



Student Perceptions of Public Health Students' Staying Up Late at Night

Fanny Arya Rahmasari¹, Apriadi Putra Siregar²

¹ Department of Public Health, UIN Alauddin Makassar, Makassar, Indonesia

² Department of Public Health, Universitas of Sumatera Utara, Medan, Indonesia

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ABSTRACT

This research was conducted to look at the perceptions of public health students towards the behavior of students staying up late. The research was carried out using a qualitative method, for 5 FKM student respondents class of 2020 the data collection process was carried out using a questionnaire through in-depth interviews. The results showed that students in this study had good knowledge of the meaning of staying up late, students understood what was meant by staying up late and had knowledge and perceptions of the dangers of staying up late. activities and demands that must be carried out so that the body cannot rest properly and is deprived of sleep, students have the perception that staying up late does have a harmful impact on health and they feel the negative impact such as fatigue, lack of concentration and understand the impact of staying up late on increasing the risk of diseases such as diabetes, heart disease and decreased immune system, but in this study all students did the activity of staying up late intensity often and very often and sleeping 5-6 / less than 5 hours and even just starting to sleep at 1-3 in the morning, many factors influence the behavior of staying up late such as piling up of tasks and short deadlines, organizational activities, stress, unimportant activities such as drakor, gadgets and social media. Even though students understand the meaning of staying up late, students have the perception that it is difficult for students to avoid the habit of staying up late.

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Corresponding Author:

Fanny Arya Rahmasari,
Department Of Public Health,
UIN Alauddin Makassar
Email: mardohar.dr@gmail.com

1. INTRODUCTION

One of the basic needs of humans as living beings that can impact and affect human health is sleep. After doing all day activities and feeling tired, the body will send a signal to the brain to rest in order to restore the energy that has been drained all day, and sleep is a resting mechanism for the body to recover after a day of work or activities, this causes sleep to become a basic need for the body so that the body can return to its performance to return to activity (Karlina & Fitriani, 2022). Sleep is explained as an activity related to the closing of the eyes for several periods of time as a mechanism for giving time or periods of rest for the body's vital organs such as the heart, lungs, liver to blood circulation and all other vital organs and mentally from continuous activity. that occurs when humans carry out their daily activities. Sleep is a mechanism for total rest for the body after the body has carried out its activities optimally to prevent the body and organs from damage and to maintain human physical and mental health. The need for sleep from each age phase in humans changes with age. A baby needs a long time of sleep in the span of 16 hours per day,

Students are individuals who are classified in the age group of adolescents to young adults, as individuals who are classified in the age group of adolescents and young adults, students need at least 9 hours of sleep per day to be able to carry out their activities optimally the next day, but the phenomenon shows that student groups as the adolescent age group is the group that most often experiences sleep deprivation, most students as productive adolescents who do a lot of activities will tend to stay up late or sleep late more often, generally students will sleep at 11 o'clock or more, stay up late and have to get up early - in the morning to return to their activities and go to study, causing them to lack sleep due to staying up late at night (Putri, 2017); (Noland, 2009).

Staying up late is a phenomenon that is widely considered commonplace in society and has become a habit, especially for teenagers such as college students. Staying up late is a wife that is used to describe behavior where a person will stay up late and choose to sleep when morning comes. Even though staying up late is considered to be a common phenomenon that is mostly practiced by the community, especially students in their teens, staying up late is actually not a good behavior that has many negative impacts on one's body health, staying up late will cause a person to lack sleep, this condition will cause various adverse effects for people who do it such as decreased ability to memory capacity and work, increased sugar levels, depression, (Almunawir, 2021). Various factors behind the behavior of staying up late in college students include stress, apnea, consumption of caffeine, alcohol, sports behavior, work, poor time management, but the common factors behind the behavior of staying up late, especially in health students is the amount of homework or school assignments that must be completed and time enter college which usually takes place early or in the morning, causing them to lack sleep (Noland, 2009).

Health students are a population that is believed to have a high risk of staying up late and experiencing an increased risk of sleep deprivation. Health students staying up late are considered commonplace and are mostly done by students because of the demands of lifestyle changes for health students who are required to commit excessively in terms of overcoming the burden. academic challenges they face and to be able to catch up and complete their academic load (AlFakhri et al., 2015).

Based on the results of observations made by the author on public health student respondents, it was found that most students had stayed up late, especially when they had to complete their assignments. Staying up late had become their habit and was commonly done by students. A person's decision to stay awake late at night and skip sleep breaks is strongly influenced by their knowledge and perception of the dangers of staying up late for health,

perception and knowledge will form self-awareness in a person, namely in students to take action whether they will continue to get used to staying up late or not, so there is a need for correct perception and knowledge and student awareness of the dangers of staying up late to health. Therefore, the author has an interest in discussing public health students' perceptions of staying up late. This study has the main objective to determine the Perceptions of Public Health Students Against Staying up late.

2. RESEARCH METHODS

This research was conducted using a qualitative approach, a qualitative method is an approach that can be used in a research process by applying an inductive style method that has a main focus on understanding individual meanings and trying to explain the complexity of society's problems by collecting data in a holistic, in-depth, intensive, and systematic (Karlina & Fitriani, 2022).

The data used are primary and secondary data. The primary data collection process was carried out by means of in-depth interviews with 5 respondents, with the main respondents being public health students, besides that the secondary data collection process was carried out by means of a literature review to obtain relevant research journals used to support this research. Furthermore, the research results obtained will be compiled and developed in the form of descriptive analytical discussions in the form of narratives to draw conclusions from general to specific.

3. RESULT AND ANALYSIS

Research interview results

Knowledge of informants about staying up late

What do you understand about the phenomenon of staying up late?

"The condition of difficulty sleeping that makes a person sleep late due to various factors such as many thoughts, especially in women"

(YF, 6 Friday June, 2023)

"The behavior of sleeping late at night that causes a person to lack sleep"

(NH, 6 Friday June, 2023)

"Staying up late is a condition where we carry out activities at night continuously without rest so that our body does not get rest at night"

(SY, 6 Friday June, 2023).

"Behavior of sleeping above 10 o'clock

(LM, 6 Friday June, 2023).

"Staying up late is the time that is sacrificed for resting at night to carry out various activities, one of which is doing assignments that students and young people can no longer avoid."

(RM, 6 Friday June, 2023).

Informant's Staying Up Late Behavior

Have you ever stayed up late, how often, how many hours did you sleep at night each day and until what time did you stay up?

"I have stayed up late, but not too often sometimes, I only stay up until 00.00 or 12 at night, I sleep 6-7 hours a day"

(YF, 6 Friday June, 2023)

"I used to stay up late, I stayed up very often, I used to stay up until 2 in the morning "I'm not sure but I often sleep between 5-6 hours or less than 5 hours a day"

(NH, 6 Friday June, 2023)

"I often stay up late, I used to stay up until 2/3 in the morning, everyday I only sleep less than 5 hours a day"

(SY, 6 Friday June, 2023).

"I stay up late very often, I can stay up until 3 in the morning, I only sleep about 4 hours a day"

(LM, 6 Friday June, 2023).

"When I stay up late very often, I usually stay up until 1 pm usually, I only sleep 5-6 hours a day or less than that"

(RM, 6 Friday June, 2023).

Factors that cause staying up late on informants

What keeps you awake at night?

"I stay up late because of habit, I've been staying up late since I went to school, this makes me sleep late more often and it has become a habit, like I can't go to bed early and only get sleepy late at night, besides that at this time I usually can't sleep soon because there are a lot of thoughts and stress, so I will stay up late and can't sleep, and stay up late at night"

(YF, 6 Friday June, 2023)

"I've been staying up late since I was in high school. I used to stay up late because I always studied extra late into the night to get academic achievements and not fall behind. I also used to do assignments and study late into the night, and the habit of staying up late has become a habit until now"

(NH, 6 Friday June, 2023)

"I often stay up late one of the reasons is the large number of college assignments that I have to do, the large number of college assignments that make me have to wake up late and stay up late, besides that stress and confusion cause me to stay up late because I can't sleep"

(SY, 6 Friday June, 2023).

"Overloaded assignments and deadlines, social media, watching Drakor, to organizational activities that usually make me stay up late"

(LM, 6 Friday June, 2023).

"There are so many assignments and college deadlines and it's fun to play on social media, which usually makes you stay up late."

(RM 6 Friday June, 2023).

The impact felt by the informant after staying up late

Do you know staying up late is bad for health, what do you feel after staying up late usually?

"To be honest staying up late is not good for the body's metabolism, staying up late will disrupt the body's metabolism, I will feel tired and lack of energy after staying up late in the morning, my body also gets all sick"

(YF, 6 Friday June, 2023)

"Of course, I know that staying up late has a negative impact on the body and health, I also feel that if I stay up too often my immune system becomes weak and I often get sick"

(NH, 6 Friday June, 2023)

"I know, I often stay up late so I often feel sleepy, my body also becomes weak all over "

(SY, 6 Friday June, 2023).

"Actually, I know the negative impact of staying up late, I can't concentrate, my body hurts, I'm all weak."

(LM, 6 Friday June, 2023).

"You know, actually staying up late is dangerous for our health. It can put us at risk of experiencing various degenerative diseases, such as diabetes and coronary heart disease. I also feel that my body will all ache and become weak if I often stay up late."

(RM, 6 Friday June, 2023).

Student Perceptions of Staying Up Late as a Habit for Young People and Students

In your opinion, has staying up late become a common habit and is difficult for teenagers to avoid, especially students?

"To be honest, according to my perception, the habit of staying up late for students and young people is very difficult to avoid, activities, and the habit of hanging out, assignments make it very possible for students to always stay up late"

(YF, 6 Friday June, 2023)

"Of course, from my point of view, staying up late is very difficult for students to avoid and continuously doing it along with the many assignments that over time becomes a habit, it is very impossible for students not to stay up late"

(NH, 6 Friday June, 2023)

"In my personal opinion, staying up late can be one of the things that is difficult for young people to avoid seeing the many activities that require them to work overtime for college assignments,"

(SY, 6 Friday June, 2023).

"It depends on the person, for me, I can still not stay up all night because I only stay up if I have certain reasons"

(LM, 6 Friday June, 2023).

"In my opinion, the habit of staying up late is rather difficult for the community or students to avoid nowadays, especially with the addition of dependence on mobile phones, social media and assignments for students"

(RM, 6 Friday June, 2023).

Student Perceptions of How to Avoid Staying Up Late

How do you reduce the habit of staying up late as a student?

"Reducing unimportant activities and learning to make details of activities in one day will become a disciplined person and avoid staying up late"

(YF, 6 Friday June, 2023)

"Manage the best possible time"

(NH, 6 Friday June, 2023)

"Reduce activity at night, make a regular schedule for your own activities, keep your cellphone away during bedtime"

(SY, 6 Friday June, 2023).

"Positive activity before going to bed so that when you finish the activity you will definitely feel your tired body needing rest. So regular bedtime is better"

(LM, 6 Friday June, 2023).

"Maybe managing sleep time day and night, exercise, managing stress, eating regular and nutritious patterns"

(RM, 6 Friday June, 2023).

4. DISCUSSION

Overall, respondents have good knowledge of what it means to stay up late, and overall, respondents often have the habit of staying up late. Respondents in general as students sleep late starting from 12 o'clock, on average students very often stay up late and sleep late after 11 o'clock at night, they will only sleep at 12 at night - 3 am, and only sleep for 5-6 hours hours to less than 5 hours a day.

According to them staying up late is the behavior that someone does when they sleep above 10 pm which is done for various reasons such as lots of activity, stress that causes them to sleep late and lack of sleep time and time for their bodies to rest, where their bodies will continue to work and do activities for hours without rest at night.

Staying up late is explained as a behavior or a habit of not sleeping at night by continuing to do activities at night and then sleeping in the morning. in the morning, staying up late is a term that is widely used for the habit of sleeping late which has now become a habit that many people do in their teenage phase such as college students (Zahrani, 2022). Staying up late is a social phenomenon that is very close and very often done and has become a habit that causes a person to lack sleep, especially in groups of workers or students, the large load of activities and assignments they get makes students and workers the group that complains the most about sleep deprivation every day, students are a group of people who very often stay up late at night causing their sleeping hours to fall apart (Purnama,2021) Students are a group of people with quite dense activities. Students are required to be able to get up early in the morning to prepare for lectures, but also have a workload that requires them to stay awake until late at night, even early in the morning. Students are a very vulnerable group and often stay up late, because students who are still classified as being in the teenage age group are very susceptible to having difficulty sleeping at night, but must stay awake as much as possible so that the general group of students is a group that will very often lack sleep, besides that their obligation to immediately complete assignments will be become the reason students stay awake until late at night or early in the morning(Sulistiyan, 2012). The recommended sleep time for adolescents to early adults such as students is 7-9 hours, but the number of main activities that are unstructured every day for students will cause a reduction in student sleep time, field facts show that students are a group that is very difficult to meet sleep needs according to recommended 7-9 hours a day, they are a group of people who are more likely to sleep with sleep time under 5-6 hours a day, sleep duration that is not fulfilled every day will certainly have a negative impact on a person's body (Muhammad Dien Iqbal, 2018).

Based on the results of the research it is known that generally the factors that influence students to stay up late are due to the habit of staying up late which they have been doing for a long time, so that they can only sleep after a late night, a state of anxiety and confusion, to the many assignments or deadlines and the desire to excel. which requires them to stay up late completing assignments and studying late into the night, besides that less useful activities such as viewing Drakor, social media and gadgets are the factors that often lie behind students staying up late.

Staying up late is an unhealthy sleep pattern that occurs a lot due to various factors such as playing gadgets, or other unimportant activities playing games, drakor until late at night, to the many tasks that must be done with very minimal deadlines. Apart from that, staying up late can also be based on it because it has become a habit for some people so it is difficult to get rid of and because of stress which makes it difficult for someone to sleep at night. (Zahrani, 2022). Staying up late is one of the behaviors that is difficult to get rid of by society, especially in student groups, lack of understanding and knowledge and the impact of staying up late makes students tend to be indifferent and continue to maintain the habit of staying up

late and considering staying up late to be commonplace and a common habit. (Maya Sari Soamole & Norma B Toduho, 2022).

Gadgets and non-essential activities are also one of the factors that cause most students to stay awake and stay up late. Young people like college students are at an age where they tend to still do activities that have less important values in their daily lives such as watching movies, playing games, social media which causes them to choose to stay awake and stay up late at night apart from the many activities and demands of assignments as students.(Purnama,2021). College students are also a group of people who cannot be separated from gadgets. According to the National Sleep Foundation, many people choose to stay up late and lack sleep due to the influence of electronic media or gadgets. The pleasure that comes when someone uses a gadget will make the user busy himself and not aware of the time, the habit of using gadgets for a long time will cause a person to have difficulty sleeping, currently most teenagers or students state that they sleep with their cell phones stored. near the bed, at least 20% of teenagers aged 19-29 years tend to experience a lot of sleep disturbances due to excessive use of gadgets and social media(Sulistiyani, 2012).

Apart from the influence of social media gadgets and other less important activities, the behavior of staying up late can also be done because a person is experiencing stress which causes difficulty falling asleep or sleeping early. Prayitno (1999) states that students are students who are registered to study at a tertiary institution. Where at that age they tend to experience a period of transition. One of the causes of sleep disturbances in students is pressure due to various problems such as worries about getting low scores for tests or assignments, lack of understanding of prizes and responsibilities that must be placed, low self-confidence or lack of certainty, carelessness or recklessness, lack of preparation. setting aside money or lack of financial ability, both for daily needs and concentration needs. If these problems are not handled appropriately, students will seek individual solutions for them. One of them is through activities at night or staying up late((Putri,2017). Lots of assignments and lots of activities such as organization are also the main causes of students staying up late. The large number of assignments that are obtained and must be done in a short time makes students inevitably have to stay up late and complete their assignments, the large number of assignments and student activities outside of coursework causes students to be one of the groups in society who cannot avoid the habit of staying up late and continue to demand them and carry out staying up late even if forced (Purnama,2021).

According to their perception it is very difficult for them to be able to complete their assignments and their activities without staying up late, so it is very difficult for students to avoid the habit of staying up late, there are no students who don't stay up late. However, according to them, even though it is very difficult and has a negative impact, according to them, the impact of staying up late can be prevented by consuming nutritious food, doing physical activity, managing stress and seeking time management and reducing less important things in daily activities.

Adequate sleep is very important for health, the habit of staying up late which has an impact on reducing sleep duration will cause disruption of metabolic responses, cognitive disorders and concentration. , losing sleep even for a day will cause significant changes in the working system of the body and organs and have an impact on fatigue and a person becomes more easily sick due to a disruption in the immune system (Reza et al., 2019). People who stay up late will have a negative impact on their health. Someone who stays up late will tend to experience decreased memory, difficulty concentrating, increased sugar levels, stress depression, heart disease and stroke to decreased immunity.(Almunawir, 2021). Even though they know the dangers of staying up late, generally staying up late has become a

common habit which according to all students is very difficult not to do or avoid, the many activities they do and the demands to be able to complete the tasks that pile up in a short time amidst busy activities have made their perception of staying up late. is a behavior that is impossible to avoid(Purnama,2021). Even though students have sufficient knowledge about the dangers of staying up late, students are a group of people who tend to be vulnerable to continuing to stay up late because of various demands of responsibility, so it is necessary to have various preparations made before staying up late such as paying attention to nutritional intake, although it cannot be avoided, staying up late can also minimized by having a will within yourself with time management and not doing activities that are in vain (Zahrani, 2022).

5. CONCLUSION

However, in this study, all students stayed up late with frequent and very frequent intensity and slept 5-6 / less than 5 hours and even just started sleeping at 1-3 in the morning, many factors influence the behavior of staying up late such as piling up tasks and short deadlines, organizational activities, strss, non-essential activities such as drakor, gadgets and social media. Even though students understand the meaning of staying up late, students have the perception that it is difficult for students to avoid the habit of staying up late. The only way that can be done to reduce the intensity is self-will, time management followed by healthy and regular eating and exercise behaviors. Many factors affect the behavior of staying up late such as piling up tasks and short deadlines, organizational activities, stress, unimportant activities such as Drakor, gadgets and social media. Even though students understand the meaning of staying up late, students have the perception that it is difficult for students to avoid the habit of staying up late. The only way that can be done to reduce the intensity is self-will, time management followed by healthy and regular eating and exercise behaviors. Many factors affect the behavior of staying up late such as piling up tasks and short deadlines, organizational activities, stress, unimportant activities such as Drakor, gadgets and social media. Even though students understand the meaning of staying up late, students have the perception that it is difficult for students to avoid the habit of staying up late. The only way that can be done to reduce the intensity is self-will, time management followed by healthy and regular eating and exercise behaviors. Even though students understand the meaning of staying up late, students have the perception that it is difficult for students to avoid the habit of staying up late. The only way that can be done to reduce the intensity is self-will, time management followed by healthy and regular eating and exercise behaviors. Even though students understand the meaning of staying up late, students have the perception that it is difficult for students to avoid the habit of staying up late. The only way that can be done to reduce the intensity is self-will, time management followed by healthy and regular eating and exercise behaviors.

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