



PREVALENCIA INSOMNIO EN ESTUDIANTES DE MEDICINA DE LA UNIVERSIDAD SIMÓN BOLÍVAR Y SU EFECTO SOBRE EL RENDIMIENTO ACADÉMICO DURANTE EL PERIODO 2019-1.

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Resumen

Objetivo: Determinar la prevalencia de insomnio en los estudiantes de medicina de la universidad Simón Bolívar y su efecto sobre el rendimiento académico.

Materiales y métodos: Estudio de enfoque cuantitativo con un diseño observacional descriptivo transversal en 295 estudiantes de medicina seleccionados aleatoriamente. Para la tamización del insomnio se emplearon los cuestionarios de la Escala de insomnio de Atenas (AIS).

Resultados: La prevalencia de insomnio en los estudiantes de medicina de la universidad Simón Bolívar es del 26%. Se estableció que el rendimiento no guarda relación con la prevalencia de insomnio.

Conclusión: la prevalencia de insomnio en los estudiantes de medicina de la universidad Simón Bolívar es del 26%, sin embargo, si contamos a toda la población con el sueño alterado esta seria de un 67% lo cual es una cifra bastante significativa la cual es merecedora de atención por parte de la institución, ya que puede evolucionar eventualmente a un insomnio como tal instaurado.

Palabras claves: Insomnio, trastornos del sueño, rendimiento académico, estudiantes.

Abstract

Objective: To determine the prevalence of insomnia in medical students of Simon Bolivar University and its effect on academic redemption.

Materials and methods: Quantitative approach study with a cross-sectional descriptive observational design in 295 randomly selected medical students. For the insomnia screening the questionnaires of the Athens Insomnia Scale (AIS).

Results: The prevalence of insomnia in medical students at the Simón Bolívar University is 26%. Performance was established to be unrelated to the prevalence of insomnia.

Conclusion: the prevalence of insomnia in medical students at the Simón Bolívar University is 26%, however, if we count the entire population with disturbed sleep, this would be 67%, which is a fairly significant figure, which is deserving of attention by the institution, as it may eventually evolve into insomnia as such established.

Key words: Insomnia, sleep disorders, academic performance, students.

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