



## **SLEEPLESS AND YOUTHS IN ISLAMIC PERSPECTIVE: AN EVALUATIVE STUDYBASED ON SAINTHAMARUTHU REGION DURING COVID 19**

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### **Abstract**

In today's Covid-19 pandemic situation, sleepless is a factor that affects not only oneself but also all those who surrounded us. Sleep is essential for a person to lead a healthy life. Thus, insufficient sleep for a human being can cause massive physical and psychological impairs, diseases and adverse effects. During the Covid-19 period, people were forced to stay at home as a paralyzed. It is known that youngsters are especially involved in entertainment and attached to smart phone during the sleeping time. Therefore, this study is centered on the youth of Sainthamaruthu area. The objectives of this study are to find out the Islamic perspective on sleep and to identify the causes and consequences of sleeplessness among youths. Qualitative and quantitative approaches have been used as data analysis techniques in this study. Primary and secondary data collection methods were used in this study. The primary data was obtained through questionnaire and semi-structured interviews as well as secondary data were obtained through journal articles, books, website articles and magazines related to the topic. This study has been analyzed using the descriptive methodology. To sum up, according to the study, sleeping patterns among youths are greatly affected and they give more prominent on using mobile phones than to the time they spend in sleeping. Youths are at risk of not being able to get adequate sleeping due to the excessive usage of phone at night, sleeping too much during the day and overthinking, working at night, anxiety, watching movies, chit-chat with friends and studying at late night. The study concludes that they can make positive changes in their sleeping styles while identifying the factors that interferes with enough sleeping and effects of sleeplessness and providing guidelines for overcoming them.

Keywords: Sleep, sleepless, Islam, Islamic perspective

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