionnaire (SSRQ), the Nighttime-Specific Social Media Use Scale (NSMU) and the Index of Nighttime Offline Distress (iNOD) via the site Experimentum.

Results

Results revealed that iNOD scores significantly correlated with SSRQ scores while NSMU scores did not. Additionally, SSRQ scores significantly correlated with SCI scores. Finally, analyses determined that the combination of SSRQ and NSMU scores better predicted SCI scores in the sample than the combination of SSRQ and iNOD scores in a multiple linear regression model.

Conclusions

It was concluded that self-regulation and social media use have the ability to predict sleep quality, however this ability varied depending on the social media measure used. The meanings and implications of these findings are discussed, with the suggestion that researchers begin to implement cognitive measures of social media in future studies.

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