

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

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The original paper was written in Chinese. This is ChatGPT's translation into English. The original paper starts from page 3. Click this area to access the link to the original paper on CNKI (China National Knowledge Infrastructure).

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

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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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大学生熬夜现状调查与分析

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【摘要】为了解当前学校大学生熬夜现状及相关影响因素,通过科学设计调查问卷,采用合理的抽样方法,有效地收集样本数据,并利用统计软件 SPSS 进行分析,得出不同年级不同性别大学生熬夜的现状、熬夜的主要影响因素、熬夜所产生的危害等,以期为大学生合理安排睡眠时间、科学有效地学习生活提供指导意见。

【关键词】大学生熬夜; SPSS 统计分析; 影响因素

【基金项目】2018 年度安徽省大学生创新创业项目 (编号: No. C18177)。

近年来,高校学生整晚熬夜造成的身心健康问题屡见不鲜,各种癌症及高血压等疾病的患者群体越来越年轻化,作为未来社会的主力军,大学生的生活习惯及身体健康受到广泛关注。调查显示,大学生熬夜的现象已十分普遍,尤其是刚步入大学校园的新生,沉浸于自由的校园环境中,容易忽视熬夜的危害。0 点之后入睡的学生不在少数,而对入睡时间的不设定也是导致熬夜现象的重要原因之一,不可置否,熬夜已成为危害大学生身心健康的重要因素之一^[1]。因此,了解当前学校不同年级大学生熬夜情况与相关影响因素,探讨熬夜原因,找到适合大学生群体的提高睡眠质量的方法,具有极高的实践意义。

一、调查对象与方法

本项目调查对象包括安徽建筑大学紫云路校区以及大学城校区的部分学生,采用问卷星调查,调查共发出 1 000 份问卷,共收回 927 份问卷。问卷回收率及有效问卷率达到 92.7%。其中,大一年级 327 份(35.27%),大二年级 300 份(32.36%),大三、大四年级 300 份(32.36%)。男生 500 份(53.94%),女生 427 份(46.06%)。

采用自行设计的问卷调查学生晚睡的状况、原因及危害。问卷内容包含学生睡眠状况的调查、晚睡危害的认知水平、晚睡后学生身体状况调查。问卷调查采取单项选择、多项选择以及填空的形式。对安徽建筑大学紫云路校区、周边大学城校区学生进行了分年级调查。

采用累积分数法对不同年级大学生危险感知(认知程度)进行了调查和测试。小组的团队成员制订了自己的标准。每个标准都有五个选项,其中每个选项都对应一个特定的分数(分别为 0~5 分),然后根据从每个部分获得的总分进行评分。设定为:0 到 5 分为 1 级;6 到 9 分为 2 级;10 到 15 分为 3 级;16 到 20 分为 4 级;21 到 25 分为 5 级。分数越高则对熬夜危害认识水平越强,反之,越弱。

对不同年级学生晚睡后的身体状况进行了调查,包含对熬夜后头晕、记忆力和免疫力的情况调查^[2,3]。

在本次调查分析中,熬夜的概念界定为在 23:00 后因具体事务(工作、学习、游戏等)、自愿或非自愿的情况下仍

未进入睡眠状态的现象。在该概念界定下,因失眠等因素导致无法入睡的现象被排除在熬夜之外^[4]。

使用“SPSS 24”软件进行相应的统计分析。采用频域散布和相关分析法对问卷数据进行简略的定量分析和二元相关剖析。

二、调查结果

1. 女生晚睡的现象比男生普遍。从性别角度看,有 78 名男生从不熬夜,占男生总数的 15.6%;有 42 名女生从不熬夜,占女生总数的 9.8%。在那些晚睡的人中,在熬夜的女生人数中,82% 的女生一直熬到凌晨 1 点;男生在凌晨 1 点之前睡觉占到 71.6%,28.1% 的男生在凌晨 1 点之后睡觉。见表 1。

表 1 不同性别学生熬夜频率(每周)统计表

性别		熬夜次数(每周)				合计
		0 次	1~2 次	3~4 次	5 次或以上	
男生	计数	78	158	98	166	500
	占男生总数的%	15.6	31.6	19.6	33.2	100.0
女生	计数	42	80	109	196	427
	占女生总数的%	9.8	18.7	25.5	45.9	100.0

2. 各个年级的学生均普遍存在熬夜现象。在四个不同专业中,占总调查人数的比例为 56% 的 521 名学生每周熬夜 3 次或 3 次以上。其中,占调查人数 35.5% 的学生每周熬夜 1 次或 2 次,更有 48% 的人熬夜 3 次以上。在每周熬夜 1~2 次的学生中,大二学生占到 38.7%;熬夜 3 次或以上的占 50.8%。大三、大四学生平均每周熬夜 1~2 次的占 34.7%,其中熬夜 3 次或以上的占 52.1%,新生熬夜的比例最大。见表 2。

表 2 (每周)统计表(总人数 927)

年级		熬夜次数(每周)				合计
		0 次	1~2 次	3~4 次	5 次或以上	
大一	计数	26	90	85	126	327
	占年级总人数的%	8.0	27.5	26.0	38.5	100.0
	总人数的%	2.8	9.7	9.2	13.6	35.3
大二	计数	27	127	79	67	300
	占年级总人数的%	9.0	42.3	26.3	22.4	100.0
	总人数的%	2.9	13.7	8.5	7.2	32.3
大三、大四	计数	32	133	73	62	300
	占年级总人数的%	10.7	44.3	24.3	20.7	100.0
	总人数的%	3.5	14.3	7.9	6.7	32.3

3. 年级不同熬夜程度不同. 在大学生熬夜群体中, 占调查中熬夜学生总数的 26.2% 的 243 名学生在凌晨 1 点后仍在熬夜. 其中, 大三、大四在凌晨 1 点后入睡的学生占大三、大四群体的 20.0%; 大二占到自身年级群体的 18.7%; 大一占到自身年级群体的 38.8%. 在凌晨 1 点以后睡觉的大一学生所占的比例明显高于其他三个年级. 除此以外, 大三、大四凌晨 1 点前入睡的占 80.0%; 大二凌晨 1 点前入睡的占 81.4%; 大一凌晨 1 点前入睡的占到 61.1%. 见表 3.

表 3 不同年级熬夜晚睡时间统计表

年级		熬夜晚睡时间				合计
		24 点前	24 点到 1 点前	1 点到 2 点前	2 点或 以后	
大一 年级	计数	20	180	86	41	327
	占年级总人数的%	6.1	55.0	26.3	12.5	100.0
	占总人数的%	2.2	19.4	9.3	4.4	35.3
大二 年级	计数	11	233	36	20	300
	占年级总人数的%	3.7	77.7	12.0	6.7	100.0
	占总人数的%	1.2	25.1	3.9	2.2	32.3
大三、 大四 年级	计数	20	220	30	30	300
	占年级总人数的%	6.7	73.3	10.0	10.0	100.0
	占总人数的%	2.2	23.7	3.2	3.2	32.3

三、结果分析及建议

1. 男女生在晚睡方面的差异. 从性别角度, 把有晚睡习惯定义为一周熬夜三次或三次以上. 男生占 42.4%, 女生占 56.8%, 男生经常熬夜比例低于女生. 女生在凌晨 1 点之前不睡觉的比例占女生总数的 82.3%, 男生为 72.3%. 表明大部分熬夜的男生和女生在凌晨 1 点前就睡了^[4]. 此外, 凌晨 1 点后睡觉的女生比例明显低于男生, 这些情况表明男生晚睡的时间比女生更晚且女生熬夜比男生熬夜的人数更多. 这可能与男女生先天因素有一点联系, 女生的体格很弱. 一般来说, 男生比女生精力充沛, 所以晚睡的程度比女生重.

2. 熬夜现象在大学生群体中十分普遍. 在调查中, 不熬夜(23 点前入睡)的学生只有 12 人, 是受访学生总数的 5% 左右. 占调查总数的 53.6% 的学生每周熬夜达到三次或三次以上. 所以, 有熬夜的习惯的大学生占到了总数的一半, 达到 50%. 熬夜时间晚于凌晨 1 点的学生占调查总人数的 20.8%, 说明 20% 的大学生习惯晚睡, 他们的生活缺乏规律性. 据调查, 大学生熬夜的主要影响因素是娱乐活动, 占比高达 39.0%. 以上结果可能与高校相对自由独立的生活环境、娱乐活动的丰富、电子产品的诱惑、工作和休息的不良习惯和爱好、生活中缺乏自律自觉等因素有关.

3. 大学生熬夜年级差异原因分析及危害. 近年来, 随着中国代表队在世界级电子竞技比赛中取得瞩目成绩, 电子

竞技越来越被大众所熟知和接受, 尤其是刚进大学的大一新生, 在经历了一段紧张的压力大且跨度时间长的学习之后, 对玩乐有较高的需求, 喜爱电子竞技的男生们更加容易花费大量的时间沉迷于游戏之中, 因此, 这也成为导致他们熬夜的重要原因之一. 大二则前有“熬夜修仙”, 后有“90 后养生”, 网络流行用语的存在早已超过语言本身, 更多地揭示了当前流行的一种生活方式. 大三面临着大学生涯中最重要的选择, 考研或是就业, 大三的学生开始思考自己的未来, 规划以后的人生道路, 与此同时, 对现状和未来的焦虑可能成为熬夜的原因之一.

总之, 大学生熬夜的行为习惯与对熬夜产生的危害认知程度的相关性极弱. 因此, 一方面, 应该进行对熬夜危害的宣传, 增强学生相关意识, 另一方面, 应积极引导提高学生自律能力. 例如, 抵抗电子产品的诱惑, 平衡他们的工作和睡眠时间, 不断地通过各种有效的讲座提高大学生珍爱生命的意识. 特别是对准备考研考证的学生来说, 备考压力大, 学习任务艰巨, 很难在学习与生活之间取得平衡. 因此, 学生要想尽量少熬夜, 只有提高学习的效率, 避免迟到、旷课等对学习成绩的提高极为不利的行为. 没有步入社会的学生群体从一定意义上讲属于弱势群体, 所以外界也应对学生熬夜采取相应的措施, 在校园积极开展抵制熬夜的讲座和社团活动、对学校的网络进行一定的限制等等.

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