

Секция «Психология познания и творчества: единство интеллекта и аффекта»

A study on the mediating effect of bedtime music on employment anxiety and sleep quality among college students

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Abstract

Objective: This study aims to investigate the prevalence of employment-related stress and sleep disturbances among contemporary college students. Furthermore, it seeks to examine the mediating influence of bedtime music on the employment and sleep quality of college students.

Methods: A total of 364 subjects were randomly selected for this research. The primary research instruments included the independent variable "Zhang Yuzhu Career Anxiety Questionnaire for College Graduates," the dependent variable "Pittsburgh Sleep Quality Index Questionnaire," and the self-administered "Bedtime Music Self-Assessment Scale" as mediator variables. Data analysis was conducted using SPSS 26.0 software to examine the relationships between variables. Structural equation modeling was performed using SPSS 26.0 AMOS, along with multilevel linear regression analysis to validate the mediating effect.

Results: The Amos analysis revealed that employment anxiety exerted a direct effect of 2.327, an indirect effect of 2.174, and a total effect of 2.129 on sleep quality, all of which were statistically significant, substantiating a noteworthy partial mediating effect. Linear regression analysis demonstrated a significant influence of employment anxiety on sleep quality ($\beta = 0.289$; $T = 5.674$; $P < 0.001$). Notably, when accounting for the presence of bedtime music in the regression analysis, the significant effect of employment anxiety on sleep quality diminished. Specifically, β decreased from 0.289 to 0.224, and T decreased from 5.674 to 5.467. Nevertheless, employment anxiety still exhibited a substantial impact on sleep quality ($\beta = 0.224$; $T = 5.467$; $P < 0.001$).

Conclusion: This study concludes that employment-related anxiety has a positive and significant effect on sleep quality. Additionally, bedtime music exerts a negative and substantial influence on both employment anxiety and sleep quality. It also plays a partially mediating role in the relationship between employment anxiety and sleep quality among college students. This suggests that incorporating pre-sleep music can be an effective strategy for ameliorating sleep disturbances in college students experiencing employment-related anxiety.

Keywords: bedtime music; college students' employment anxiety; sleep quality; mediating effect