

EFFECT OF CHRONIC INSOMNIA ON THE PERFORMANCE OF STUDENTS

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INTRODUCTION

Sleep is essential for the human body to recover and function optimally. Chronic insomnia is a serious condition that adversely impacts both the academic performance and physical well-being of students.

The pressure of student life disrupt young people's sleep patterns and the long-term effects of sleep loss lead to health problems including cognitive impairment and sleep disorders, which negatively affect their life.

This condition reduces students' ability to concentrate, store memory and cope with stress. As a result, chronic insomnia seriously affects students' academic success, social life, and overall quality of life. Thus, researching this topic is important for improving students' health and academic performance.

EFFECT OF CHRONIC INSOMNIA ON THE PERFORMANCE OF STUDENTS

Chronic insomnia is a persistent sleep disorder that affects students' academic outcomes and overall well-being. Sleep is important for the body and brain to restore itself. Although an average sleep time of nearly 9 hours is required for students, studies show that lack of sleep is a widespread issue among students.

Long-term sleep deprivation of students can lead to detrimental effects on their cognitive, emotional and physical functioning.

1. Impairment of Cognitive Functions [1].

Insomnia leads to weakening of brain functions, reduced ability of students to concentrate in classes and remember what they have learned. This leads to serious problems in lesson participation and exams.

- **Lack of attention and concentration:** Insomnia causes rapid distractions and difficulty maintaining focus on a learning material, resulting in problems with processing information

- **Memory Weakness:** Sleep plays a key role in memory processing. Chronic lack of sleep slows down brain activity and impairs the memory forma-

tion process, as a result of which learned information is not well remembered.

- **Problem Solving Difficulties:** Analytical thinking and solving complex problems become difficult as a result of sleep deprivation, which negatively affects students' academic achievements.

2. Impact on Emotional and Mental Health [2].

Chronic insomnia also has a strong impact on students' mental health:

- **Depression and Anxiety:** Prolonged sleep deprivation increases the risk of depression and anxiety. This demotivates students and weakens their academic performance.

- **Increased Stress:** Lack of sleep increases students' stress levels. This leads to increased worries about exam and study loads.

- **Irritability and Depressed Mood:** Chronic lack of sleep disrupts emotional balance and creates tension in students' social and academic relationships.

3. Effects on Physical Health [3].

Insomnia also has a negative effect on physical health.

- **Daily Fatigue:** When students suffer from sleep deprivation, they become physically tired and weak. This persistent tiredness leads to reduced energy levels in classes and daily activities, making it difficult for students to maintain their usual routines.

- **Weakened Immune System:** Long-term lack of sleep weakens the body's immune system,

Insufficient sleep may increase the probability of chronic inflammation. This state is associated with various health issues, including autoimmune disorders and chronic diseases. This is associated with health issues, including autoimmune disorders and chronic diseases. Cytokines are molecules which help to regulate immune responses. Sleep plays a huge role in production of those cytokines. Insomnia decreases the amount of these cytokines, what leads to the impairment of the body's ability to respond to infections.

4. Decreased Academic Performance [4].

- Lower Grades: Lack of sleep impairs the process of learning and completing assignments, resulting in lower grades.

- Failure in exams: Students find it difficult to achieve high results in exams due to poor attention and memory.

- Failure to Complete Assignments on Time: Insomnia reduces students' ability to manage time effectively and creates difficulties in completing assignments on time.

5. Impact on Social Activities

Sleep-deprived students lack not only in academic life, but also in social activities. Students who do not get adequate sleep at night find it difficult to participate in social activities during the day. This leads to social isolation and increased stress levels. The weakening of social life reduces the general quality of life of students. [5].

Dealing With Chronic Insomnia

To solve the problem of chronic insomnia, a number of measures are recommended for students:

- Correct Sleep Pattern: Keeping a regular and stable sleep schedule, going to bed and waking up at the same time every day, helps to normalize the body rhythm.

- Focus on Sleep Hygiene: Staying away from screens before bed, avoiding caffeine and stimulants, sleeping in a comfortable and dark environment improves the quality of sleep.

- Professional Help: When chronic insomnia becomes serious, psychological and medical help is recommended. In some cases, cognitive behavioral therapy (CBT) and sleep medications may be used short-term. [6].

Chronic insomnia negatively affects students' academic performance as well as their overall mental and physical health. If this problem persists for a long time, students' academic achievement is seriously impaired, and their career prospects and social life are negatively affected. Observing the rules of sleep hygiene and getting help from specialists when necessary plays an important role in eliminating this problem.

The result

Chronic insomnia is a complex problem that seriously affects students' academic performance and overall quality of life. Lack of sleep leads to huge issues in students' life, including cognitive, emotional and physical problems. As a result of these situations, students' attendance, exam results and social relations suffer.

Sleep hygiene, stress management, and psychological support programs should be implemented to help students create healthier sleep patterns. Overcoming chronic insomnia will not only result in increased academic achievement, but will also restore students' physical and mental health. Understanding the importance of sleep and incorporating it into the lifestyle will help young people be more productive and successful in the future.

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XÜLASƏ

Xroniki yuxusuzluq tələbələrin akademik nəticələrinə və ümumi rifahına təsir edən yuxu pozuntusudur. Uzun müddət yuxusuzluq tələbələrin idrak funksiyalarını zəiflədir, diqqət və yaddaş problemlərinə səbəb olur. Bu, onların dərsləri öyrənmək, imtahanlara hazırlaşmaq və tapşırıqları yerinə yetirmək qabiliyyətini xeyli zəiflədir. Bundan əlavə, yuxunun olmaması tələbələrin emosional vəziyyətinə də mənfi təsir göstərir, stressi artırır, depressiya və narahatlıq riskini artırır.

Açar sözlər: *Xroniki yuxusuzluq, tələbə performansı, kognitiv pozğunluq, akademik uğursuzluq.*

РЕЗЮМЕ

Хроническая бессонница — стойкое нарушение сна, которое влияет на успеваемость и общее самочувствие учащихся. Длительное отсутствие сна ослабляет когнитивные функции учащихся, вызывает проблемы с вниманием и памятью. Это значительно ослабляет их способность усваивать уроки, готовиться к экзаменам и выполнять задания. Кроме того, недостаток сна также негативно влияет на эмоциональное состояние учащихся, усиливает стресс, повышает риск депрессии и тревожности.

Ключевые слова: *Хроническая бессонница, успеваемость учащихся, когнитивные нарушения, академическая неуспеваемость.*

SUMMARY

Chronic insomnia is a persistent sleep disorder that affects students' academic outcomes and overall well-being. Long-term lack of sleep weakens students' cognitive functions, causes attention and memory problems. This significantly weakens their ability to learn lessons, prepare for exams and perform tasks. In addition, lack of sleep also negatively affects the emotional state of students, increases stress, increases the risk of depression and anxiety.

Keywords: *Chronic insomnia, student performance, cognitive impairment, academic failure.*