

SOCIAL NETWORKS AND SLEEP QUALITY OF UNIVERSITY STUDENTS: ANALYSIS OF COGNITIVE AND EMOTIONAL VARIABLES

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CONTEXTUALIZACIÓN, OBJETIVOS Y PREGUNTAS DE INVESTIGACIÓN

The university environment poses multiple challenges that affect students' psychological well-being and academic performance. Sample: 589 students, avg. age 21 (79% women). Desing: Quantitative, associative, descriptive and comparative. Instruments: Hamilton Anxiety Rating Scale (HARS), EFECO. Therefore, the objective of the research was to understand and evaluate the relationship between sleep quality, social media use, anxiety, and executive functions in higher education students.

RESULTADOS Y CONCLUSIONES

60.2% reported poor sleep quality and 53.4% reported excessive social media use. Poor sleep—strongest impact on anxiety & executive functions. Social media abuse—deficit in monitoring, initiative, emotional control. Poor sleep—worse working memory, inhibition, flexibility, emotional control. Improving sleep quality and moderating social media use are crucial strategies to reduce anxiety, strengthen executive functions, and enhance academic performance and student well-being.

IMPLICACIONES EDUCATIVAS

The findings underscore the need for universities to promote psychoeducational programs aimed at improving sleep hygiene and responsible use of social media. It is also recommended that anxiety management strategies be integrated into tutorial action plans and that faculty be trained to identify early signs of psychological distress, thereby fostering a healthier academic environment.

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