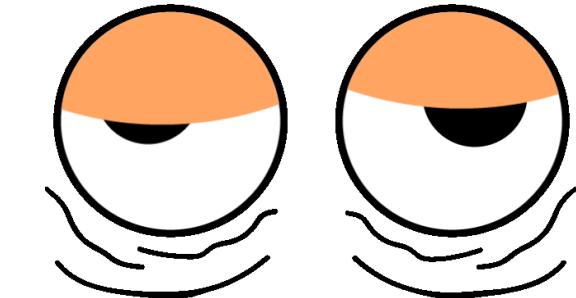
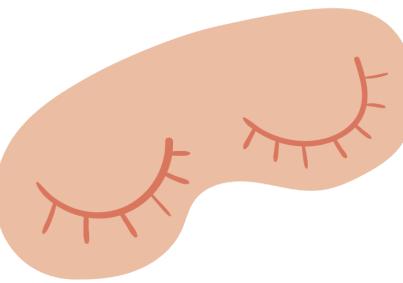


Erin Stringer 24th March 2023



To Sleep or Socialise?
The student
dilemma.



University
of Glasgow

School of Psychology
& Neuroscience

How do first-year students, living in halls of residence balance sleep and socialising in this transition period?

Agenda



Motivation

attitudes

Importance of sleep

Young adults

Theory of Planned Behaviour

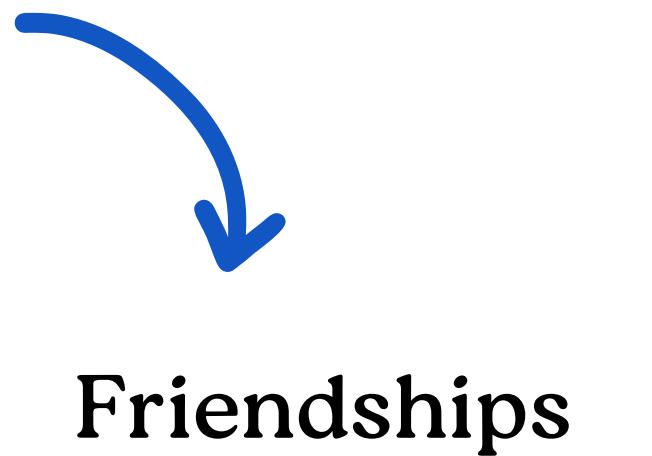
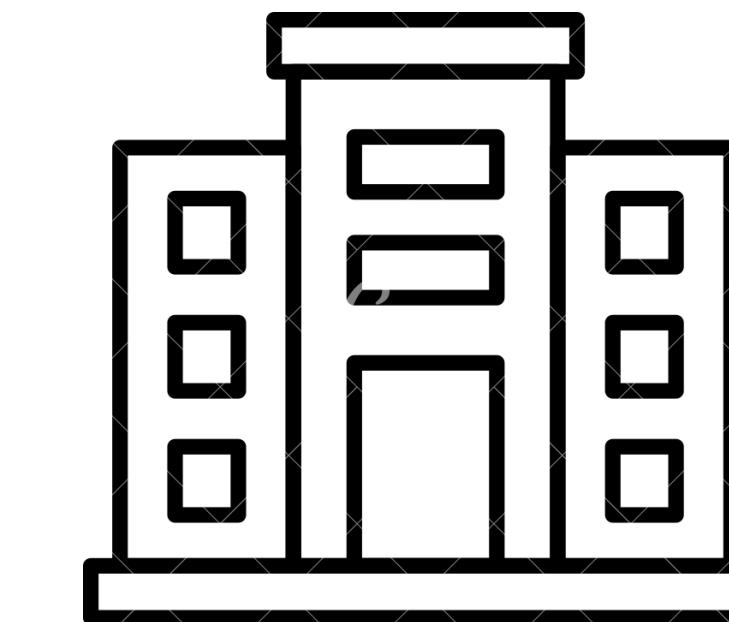


Intention behaviour gap

Gained Autonomy



Importance of socialising



Friendships

Environment of halls of residence

Methodology

Semi-structured interviews

Exclusion criteria: First-year student living in halls of residence in Glasgow

Relaxed, open conversation on the individuals experience

Students choice of online or in person

Reflexive Thematic Analysis



Do you feel your sleeping pattern has changed since moving into residence halls and living independently?

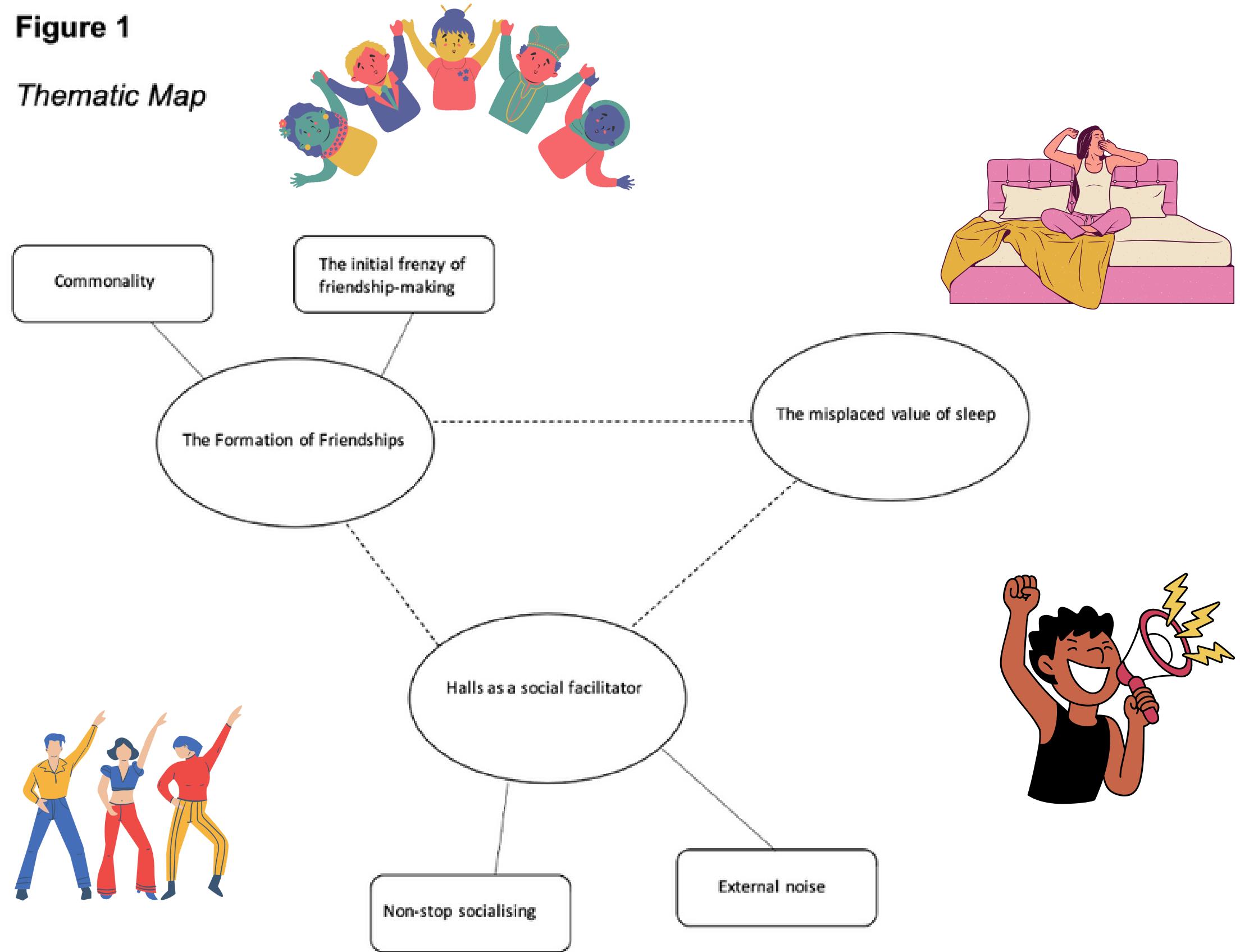
When coming to university, how important did you feel the socialising aspect would be for you?



Results



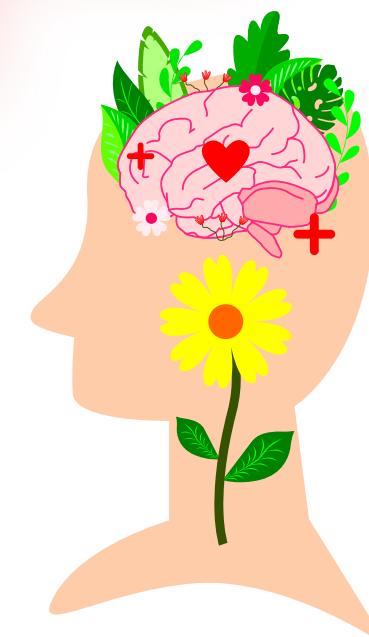
Figure 1
Thematic Map



Implications

Importance of both sleep and socialising - the struggle to balance the two

PREVENTING
EXACERBATION OF
MENTAL HEALTH CRISIS
IN UNIVERSITY



Erikson's psychosocial theory of development

External locus of control



Behavioural change

Psychoeducational groups



Better infrastructure of halls

Protecting student identity



Housing crisis