JETLAG PHENOMENON AMONG NIGERIANS STUDYING IN INDIA AND MALAYSIA

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BACKGROUND

There are a large number of Nigerians studying and aspiring to study in India and Malaysia. Due to the great time differences between Nigeria and these two countries, there exists the possibility of experiencing adjustment problems

AIM OF THE STUDY

This study aims to determine the burden of jetlag phenomenon and adaptation strategies among Nigerians studying in these countries.

MATERIALS & METHODS

This research utilised a cross-sectional study design in which online surveys using Google forms were used to disseminate structured questionnaires to Nigerians studying in Indian and Malaysian Universities. The questionnaire was adapted from the Liverpool jetlag questionnaire. Data was retrieved and analysed using SPSS.

RESULTS

Table 1

Variables	n (%)	Variables	n (%)
Age		**Marital status**	
Median ± IQR	31 ± 10	Single	43 (41.7)
Range	(20-47)	Married	60 (58.3)
Gender		Total	103 (100)
Male	89 (86.4)	**Course of study**	
Female	13 (12.6)	Bachelor	28 (27.2)
Missing	1 (1.0)	Masters	37 (35.9)
Total	103 (100)	PhD	36 (35.0)
Region of origin		Missing	2 (1.9)
North-east	56 (2.9)	Total	103 (100)
North-west	28 (54.4)	**Country of study**	
North-central	7 (27.2)	India	44 (42.7)
South-east	1 (6.8)	Malaysia	57 (55.3)
South-west	8 (1.0)	Missing	2 (1.9)
Missing	3 (2.9)	Total	103 (100)
Total	103 (100)		

Table 2

Variables	n	%			
Aware of jetlag			**Well sleep first night**		
Yes	48	46.6	Fewer waking	35	34.0
No	54	52.4	Same	25	24.3
Missing	1	1.0	More waking	43	41.7
Total	103	100	Total	103	100
Easily sleep first night			**Waking time**		
Less easily	81	78.6	Earlier	26	25.2
Same easily	19	18.4	Same	17	16.5
More easily	3	2.9	Later	58	56.3
Total	103	100	Total	103	100
First night sleep			**Alertness 30 mins after waking**		
Earlier	19	18.4	Less	60	58.3
Same	16	15.5	Same	23	22.3
Later	68	66.0	More	17	16.5
Total	103	100	Missing	3	2.9
			Total	103	100

Table 3

Variables	n	%	Variables	n	%
Tired since arrival			**Motivation since arrival**		
Less	20	19.4	Less	33	32.0
Same	21	20.4	Same	13	12.6
More	59	57.3	More	53	51.5
Missing	3	2.9	Missing	4	3.9
Total	103	100	Total	103	100
Concentration on arrival			**Irritability since arrival**		
Worse	35	34	Less	49	47.6
Same	21	20.4	Same	22	21.4
Better	45	43.7	More	23	22.3
Missing	2	1.9	Missing	9	8.7
Total	103	100	Total	103	100

A hundred and three (103) eligible persons responded to the survey, and their socio-demographic characteristics are presented in Table 1. Table 2 shows that many of them did not know what jetlag was (52.4%). Most of them (78.6%) also reported falling asleep less easily on their first night of arrival, of whom 44.4% continued to experience same for months and even up to a year.

Table 4

Day time alertness	n	%
Yes	75	72.8
No	23	22.3
Missing	5	4.9
Total	103	100
Maintaining a dark room		
Yes	57	55.3
No	42	40.8
Missing	4	3.9
Total	103	100

Many also reported having more wakeful episodes during the night (41.7%); later waking time (56.3%); feeling less alert 30 minutes after waking from sleep (58.3%) and generally feeling more tired since arrival (57.3%), with many of them haven experienced same for prolonged durations. Those studying in Malaysia reported sleeping later (χ^2=16.68; *df*=6; *p*=0.011); waking up later (χ^2=25.78; *df*=4; *p*<0.001) and feeling more tiredness (χ^2=21.74; *df*=6; *p*=0.001) compared to those studying in India, but there were no such differences for the other symptoms.

RESULTS

As an adjustment/coping technique, most of them had attempted maintaining daytime alertness (72.8%) and maintaining a dark room at night (55.3%), as shown in Table 4, and of these, 21.0% and 31.6% respectively found these measures very effective, while 57.3% and 50.8% respectively found them slightly effective.

CONCLUSION

This study reveals the great enormity of this problem. It is recommended that prospective students be enlightened on the possibility of experiencing this problem and adjustment techniques even before departure from Nigeria. School clinics in these countries should also include jetlag management in their treatment programs to help affected international students