Survey and Analysis of University Students' Current Situation of Staying Up Late

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Abstract

This study aims to understand the prevalence and determinants of late-night habits among university students. Employing a meticulously crafted survey and a strategic sampling approach, data was efficiently gathered and analyzed using SPSS software. The findings reveal insights into the patterns of late-night activities among students of different years and genders, key factors influencing these habits, and the resultant health impacts. The goal is to guide students towards a balanced sleep schedule and adopting effective study and life habits.

Keywords: University students stay up late, SPSS Statistical Analysis, Influencing Factors

1. Introduction

In recent years, the issue of health deterioration due to the prevalent late-night habits of university students has become a significant concern. This trend is evidenced by the decreasing age of patients with various cancers and hypertension, highlighting the need for attention to the lifestyle and well-being of this demographic. Research indicates that late-night activities are widespread among university students, particularly freshmen who, in the liberating environment of university life, often overlook the consequences of irregular sleep patterns. Notably, a substantial proportion of students sleep past midnight, a practice largely attributed to the absence of bedtime regulation. Undoubtedly, these habits pose a substantial threat to the physical and mental health of students [2]. Consequently, examining the patterns and contributing factors of late-night habits among students of different academic years, exploring the underlying causes, and identifying effective strategies to enhance sleep quality for this demographic is of paramount importance.

2. Survey Participants and Methodology

This study focused on students from the Ziyun Road and University Town campuses of Anhui Jianzhu University. A survey was conducted using the Questionnaire Star platform, distributing 1,000 questionnaires and receiving 927 responses, achieving a response rate of 92.7%. The participants included 327 freshmen (35.27%), 300 sophomores (32.36%), and 300 juniors and seniors (32.36%), with 500 males (53.94%) and 427 females (46.06%) respondents.

A custom survey instrument was employed to assess the prevalence, causes, and effects of late-night habits among students. The questionnaire encompassed aspects such as sleep patterns, awareness of the harms associated with late-night activities, and physical conditions post staying up late, utilizing single-choice, multiple-choice, and open-ended questions. The survey targeted students from various academic years at the Ziyun Road and neighboring University Town campuses.

Risk perception among students of different academic years was evaluated using a cumulative scoring method. Team members developed specific criteria, each with five scoring options (0 to 5 points), and aggregate scores were calculated for each respondent. Scoring levels were defined as follows: 0-5 points (level 1), 6-9 points (level 2), 10-15 points (level 3), 16-20 points (level 4), 21-25 points (level 5). Higher scores indicated greater awareness of the risks associated with staying up late.

The study also examined the immediate health impacts of late-night habits on students, including dizziness, memory, and immunity issues [3, 1].

For the purpose of this study, staying up late was defined as remaining awake past 23:00 due to various activities (work, study, games, etc.), either voluntarily or involuntarily, excluding instances of sleeplessness due to insomnia or similar conditions [4].

Data was analyzed using SPSS 24 software, employing frequency domain scattering and correlation analysis methods for preliminary quantitative assessment and bivariate correlation examination.

3. Survey Findings

1. Late-night habits and Gender Distribution

Late-night habits are more prevalent among female students. Regarding gender distribution, 78 male students (15.6% of males) reported never staying up late, while this was the case for 42 female students (9.8% of females). Among those who do stay up late, 82% of females remain awake until 1 am, compared to 71.6% of males sleeping before 1 am and 28.1% after. See table 1.

2. Late-night Habits Across Academic Years

Students across all academic years frequently stay up late. Among the four majors surveyed, 56% (521 students) reported staying up late three or more times a week. Specifically, 35.5% did so 1-2 times a week, while 48% exceeded this frequency. Among those staying up late 1-2 times weekly, sophomores

Table 1: Statistics on Frequency of Staying Up Late (Per Week) for Students of Different Genders

Gender		Nights Staying Up (Per Week)				Total
		0 times	1-2 times	3-4 times	5 times or more	
Male	Count	78	158	98	166	500
	Percentage of Male Total (%)	15.6	31.6	19.6	33.2	100
Female	Count	42	80	109	196	427
	Percentage of Female Total (%)	9.8	18.7	25.5	45.9	100

Table 2: Weekly Statistics (Total 927 people)

Grade		Number of times staying up late (per week)				Total
		0 times	1~2 times	3~4 times	5 times or more	
Freshman	Count	26	90	85	126	327
	% of Total in Grade	8.0	27.5	26.0	38.5	100.0
	% of Total	2.8	9.7	9.2	13.6	35.3
Sophomore	Count	27	127	79	67	300
	% of Total in Grade	9.0	42.3	26.3	22.4	100.0
	% of Total	2.9	13.7	8.5	7.2	32.3
Junior and Senior	Count	32	133	73	62	300
	% of Total in Grade	10.7	44.3	24.3	20.7	100.0
	% of Total	3.5	14.3	7.9	6.7	32.3

constituted 38.7%; for three or more times, juniors and seniors accounted for 52.1%, with freshmen showing the highest incidence of late-night habits. See table 2.

3. Extent of Staying Up Late Across Academic Years

The extent of staying up late varies across academic years. Of those surveyed, 26.2% (243 students) reported staying up past 1 am. This included 20.0% of juniors and seniors, 18.7% of sophomores, and 38.8% of freshmen. Freshmen had a notably higher tendency to sleep after 1 am compared to other academic years. Additionally, 80.0% of juniors and seniors, 81.4% of sophomores, and 61.1% of freshmen reported sleeping before 1 am. See table 3.

4. Analysis of Results and Recommendations

1. Gender Differences in Late-Night Habits

Analyzing from a gender perspective, a habit of staying up late is defined as staying up past midnight three or more times a week. Among the students surveyed, 42.4% of males and 56.8% of females exhibited this habit, indicating a higher prevalence among female students. Notably, 82.3% of female students and 72.3% of male students reported not sleeping before 1 a.m., suggesting that a majority of both genders who stay up late tend to sleep by 1 a.m. (4). Moreover, fewer females than males sleep after 1 a.m., highlighting that males generally stay up later than females, and a larger number of females have late-night habits. This trend may be partially attributed to inherent physiological differences, with females generally having less physical resilience. Typically, males are more energetic than females, leading to more pronounced late-night habits.

Table 3: Statistical Table of Time Spent Staying Up Late at Different Grade Levels

Grade		Bedtime				Total
		Before 24:00	24:00 to 1:00	1:00 to 2:00	After 2:00	
Freshman	Count	20	180	86	41	327
	% of Total in Grade	6.1	55.0	26.3	12.5	100.0
	% of Total	2.2	19.4	9.3	4.4	35.3
Sophomore	Count	11	233	36	20	300
	% of Total in Grade	3.7	77.7	12.0	6.7	100.0
	% of Total	1.2	25.1	3.9	2.2	32.3
Junior and Senior	Count	20	220	30	30	300
	% of Total in Grade	6.7	73.3	10.0	10.0	100.0
	% of Total	2.2	23.7	3.2	3.2	32.3

2. Prevalence of Late Nights Among College Students

The survey reveals that staying up late is a widespread phenomenon in university students. Only 12 students, approximately 5% of respondents, reported sleeping before 11 p.m. (not staying up late). A significant 53.6% of students admitted to staying up late at least three times a week, indicating that half of the student population has a habit of staying up late, a figure reaching 50%. Among these, 20.8% go to sleep after 1 a.m., with 20% of university students habitually sleeping late. This pattern reflects a lack of regularity in their lifestyles. According to the survey, entertainment activities are the primary contributor to late-night habits, accounting for 39.0%. This trend is likely influenced by factors such as the relatively independent lifestyle in higher education institutions, the allure of electronic devices, poor work and rest habits, and a lack of self-discipline and consciousness in daily life.

3. Analysis of Staying Up Late Among Different College Year Groups and Its Impacts

In recent years, the increasing popularity and acceptance of electronic sports, especially following notable successes by Chinese teams in international competitions, have particularly affected freshmen. Freshmen, emerging from a period of intense and prolonged study, exhibit a high demand for leisure and are prone to spending extensive time in gaming activities. This tendency contributes significantly to their habit of staying up late. Sophomores, influenced by popular internet phrases like "cultivation" and "post-90s health preservation," reflect a cultural trend towards a specific lifestyle that combines work and leisure. Juniors, facing critical life decisions such as postgraduate studies or employment, start contemplating their future, with the associated anxiety potentially leading to late nights.

5. Conclusion

In conclusion, there is a minimal correlation between university students' late-night habits and their awareness of the associated health risks. Therefore, raising awareness about the dangers of staying up late is crucial. Additionally, fostering self-discipline in students—like resisting electronic distractions and balancing work and sleep—is important. This can be achieved through various effective educational programs and activities that emphasize the value of health and well-being. Particularly for students preparing for competitive exams, balancing intense study demands with healthy living is challenging. Avoiding detrimental behaviors like tardiness and absenteeism is essential for academic success. As students not yet integrated into society represent a vulnerable group, external measures such as campus initiatives against staying up late and regulating internet access can be beneficial.

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