# Effect of social media addiction towards sleeping pattern and knowledge acquisition among students

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## ABSTRACT

**Introduction:** In recent decades, social media has revolutionised the atmosphere. It appears to be interactive. People use social media because they can learn and obtain information with a click. For students, persistent social media use or addiction might have negative impacts. This study examines how social media addiction affects nursing students' sleep and knowledge. **Materials and Method:** A sample of 284 nursing students, including bachelor and diploma programme from UniKL (RCMP). Data was collected through a questionnaire comprising demographic information, the social media addiction scale, the Pittsburgh Sleep Quality Index (PSQI), and knowledge acquisition measures. Statistical analysis correlation and ANOVA were conducted to assess the relationship between the variables. **Results:** Social media addiction was found to have a weakly positive connection with student sleep habits (0.019, p = 0.749). Pearson coefficient of 0.568 (p=0.000) demonstrated a relationship between social media addiction and knowledge. ANOVA showed age group and knowledge acquisition mean p=0.001. Bachelor students were more addicted to social media and gained more knowledge than Diploma students. There were no gender disparities found in social media addiction or sleep habits. However, male students learnt more. Sleep patterns also indicated no significant differences. **Conclusion:** In conclusion, this study shows the complex links between social media addiction, sleeping patterns, and knowledge acquisition among UniKL RCMP nursing students. Social media addiction affects knowledge but not sleep quality.