

SLEEP QUALITY AND MOOD FUNCTIONING OF FOURTH-YEAR COLLEGE STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES: A CORRELATIONAL STUDY

ABSTRACT

AUTHORS

Ruth Balbontin
Monique Palmero
Jennifer Saberola
Anna Marie Tonido
Jay Victoriano

RESEARCH ADVISER

Jolly A. Miguel, EdD

AFFILIATION

Bestlink College of the
Philippines

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Sleep quality is crucial to students' cognitive performance and emotional regulation. This study examines the correlation between sleep quality and mood functioning among fourth-year college students at Bestlink College of the Philippines. It aims to assess how varying levels of sleep quality affect students' mood and academic engagement. A total of 331 students from the Tourism, Psychology, and Hospitality Management programs were surveyed, focusing on sleep duration, disturbances, and environmental influences. This study applies a purposive-correlational research design using structured survey questionnaires. Data are analyzed using Pearson's correlation coefficient. Participants' demographic profiles—including age, gender, and academic program—are considered to evaluate variations in sleep quality and mood functioning. The study also examines academic pressures, lifestyle habits, and environmental conditions as influencing factors. The findings revealed that the majority of respondents experienced insufficient sleep, often reporting durations below recommended levels. Primary contributors to poor sleep quality included frequent gadget use before bedtime, environmental noise, and uncomfortable sleeping conditions. Academic stress and workload further disrupted students' sleeping patterns, resulting in increased fatigue and reduced concentration. A statistically significant but weak positive correlation ($r = 0.38$, $p = 0.00$) was found between sleep quality and mood functioning. Students with lower sleep quality reported higher levels of mood disturbances, such as emotional instability, lack of motivation, and cognitive difficulties. The study concludes that sleep quality plays a significant role in students' mood regulation and academic performance. It recommends the implementation of sleep education initiatives and time management workshops to promote healthier sleep habits. Future research may explore targeted interventions to reduce the impact of sleep deprivation on students' mental health. Addressing sleep-related concerns can help create a supportive academic environment that enhances both emotional well-being and learning outcomes.

RECOMMENDED CITATION

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