

## ELECTRONIC MEDIA USE AND INSOMNIA AMONG ADOLESCENTS

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### ABSTRACT

The current study aimed to analyse the relationship between sociodemographic characteristics and addiction to electronic media usage among adolescents and young adults of St. Paul's Catholic University Chapel, Nairobi County, Kenya. A correlational research design was used with a sample of 101 respondents. Data was collected through self-administered questionnaires. Descriptive and correlation testes were used to analyse data with the help of Statistical Package for the Social Sciences. From the results, it is evident that addiction to internet use was fairly prevalent in adolescents, and young adults. The result indicated that the Pearson Correlation coefficient (R-value) is .710, which represented a strong positive relationship between internet use addiction and insomnia. The study concluded that adolescents' and young adults' addiction to the internet has affected their sleeping patterns, productivity and school performance. There is a need to advocate for education on and to set up guidelines for appropriate and responsible electronic media use and a similar necessity for intervention to mitigate related mental and behavioural problems in adolescents and young adults.

**Keywords:** Adolescents, Insomnia, Electronic media, Internet addiction.