

# Effect of Emotional Exhaustion, Guilt, and Social Exclusion on Sleep Quality of Postgraduate Students

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**Abstract: Objective - The study's objective was to examine how postgraduate students' sleep was affected by emotional exhaustion, guilt, and social exclusion. A convenience sampling design was used to choose a sample of 120 postgraduate students between the ages of 21 and 25—60 men and 60 women. The instruments utilized in this study were the Emotional Exhaustion Scale (EES), State Shame and Guilt Scale (SSGS), Social Exclusion Scale (SES), and Sleep Quality Scale (SQS). The statistical analysis used multiple regression analysis, independent samples t-test, and product moment (Pearson's  $r$ ) correlation. The findings revealed moderately positive and substantial associations between emotional exhaustion and sleep quality, guilt and sleep quality, social exclusion and sleep quality, emotional exhaustion and guilt, guilt and social exclusion, emotional exhaustion and social exclusion, and emotional exhaustion, guilt, and social exclusion and sleep quality among postgraduate students. Postgraduate students demonstrated no gender differences in emotional tiredness, guilt, social exclusion, or sleep quality.**

## 1. INTRODUCTION

**Emotional Exhaustion -** While stress begins to develop from adverse or testing events in the presence that just continue to come, we lose our feeling of control and our solidarity. At the point when that happens, our crisis reaction framework sets off an adrenaline rush. Our regular state of mind balances out chemicals, and serotonin, gets spent, or starts running short. Presently, on top of adapting to strain, we are likewise overseeing adrenaline feature impacts which could likewise comprise a dashing heart, perspiring, or quick breathing, which is known as profound depletion. For the vast majority of individuals, close-to-home fatigue will in general leisurely increment over the long run.

**Guilt -** As stated by Dr. Harold Hong, a board-certified psychiatrist in North Carolina, "Guilt is an emotional experience that occurs when a person believes or realizes — correctly or not — that they have

compromised their values or morality in some way." A conviction or awareness that one has behaved in a way that disregards one's own moral principles, other people's moral principles, or both, leads to the personal experience of guilt. It is a feeling of regret or sadness for a former action or behavior that is typically accompanied by a sense of duty or responsibility for the harm done. Guilt can range from little distress sensations to strong emotions that might make one anxious or discouraged.

Yun, Kim, and Awasu (2019) inspected the degrees of stress apparent by the social work understudies in a religious program, recognized their survival techniques, and investigated the effect of spirituality on the apparent feeling of anxiety. The outcomes showed that a huge relationship between understudies' feelings of anxiety and their survival techniques existed in every one of the actions. Versatile survival strategies, like Dynamic Adapting, Positive Outlining, and Religion, were essentially related to lower levels of pressure, while maladaptive survival strategies, for example, Conduct Separation, Self-Interruption, Refusal, Substance Misuse, Venting, and Self-Fault have corresponded with more elevated levels of pressure. Spirituality affected the understudies' capacity to deal with pressure. The higher the degree of understudy spirituality, the more uncertain the understudies were to have more significant levels of pressure and the almost certain they were to utilize versatile survival techniques instead of broken strategies for dealing with hardship or stress.

**Social Exclusion -** It alludes to circumstances in which an individual is dismissed, ignored, or disregarded in a general public setting. They are denied passage to some place, deprived of their privileges, or pushed out of a gathering. Social rejection can be seen as genuine, contingent upon the circumstance. Social avoidance can likewise be immediate or aberrant, individual or

unoriginal. Physical and psychological wellness exceptionally connect with each other. While social rejection by and large influences emotional well-being the most, these issues can build the gamble of creating actual medical conditions later on. Figuring out how to adapt when you are socially avoided may reduce these issues and keep you better.

**Sleep Quality** - The assessment of your sleeping ability, or if your sleep is peaceful and beneficial, is known as sleep quality. It is more confounded to gauge than sleep amount, yet it is not altogether abstract. Four things are for the most part evaluated to gauge sleep quality: (i) Rest Dormancy: This estimation alludes to how long it requires for you to nod off; (ii) Rest Waking: This estimation alludes to how frequently you awaken during the evening; (iii) Attentiveness: This estimation alludes to how long you spend alert during the night after you initially fall asleep; and (iv) Rest Effectiveness: This estimation alludes to how much time you spend really dozing while in bed.

Wang, Lu, Sun, and Zhang (2021) intended to analyze the sleeping patterns of 812 mental nursing students in China and look into the elements that may affect them. The overall survey employed the 10-item Kessler Psychological Distress Scale (K10), Emotional Exhaustion Scale (EES), and Pittsburgh Sleep Quality Index (PSQI). The findings showed that anxiety was unquestionably linked to daytime ability, rest inactivity, rest congruity, continuous rest effectiveness, rest difficulties, and abstract rest quality. Despondency was also strongly associated with daytime ability, emotional sleep quality, sleep dormancy, sleep coherence, regular sleep proficiency, sleep difficulties, and enticing drugs.

## 2. METHODOLOGY

A convenience sampling approach was employed to choose a sample of 120 postgraduate students aged 21 to 25 (60 men and 60 women). The instruments utilized in this study were the Emotional Exhaustion Scale (EES), State Shame and Guilt Scale (SSGS), Social Exclusion Scale (SES), and Sleep Quality Scale (SQS). These tools all claim that the more the scores on the factors, the greater the impact. For instance, the emotional tiredness level will increase as the emotional exhaustion scale scores rise. More sleep

issues will result from higher sleep quality scores. The statistical analysis used multiple regression analysis, independent samples t-test, and product moment (Pearson's r) correlation.

### Tools Used:

- 1) EES or Emotional Exhaustion Scale - In 2005, Ramos, Manga, and Moran created this scale. It consists of ten items graded from 1 ("rarely") to 5 ("always") on a 5-point Likert scale. Total scores might be between 10 and 50; the greater the score, the more emotionally spent the respondent is. It exhibits a reasonable level of item homogeneity (mean interitem correlation = 0.33) and an adequate level of internal consistency (Cronbach's alpha = 0.83). The results of an exploratory factor analysis provided strong support for the construct validity of EES.
- 2) SSGS or State Shame and Guilt Scale - This scale was developed in 1994 by Marschall, Saftner, and Tangney. It has ten items, five for each subscale, and is rated on a Likert scale ranging from 1 ("Not feeling this way at all") to 5 ("Feeling this way very strongly"). It assesses the in-the-moment (state) feelings of shame and guilt. The total scores for each subscale can vary from 5 to 25, with higher numbers indicating more intense feelings of guilt and shame, respectively. It exhibits high levels of test-retest reliability, predictive and convergent validity, test-interval reliability, and internal consistency (Cronbach's alpha for each subscale ranges from 0.82 to 0.89).
- 3) SES or Social Exclusion Scale - In 2012, Malone, Pillow, and Osman created this scale. It consists of six items, each of which is evaluated on a Likert scale of one ("Strongly Disagree") to seven ("Strongly Agree") is used. Total ratings can be between 6 and 42, with higher ratings indicating greater social marginalization. Previous research indicated that the scale exhibited construct validity with Turkish young adults and an adequate internal reliability estimate ( = 0.85) (Duru, 2015).
- 4) SQS or Sleep Quality Scale -This scale was invented in 2006 by Yi, Shin, and Shin. It includes 28 items that assess six elements of sleep quality: daylight dysfunction, sleep restoration, difficulty sleeping, difficulty waking up, comfort with sleep, and problems maintaining sleep. The

respondents' sleeping patterns are graded on a four-point scale ranging from 0 ("rarely") to 3 ("almost always"). Scores for items in the domains "restoration after sleep" and "satisfaction with sleep" are reversed. The overall rating scale ranges from 0 to 84, with higher total numbers indicating more serious sleep problems. In their preliminary psychometric investigation, Yi and colleagues discovered a test-retest reliability of 0.81 and an internal consistency of 0.92. The findings of the Pittsburgh Sleep Quality Index (PSQI) and the SQS exhibit a strong association. The insomnia sample scored much higher than the controls, showing the construct's validity.

**Hypotheses**

- H1: In postgraduate students, emotional tiredness and sleep quality would be significantly correlated.
- H2: Among postgraduate students, there would be a considerable relationship between guilt and sleeping patterns.
- H3: Among postgraduate students, there would be a substantial link between social isolation and sleep quality.
- H4: Among postgraduate students, emotional tiredness and guilt would be significantly correlated.
- H5: Among postgraduate students, there would be a considerable link between guilt and social exclusion.
- H6: There is a strong link between social exclusion and emotional weariness among postgraduate students.
- H7: There would be a substantial relationship between postgraduate students' emotional weariness, guilt, social exclusion, and sleep quality.
- H8: There would be gender disparities in postgraduate students' emotional weariness, guilt, social exclusion, and sleep quality.

**3. RESULTS & DISCUSSION**

Table 1 - Standard deviation and mean of Emotional Exhaustion, Guilt, Social Exclusion, and Sleep Quality.

	Mean	Std. Deviation	N
Emotional Exhaustion	28.42	7.605	120

Guilt	12.47	4.923	120
Social Exclusion	19.21	8.505	120
Sleep Quality	39.56	12.047	120

Table 2 - Pearson Correlation among Emotional Exhaustion, Guilt, Social Exclusion, and Sleep Quality.

	Emotional Exhaustion	Guilt	Social Exclusion	Sleep Quality
Emotional Exhaustion	1			
Guilt	.532**	1		
Social Exclusion	.540**	.584**	1	
Sleep Quality	.609**	.519**	.523**	1

Note: \*\* $p < 0.01$

Table 3 - Multiple Regression among Emotional Exhaustion, Guilt, Social Exclusion, and Sleep Quality.

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.668 <sup>a</sup>	.446	.432	9.081

Note: a. Predictors: (Constant), Emotional Exhaustion, Guilt, Social Exclusion

Table 4 - Independent Samples t-test.

		t	Sig (2-tailed)
Emotional Exhaustion	Equal Variances Assumed	.936	.351
	Unequal Variances Assumed	.936	.351
Guilt	Equal Variances Assumed	1.114	.268
	Unequal Variances Assumed	1.114	.268
Social Exclusion	Equal Variances Assumed	.977	.331
	Unequal Variances Assumed	.977	.331
	Equal Variances Assumed	.415	.679

Sleep Quality	Unequal Variances Assumed	.415	.679
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From Table 1, it can be seen that for emotional exhaustion, the mean is 28.42 and the standard deviation is 7.605 which means that the participants have scored above average on this variable; for guilt, mean is 12.47 and the standard deviation is 4.923 which means that the participants have scored average on this variable; for social exclusion, the mean is 19.21 and the standard deviation is 8.505 which means that the participants have scored below average on this variable; and for sleep quality, the mean is 39.56 and the standard deviation is 12.047 which means that the participants have scored below average on this variable.

Table 2 shows that there is a moderately positive and substantial association between emotional exhaustion and sleep quality ( $r = .609, p < 0.01$ ). As a result, hypothesis 1 is accepted. Guilt had a relatively positive and substantial relationship with sleep quality ( $r = .519, p < 0.01$ ). As a result, hypothesis 2 is accepted. Social exclusion and sleep quality have a moderately favorable and significant relationship ( $r = .523, p < 0.01$ ). As a result, hypothesis 3 is accepted. Emotional exhaustion and guilt have a moderately favorable and significant relationship ( $r = .532, p < 0.01$ ). As a result, hypothesis 4 is accepted. Guilt and social exclusion have a fairly favorable and significant relationship ( $r = .584, p < 0.01$ ). As a result, hypothesis 5 is accepted. Emotional exhaustion and social exclusion have a moderately favorable and significant relationship ( $r = .540, p < 0.01$ ). As a result, hypothesis 6 is accepted. According to Table 3, There is a somewhat positive and statistically significant link between emotional exhaustion, guilt, social exclusion, and sleep quality ( $R = .668, p < 0.01$ ). As a result, hypothesis 7 is accepted.

Table 4 shows that there are no significant differences in emotional exhaustion ( $t = .936, p > 0.05$ ), guilt ( $t = 1.114, p > 0.05$ ), social exclusion ( $t = .977, p > 0.05$ ), and sleep quality ( $t = .415, p > 0.05$ ) between men and women. As a result, hypothesis 8 is not accepted.

#### 4. LIMITATIONS

The research findings must be weighed against the limitations of the study. In a correlational study,

correlation is not and cannot be used to infer causality. Even if there is a substantial correlation between two variables, we cannot deduce that one is the source of the other. The results are not generalizable due to the limited sample size. The research sample was chosen in a non-random manner.

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