Incidence of Insomnia and Anxiety among the Biotechnology Students: A Cross-sectional Study at BUITEMS, Quetta

Nida Tabassum Khan[*] **and Kaleemullah Kakar**

Department of Biotechnology, Balochistan University of Information Technology Engineering and Management Sciences, Quetta, Pakistan

[*]**Corresponding author:** Nida Tabassum Khan, Department of Biotechnology, Faculty of Life Sciences and Informatics, Balochistan University of Information Technology Engineering and Management Sciences, Quetta, Pakistan, Tel: +92 03368164903; E-mail: nidatabassumkhan@yahoo.com

Abstract

Objective: Anxiety and Insomnia is mostly seen in students engage in biological researches belonging to the life sciences or applied sciences discipline. Since biotechnology students are also engaged in extensive research work along with the stress associated with maintaining good grades, GPA, participating in extracurricular activities, completion of assignments, maintaining monthly attendance etc., signs of insomnia and anxiety are quiet prominent which affects their interpersonal and psychological functioning. Therefore, the aim of this study was to determine the incidence of insomnia and anxiety among the Biotechnology students of BUITEMS.

Method: This study was conducted in BUITEMS among the biotechnology students. Athens insomnia scale with sensitivity and specificity of 93% and 85% respectively and Hamilton Anxiety Scale with sensitivity and specificity of 85.7% and 63.5% respectively were used. Besides that demographic information like age, gender etc. was also obtained from the participants.

Result:

Results

Out of 98 students were included studying in different semesters of Biotechnology. Among them 41.83% were males while the females were in majority 58.16%.

S.no	Demographic characters	N=98	Percentage (%)
1	**Gender**		
	Male	41	41.83
	Female	57	58.16
2	**Semester**		
	2nd	15	15.30
	3rd	13	13.26
	4th	21	21.42
	5th	10	10.20
	6th	23	23.46
	7th	6	6.12
	8th	10	10.20

Table 1: Demographic characteristics of the participants.

Table 2 depicts the number of students studying in different semester with/without anxiety. And the overall anxiety was found to be 65.30% (64/98).

S.no	Semester	No. of students (with anxiety) N=98	No. of students (without anxiety) N=98
1	2nd (n=15)	9	6
2	3rd (n=13)	9	4
3	4th (n=21)	12	7
4	5th (n=10)	8	5
5	6th (n=23)	14	11
6	7th (n=6)	4	2
7	8th (n=10)	8	1
		Total=64	Total=36

internet, awakening during the night, unsatisfactory quality of sleep, delayed sleep induction etc. all these factors accounts for this high prevalence. However, there were a number of limitations in this piece of research study such as factors like socioeconomic status of the students, home stressors and substance abuse were not elicited.

Conclusion

Insomnia and anxiety is of great concern among the Biotechnology students of BUITEMS which