

Sleep Quality and Attributional Styles as Correlates of Psychological Well-being among Senior Secondary School Adolescents in Oyo, Oyo State

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(M.Ed) in Guidance & Counselling.**

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2024

Certification

This is to certify that **Nike Oyebimpe OJEDIRAN**, with matriculation number **LCU/PG/003212** carried out this research work titled **“Sleep Quality and Attributional Styles as Correlates of Psychological Well-being among Senior Secondary School Adolescents in Oyo, Oyo State”** in the Department of Arts and Social Science Education, Faculty of Education, Lead City University Ibadan, Oyo State, Nigeria for the Award of Master of Education Degree (M.Ed) in Guidance and Counselling and that this work has not been previously submitted.

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Date

Dedication

This research work is dedicated to God Almighty, the Alpha and Omega who has helped me thus far in my academic pursuit. And to the memories of my dear parents Snr. Apostle Ezekiel Oyewusi Oyewale and Mrs. Mistreal Iyabode Oyewale.

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Abstract

Problems with psychological wellbeing among senior secondary school adolescent students could have dire consequences for their academic performance and overall health. This study,

therefore investigated sleep quality and attributional styles as correlates of psychological well-being among senior secondary school adolescent students in Oyo town. The study employed the descriptive research design of correlational type. The population of the study comprised of all the six thousand, five hundred and fifty-five (6,555) senior secondary school adolescent students in class II (SSS 2) in public senior secondary schools in Oyo town. A sample of eight hundred and two (802) male and female senior secondary school adolescent students in Oyo town was selected. Data were collected using a research instrument- Questionnaire on Adolescents Psychological Well-being (QAPW) with three subscales ($\alpha=.755$). Frequency counts, percentages, mean, and standard deviation, were utilised to answer the research questions. The Pearson's product moment correlation and t-test analyses were used to test the hypotheses at 0.05 alpha level. The results revealed that: there is a high level of psychological well-being among senior secondary school students in Oyo town ($\bar{x}=2.97$); there is a high level of sleep quality among senior secondary school students in Oyo town ($\bar{x}=2.78$); the prevalent attributional style among the senior adolescent students is the ~~internal~~ attributional style; sleep quality ($r=0.861$) and attributional styles ($r=0.388$) are significantly related with psychological well-being among senior secondary school students in Oyo town; male ($\bar{x}=2.84$) and female ($\bar{x}=2.15$) senior secondary school adolescents showed gender difference in psychological well-being. It is recommended among others that, periodic interventions by counselling psychologists be implemented for senior secondary school adolescent students in Oyo in order to enhance their psychological well-being.

Keywords: Sleep quality, attributional styles, psychological well-being, senior secondary school adolescent students

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APPENDIX 2

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