

**Title :** The Relationship Between Social Media Use Before Bedtime and Sleep Quality Among Students of the Faculty of Science, Chiang Mai University, Academic Year 2025

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## ABSTRACT

This study aimed to examine the relationship between bedtime social media usage and sleep quality among students in the Faculty of Science, Chiang Mai University, during the 2025 academic year, and to analyze factors associated with sleep quality. A questionnaire was used as the data collection instrument. The sample consisted of 150 students selected through stratified random sampling by academic year, followed by simple random sampling within each stratum. Data were analyzed using descriptive statistics, the Chi-square test, and Spearman's rank correlation coefficient. The results showed that the majority of participants were female (57.33%). The Chi-square analysis indicated that general characteristics—including gender, academic year, and field of study—were not significantly associated with sleep quality. However, certain bedtime social media behaviors were significantly related to sleep quality in specific aspects. These included the duration of social media use before bedtime, the primary purpose of social media use before bedtime, the time taken to fall asleep after using social media, and the frequency of bedtime social media use per week. Furthermore, Spearman's rank correlation analysis revealed that most social media usage

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variables were significantly correlated with sleep quality. In conclusion, the findings suggest that a large proportion of students experience poor sleep quality, and increased duration of social media use before bedtime is associated with poorer sleep quality.

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