

The Influence of Sleep Quality on Adolescent Mental Health

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Abstract. This study investigates the correlation between sleep quality and mental health in adolescents, examining how poor sleep contributes to anxiety and depression. Data from 300 adolescents reveal a strong association between sleep disturbances and increased psychological distress. The findings emphasize the necessity for interventions aimed at improving sleep quality to enhance mental health outcomes in this vulnerable population.

Keywords: Sleep Quality, Adolescent Mental Health, Anxiety, Depression, Psychological Distress

Introduction

Adolescence is a critical developmental period marked by significant physical, emotional, and psychological changes. During this time, the quality of sleep can profoundly affect mental health, influencing the incidence of anxiety and depression. This research examines the relationship between sleep quality and mental health among adolescents, utilizing data from 300 participants. The findings indicate that poor sleep quality is strongly linked to heightened levels of psychological distress, underscoring the importance of addressing sleep disturbances as part of comprehensive mental health strategies for youth. Interventions focused on enhancing sleep quality may play a crucial role in promoting healthier developmental trajectories.

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References

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