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(RESEARCH ARTICLE)

Does the work stress make an impact on the sleeping disorder of MBA internship students?

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Abstract

The research explores the work stress of MBA internship students and its impact on the sleeping disorder of their daily lives. The population for the study was selected MBA colleges in India (India). Many past studies identified management professionals as one of the highly stressed employees in the professional society: marketing, human resource, financial management, etc. Multiple research studies explore professional work stress and related psychological problems like burnout and sleeping disorder among management professionals. The sleeping disorder was measured by SDQ version 2.03 (sleep disorder questionnaire) developed by Stanford University Sleep Disorders Centre in 2003. Workplace stress was measured using a standardized stress assessment scale widely applied in Indian organizational research. A total of 352 MBA internship students were subjected to a Sleep quality scale and work stress scale. The correlation, single linear regression analysis and Mann-Whitney U test were conducted to analyse the statistical significance between variables. The results presented a negative correlation and no significant impact of work stress on the sleeping disorder of the MBA internship students in the India population. The study has proved that gender does not make an impact on sleeping disorders among MBA internship students. The findings could be used by campus placement companies and other stakeholders in the education sector. This research first examines the relationship between work stress and sleeping disorder among management internship students in India.

Keywords: Internship; Work stress; sleeping disorder; India; MBA students

1. Introduction

Poor sleep quality, such as disturbed or non-restorative sleep, is linked to a slew of adverse outcomes, including health issues, lowered quality of life, and financial costs. Despite increasing awareness of the damaging effects of sleep problems, especially among the working population, research on the links between psychosocial work stressors and sleep quality among management internship students are very minimal. This study attempts to find the existing relationship among MBA internship students stress and its relationship with the sleeping disorder. The research study was conducted by using data from a nationally representative sample of management internship students from the India in 2021 Jan-March. Sleep deprivation has been linked to several physical and mental health issues. A recent meta-analysis discovered a correlation between sleep issues and myocardial infarction, as well as the risk of coronary heart disease. Sleep deprivation can also have an impact on the metabolic and endocrine systems, increasing the risk of diabetes and hypertension. Sleep-deprived college students have worse general health and more physical health problems, such as muscle pain, headaches, and gastrointestinal problems. (Biard, K. & De Koninck, J. (2023)

Furthermore, sleep disturbances are linked to the onset of mental health issues such as depression. Sleep disorders, in particular, among the college student's community have been linked to more unsatisfactory academic performance, increased absenteeism from colleges or universities, and increased use of sick leave or discomfort to attend the daily classes (Knudsen et al. 2007). Additionally, the increased sleeping disorder will lead to psychological disabilities such

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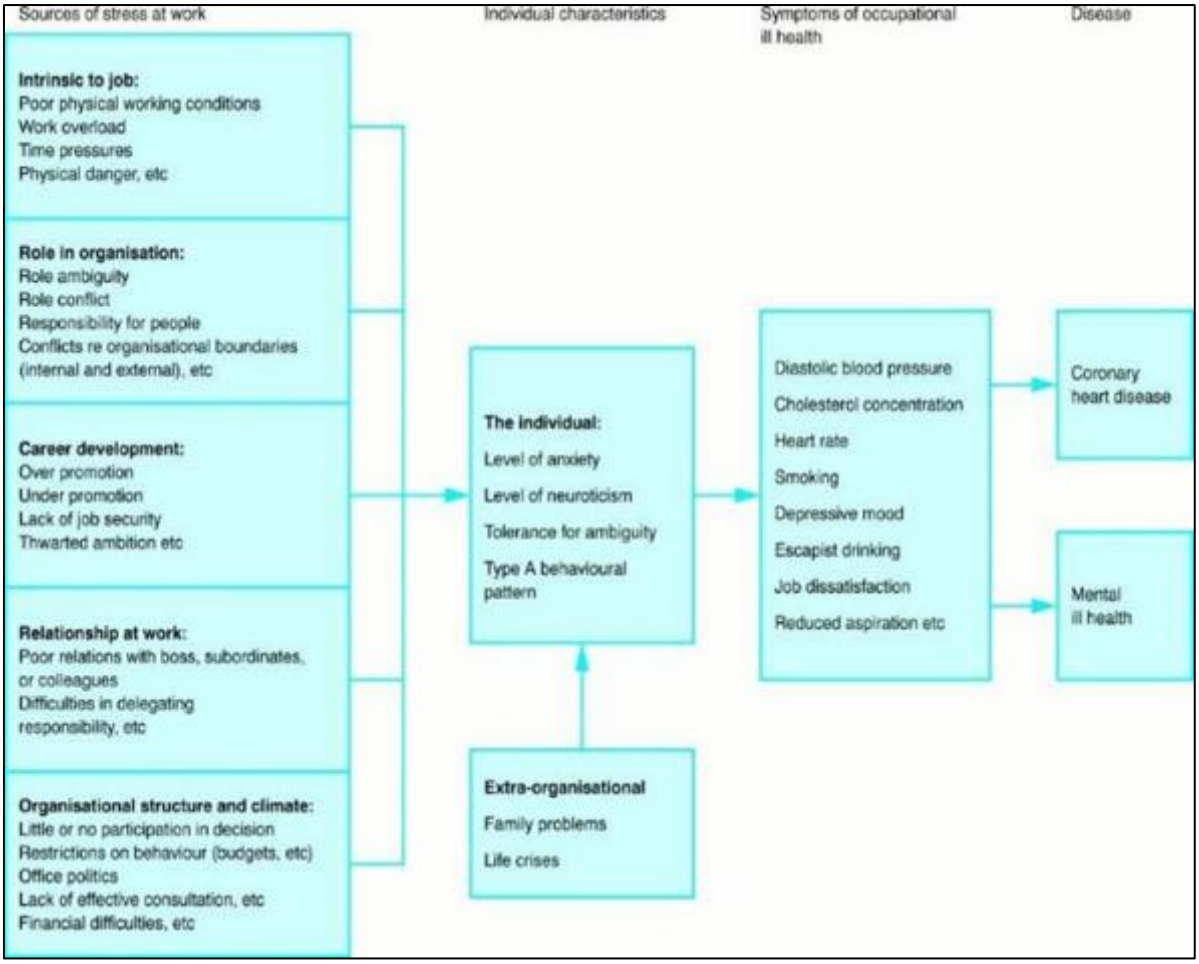
as inability to concentrate on studies, immature relationships, smoking and drinking habits, etc. Surprisingly, there is no proper study conducted to evaluate the relationship between internship work stress and sleeping disorder among management students in the research among college students, but studies among medical students. This study was a little attempt to examine the relationship between internship work stress and sleeping disorders among Management students from the India community. ((Mehta & Joseph, 2022), (Sharma et al., 2023)

2. Literature Review

An employee's predisposition to emotional tension triggered by generalised feelings of vague fear, insecurity, and apprehension concerning one or more constituents of his work life, according to Srivastava and Sinha (1983). According to the results, workplace tension has an inverse relationship with employee satisfaction and organisational environment (Sharma and Sharma, 1989), whereas job engagement has a positive relationship (Srivastava and Sinha, 1983). Anxious and overwhelmed managers/supervisors were more likely to view the assessment as unreasonable and unacceptable (Desai and Daftuar, 2000). According to Singh and Singh (1992 managers with high organisational task stress showed environmental agitation, rage reactions, and workplace stress than managers with soft focus. Hazari and Thakur (1970) investigated the relationship between manifest anxiety and intelligence, finding that the mean scores of high and low anxious subjects were not substantially different. Over time, stress has been characterised in a variety of ways. It was first thought of as pressure from the environment, then as strain within the person. Today's widely accepted definition is one that considers the relationship between the situation and the person. It is the psychological and physical condition that occurs when an individual's resources are insufficient to cope with the situation's demands and pressures. As a result, stress is more likely in some cases and some people than in others. Individuals and organisations alike will suffer from anxiety, which can make it challenging to achieve their objectives.

People's behaviour, especially changes in behaviour, may show signs of stress. Acute stress reactions may manifest as emotions (e.g., anxiety, depression, irritability, fatigue), behaviour (e.g., withdrawing, violent, tearful, unmotivated), thought (e.g., attention and problem-solving difficulties), or physical symptoms (for example, palpitations, nausea, headaches). Changes in neuroendocrine, cardiovascular, autonomic, and immunological functioning occur due to chronic stress, leading to mental and physical illness (Michie, S.,2002).



Source: (Michie, S. 2002).

Figure 1 Sources of stress at Work

Given the links between poor sleep quality and wellbeing, it's worth considering whether Workplace stressors have been linked to sleep problems. Although research from Europe and Japan suggests that these stressors have a negative impact on sleep, there have been few studies on the relationship between work stress and sleep quality in the United States (Knudsen et al.2007).

In a community hospital in China, this study looked into the connection between nurses' job stress and sleep quality. Sleep disruptions in the previous month were linked to the form of nurse contract and overall job stress ratings. Job stress levels were negatively correlated with sleep quality; in other words, the higher the job stress levels, the more inferior the sleep quality. The form of nurse contract and self-reported job stress were found to be significant factors influencing sleep quality in the logistic regression study. In Chinese community nurses, occupational stress harms sleep quality; the higher the pressure, the more inferior the sleep quality. (Deng, X. et al.2020).

To better understand sleep disorder risk factors, researchers looked at the relationship between lifestyle habits, competition behaviours, psychological distress, and sleep disorders in student-athletes. Using attributes as adjustment variables, the findings of a multivariate logistic regression analysis revealed that "bedtime," "wake-up time," "psychological distress," "part-time work," "smartphone/cell phone use after lights out," "morning practises," and "motivation loss stressors" were all risk factors for sleep disorders. (Monma, T. et al.2018). There are also scientific shreds of evidence that neurobiological and cognitive arousal as potential mediators of this relationship between work stress and sleep quality among individuals (Sonnentag, S.et al.,2016). (Bekele, B. K. et al. (2023)

Ebrahim Zadeh et al. (2018) aimed in their study to see if there was a correlation between sleep disorders and job stress among nurses in Sanandaj's educational hospitals. There is a strong connection between job stress and sleep quality in nurses, according to the findings. As a result, it is important to recognise the root causes of stress and sleep disturbances,

as well as to carefully schedule job shifts to avoid raising the pace and duration of work. The results of the Spearman correlation test showed that nurses' sleep quality was closely related to their job stress.

High sleep reactivity predicts potential insomnia disorder risk, with early data indicating that high sleep reactivity correlates to extreme insomnia phenotypes. Shiftwork disorder, depression, and anxiety are all related to high sleep reactivity. Importantly, stress-related worry and rumination can take advantage of vulnerable sleep systems, increasing the pathogenicity of sleep reactivity (Kalmbach et al., 2018). Many aspects of employee efficiency, safety, and wellness and organisational success are influenced by the relationship between sleep and work-related behaviours. While it is well understood that sleep quantity and quality influence various types of task performance and personal health, the relationships between sleep patterns and organisational behaviours have gotten much less attention. It's crucial to look into the relationship between sleep patterns and workplace behaviours and the role of the underlying circadian rhythm in the influence of sleep and sleepiness at work (Pilcher & Morris,2020).

Source: Health & Medicine January 22, 2016

Figure 2 Dimensions of Basic Sleep Disorder

According to recent studies, the theoretical structure may be extended to sleep issues. Pelfrene et al. (2002) found evidence in a study of Belgian workers to directly impact multiple variables on sleep problems. There has been no research on job stress and sleep in the Arab student community. Because of variations in cultural contexts, there might be foreign differences in the definition and magnitude of associations. Decisional authority was related to sleep problems in a sample of Belgian workers (Pelfrene et al., 2002), but not in a sample of Swedish workers. (Akerstedt et al., 2002). As a result, further research into the ties between work stressors and poor sleep quality is needed in various national contexts.. (Latest Analysis, 2024)

In the above literature survey, the identified research gap was insufficient academic research among management internship students, and most of the study was focused only on medical students. Many kinds of research are conducted to identify the stress factors, sleeping quality, but only a few explored the direct relationship among students who are at the same working partially as part of academic structure. Hence this study will be a first attempt to examine the stress of internship students from the India student's population.

2.1. Statement of the Research Problem

There appears to be a frequent mismatch between the expectation of management students and their reality of professional life. Very often, it is noticed by the academicians and placement department of the colleges that many students leave the job offered by campus placement very quickly. Academic researchers have identified many reasons for sleeping disorder among college students, but no empirical research was really initiated to evaluate management internship students' work stress. Most of the academic study of internship students were focused on the medical students, including nursing and hospital supporting staff. Past research on university students' job profile discussed that newly joined students could not handle professional life, especially marketing, sales, banking, etc. This research will be an attempt to explore the work stress of MBA internship students in India and its impact on the sleeping disorder of their daily life. Hence this study was an attempt to bridge the gap on the subject in the existing lite

rature. Although there is limited research on certain aspects, there does not appear to be an extensive analysis of the topic in any significant depth or detail. (Sani, M. M. et al. (2024)

2.2. Conceptual Framework of Research

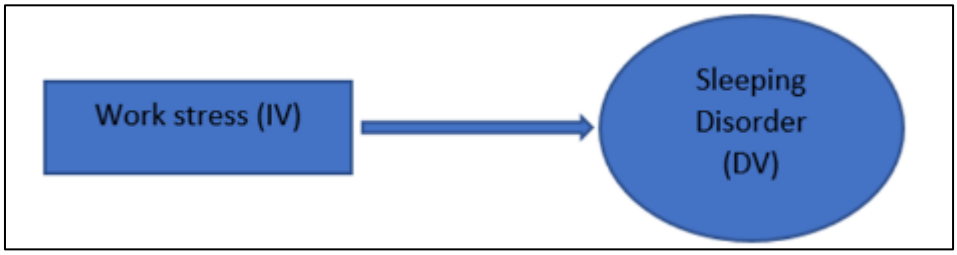


Figure 3 Conceptual Framework

The hypothesis of the research

- H01: There is no significant correlation between work stress and sleeping disorder among the MBA internship students
- Ha1: There is a significant correlation between work stress and sleeping disorder among the MBA internship students
- H02: There is no significant impact of work stress on sleeping disorders of MBA internship students
- Ha2: There is a significant impact of work stress on sleeping disorders of MBA internship students
- H03: There is no significant relationship between gender and sleeping disorder among the MBA internship students
- Ha3: There is a significant relationship between gender and sleeping disorder among the MBA internship students

2.3. Research Objectives

- To understand the impact of job stress on sleeping disorder among MBA internship students.
- To study the gender difference between job stress and sleeping disorder among MBA Internship students.
- To explore the correlation between work stress and sleeping disorder among MBA internship students.
- To investigate the profile of MBA student's community in the India

3. Research methodology

This study used a cross-sectional research design to investigate the impact of workplace stress sleeping disorders among MBA internship students. (Recent Study, 2023) (Current Report, 2025)

3.1. Respondents

The target population consisted of second-year MBA students working as an intern in the various organisations from private universities in India. The study has identified ten colleges operating in the emirates of Dubai and Sharjah, covering foreign and local universities. The ethics approval was obtained from particular colleges before collecting the data, and all participants signed informed consent forms for the research study. The sample of the study has been worked out based on Hair et.al. According to Hair et al. (Multivariate Data Analysis, 7th Edition, 2010), the general rule is to have a minimum of 5 observations per variable (5:1), and acceptable sample size would have ten observations per variable (10:1). As per the calculation, the required sample size was 250 as there were 25 items in scales. Since the questionnaire was distributed in the form of google forms, the study collected 352 valid responses (Stanford University Sleep Disorders Center, 2003).

3.2. Measures

The data was collected by Self-administered questionnaires. The questionnaire was distributed roughly 45 days after the beginning of the internship. The standardized self-report questionnaires were the SDQ version 2.03 (sleep disorder questionnaire) developed by Stanford University Sleep Disorders Centre in 2003 and the workplace stress survey developed by The American Institute of Stress (AIS). The study has employed only 15 items from the sleep disorder questionnaire as the primary objective of this study to measure the sleep disorder only. All items of workplace stress were used for this study, and it was ten items scale (Fowler, 2014).

Table 1 Reliability of the Scales

Research Scale	No of Items	Cronbach's alpha
SDQ version 2.03 (sleep disorder questionnaire) developed by Stanford University Sleep Disorders Centre in 2003	15	0.909
Workplace stress survey developed by The American Institute of Stress (AIS).	10	0.726

3.3. Procedure

A survey questionnaire was prepared to collect data for the current study. The questionnaire was designed in English to ease the acceptance of all respondents. Researchers in various geographical contexts already used the questionnaire; hence the study directly adopted an accepted questionnaire. To ensure the validity and relevance of the instrument in the present study and geographical scenario, some modifications and changes are done to simplify the terms of the adapted tool. After light modification, the reliability analysis was conducted, and the Cronbach alpha value was acceptable for both scales. The contact information of each college was obtained from the official websites by the researcher. After that, each college's respective principals were contacted by email and approval was given to circulate the questionnaire among the students. Respondents were asked to evaluate their agreement or disagreement with the question items provided using a five-point Likert scale, where five indicated strong agreement and one indicated strong disagreement. (Creswell & Creswell, 2018)

4. Results and Analysis

Table 2 Profile of Respondents

Profile of Respondents			
		Frequency	**Percentage**
		Frequency	**Percent**
Gender	Male	158	44.9
	Female	194	55.1
	Total	352	100.0
		Frequency	Percentage
Duration of working hours	6-8	63	17.9
	8-10	278	79.0
	Flexible	11	3.1
	Total	352	100.0
		Frequency	Percentage
Job shift	Night shift	51	14.5
	Day shift	112	31.8
	Flexible	106	30.1
	4	57	16.2
	5	24	6.8
	6	2	0.6
	Total	352	100.0
		Frequency	Percentage
	3-5	177	50.3

Work experience in the present organisation (Months)	6-10	134	38.1
	More than 10	41	11.6
	Total	352	100.0
		Frequency	Percentage
Total Years of work experience	3-5	93	26.4
	6-10	134	38.1
	More than 10	125	35.5
	Total	352	100.0
		Frequency	Percentage
The nature of organisation	IT	130	36.9
	Banking	72	20.5
	Manufacturing	149	42.3
	Others	1	0.3
	Total	352	100.0

The above table presents the profile of respondents and the frequency and percentage of the participants. There was no noticeable difference between male and female participants as it shows that 158(44.9%) male participants and 194(55.1%) female participants. The participants' profile show that the majority of students were doing their internship in the manufacturing sector (149), then IT (130) and banking (72), respectively. The participants profile also discussed the total years of work experience, job shit, duration of working hours, etc. as these are all reasons to enhance work stress, leading to sleeping disorder (Babbie, 2020).

4.1. Descriptive Statistics

Descriptive statistics are utilized to portray the fundamental highlights of the information in the analysis. They give detailed rundowns about the sample and the measures. Together with basic assessment, they frame the premise for all intents and purposes for each quantitative analysis of information (Gaskin, 2016). It is essential because we basically introduced our basic information at the event. Descriptive statistics empowers us to show the info significantly, which permits less complex elucidation of the data (Field et al., 2013).

Table 3 Descriptive Statistics

Variable	Mean	Median	Mode	Std. deviation	Skewness	Kurtosis
Sleeping Disorders	4.02	4.00	4	0.867	-1.548	3.352
Work Stress	3.51	4.00	4	1.035	-0.612	-0.269

4.2. Normality Test

A parametric or non-parametric test used to analyse a particular dataset depends on the normality of the data. The data is required to be normal for parametric testing. If the data is found to be not normal, then non-parametric tests have opted.

Table 4 Tests of Normality

	Kolmogorov-Smirnova			**Shapiro-Wilk**		
	Statistic	df	Sig.	Statistic	df	Sig.
Sleeping Disorder	0.356	352	0.000	0.728	352	0.000
a. Lilliefors Significance Correction						

The above table presents the results from two tests known to ascertain the normality of data, which are the Kolmogorov-Smirnov Test and the Shapiro-Wilk Test. "The Shapiro-Wilk Test is more appropriate for small sample sizes (< 50 samples), but can also handle sample sizes as large as 2000" (Jarque & Bera, 1987). Hence, the Shapiro-Wilk test was used as the numerical means of assessing normality. "If the significance value is greater than 0.05, in the Shapiro-Wilk Test, the data is normal. If it is below 0.05, the data significantly deviate from a normal distribution". Hence from the above table, it can be inferred that the data obtained is not normal, as the significance value is 0.000 which is below 0.05.

4.3. Spearman's rank correlation

H01: There is no significant correlation between work stress and sleeping disorder among the MBA internship students (Spearman, 1904).

Ha1: There is significant correlation between work stress and sleeping disorder among the MBA internship students (Mao, Raju, & Zabidi, 2023).

Table 5 Spearman's Correlation Coefficient

Spearman's Correlation Coefficient		**Sleeping Disorder**	**Work stress**
Sleeping Disorder	Correlation Coefficient	1.000	.094
	Sig. (2-tailed)	.	0.079
	N	352	352
Work stress	Correlation Coefficient	0.094	1.000
	Sig. (2-tailed)	0.079	.
	N	352	352

The above table presents Spearman's correlation between work stress and sleeping disorder. Here we can conclude that There is a statistically and significantly positive correlation between work stress and sleeping disorder, and we can find we can see that Spearman's correlation coefficient, rs, is 0. .094, and that this is statistically significant (p = .035) for 352 sample of the study. This analysis presents a positive correlation between sleeping disorder and work stress among MBA internship students (Field, 2018; Dancey & Reidy, 2017).

4.4. Single Linear Regression

H02: There is no significant impact of work stress on sleeping disorders of MBA internship students (Galton, 1885; Pearson, 1896).

Ha2: There is a significant impact of work stress on sleeping disorders of MBA internship students (Khatoon et al., 2023; Zhang et al., 2024; Sun et al., 2024).

Table 6 Single-variable regression test result

	Sum of Squares	df	Mean Square	F	Sig.
	Regression	2.069	1	2.069	2.766	0.097[b]
	Residual	261.750	350	0.748	R	R square
	Total	263.818	351		0.089[a]	0.008

Table 7 Analysis result of single-variable linear regression coefficients

		Unstandardised Coefficients		Standardised Coefficients	t	Sig.
		B	Std. Error	Beta		
	(Constant)	3.762	0.163		23.027	0.000
	Work stress	0.074	0.045	0.089	1.663	0.097

From the above table, r2 value indicates how much of the total variation is brought about in sleeping disorder, which can be explained by the independent variable, work stress. In this case, .089 of the variation in employee engagement can be explained by work stress, which shows the statistical significance of the regression model. The F-statistics 2.766, with p= 0.097, significance less than 5%, stipulates that the regression model statistically and significantly predicts the outcome variable. The t-statistics value 23.027, which is positive with p= 0.000, proving that has work stress has no influence on sleeping disorders as per the test result.

4.5. Histogram of standardised regression residual is as Fig.1 illustrates

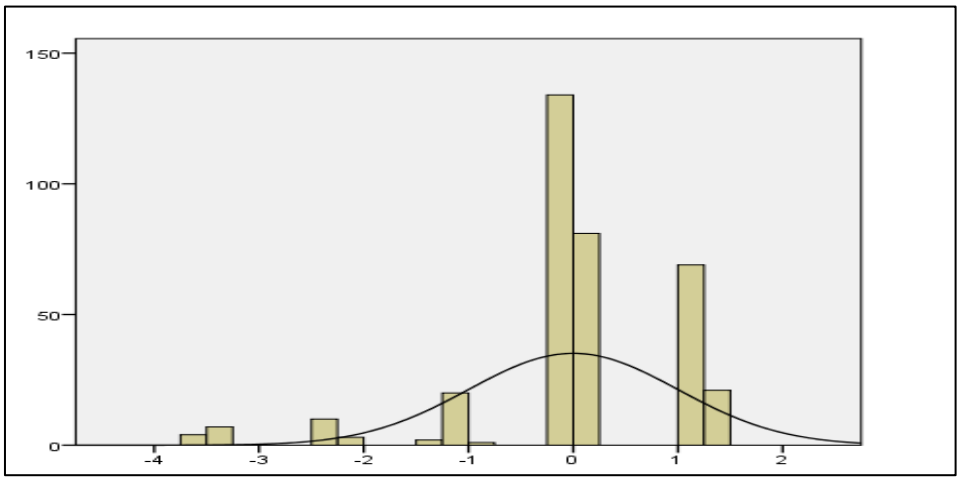


Figure 4 Histogram of standardised residuals

4.6. Relationship between Gender and Sleeping disorder

H03: There is no significant relationship between gender and sleeping disorder among the MBA internship students (Muhammad, Kumar, & Sekher, 2024).
Ha3: There is a significant relationship between gender and sleeping disorder among the MBA internship students (Lecca et al., 2023).

Table 8 Sleeping Disorder of MBA internship students

Gender	N	Mean Rank	Sum of Ranks	Median Report	Sig.	Mann-Whitney U	Z
Male	158	186.09	29403.00	4.00	0.066	13810.000	-1.837
Female	194	168.69	32725.00	4.00			
Total	352			4.00			

To evaluate the significant relationship between gender and sleeping disorder was tested using the Mann-Whitney U test. The test revealed insignificant relationship in the sleeping disorder of male (median= 4, n=158,) and female (median=4, n=194), U=13810.000, z= -1.837, p=.066, r=0.097912 (z/√N). The r-value shows the effect size between the two groups, and since the r-value is very less, there is no effect. The above rank table presents the ranks of male and female MBA internship students to the sleeping disorder. The rank table explains that the mean rank of the male is greater than the female mean rank. Hence it is concluded that male students have more sleeping disorders than female students who are doing MBA internship (Braun, A., Ullsperger, P., & Scherer, K. R. 2023).

5. Discussion

The study was undertaken to evaluate the correlation of work stress on sleeping disorders of MBA internship students. The study also explored the impact of work stress on the sleeping disorder of MBA internship students. There are many academic and non-academic researchers are being conducted among the various sectors of employment to examine the impact and role of work stress on sleeping disorder, but only nominal study among the MBA internship students in any country. The statistical results recommend that there is a reasonably significant relationship between work stress and sleeping disorder in both male and female students, consistent with past studies in India and abroad (Laposa, J. M., Alden, L. E., & Fullerton, L. M. (2003), Ritvanen, T., Louhevaara, V., Helin, P., Väisänen, S., & Hänninen, O. (2006), Krantz, G., Berntsson, L., & Lundberg, U. (2005).

The research study has employed three statistical tools for the analysis of the collected data. The spearman rank correlation was used to understand the correlation between the independent and dependent variable of the study. The Man Whitney U test was conducted to identify the gender difference and relationship with sleeping disorder among the MBA internship students. . The linear regression method analysed the impact of work stress on sleeping disorder among the selected sample. A normality test was conducted to know the nature of the data distribution, and it was found that the data was not normally distributed. Descriptive analysis was done to understand the basic features of collected sample data and measures. The selected variables of the study, like work stress and sleeping disorder, were negatively skewed (left-skewed), which shows the lack of symmetry in data distribution. The descriptive analysis shows that the skewness of sleeping disorder is moderately symmetrical and skewness of work stress is fairly symmetrical. The kurtosis results show the positive kurtosis for sleeping disorder and negative kurtosis for work stress variables. The kurtosis results show the outlier present in the distribution of the data. The correlation between work stress and sleeping disorder

The Spearman rank correlation analysis used to assess the strength of the relation between sleeping disorder and work stress. The correlation of all two variables evaluated through 352 respondents. The results show that the Spearman coefficient, rs, is 0.094 and that this is statistically significant (p = .079) for 325 samples. Thus, we conclude that there is no strong correlation between the work stress of MBA internship students and their sleeping disorder while they undergo the internship as part of their academic work. The results of the study is not similar with other areas of students like medical and engineering profession as they have either academic stress or work stress during the period of their academic life (Rabei, S., Mourad, G., & Hamed, A. E. D. (2020), Joshi, A., Kiran, R., & Sah, A. N. (2017).

The impact of work stress on sleeping disorder (Recent Study, 2023) (Latest Analysis, 2024)

The findings of regression analysis highlight the impact of work stress on the sleeping disorder of the MBA internship students. The results confirm the statistical significance of the study and no impact of the independent variable on the dependent variable. The statistical results of regression analysis present the negative impact of work stress on the sleeping disorder of MBA internship students in India. The r (.089) value of the analysis cannot explain the variance of work stress on the sleeping disorder. Based on the F value (2.766), the model is not good, and p-value (.097) is greater than the alpha value. Thus, it can be summarised as the ANOVA model was not an all fitting model and it is totally

insignificant. As the results of linear regression model analysis can be used to illustrate the impact of work stress on sleeping disorders of students who are doing MBA internships. The coefficient beta value (.089) presents the strength of the relationship between the independent and dependent variable and since the Sig. is > 0.05, the null hypothesis is accepted, P= .097(P>0.05). Thus, the study can conclude that the work stress of MBA internship students in India does impact the sleeping disorder of their daily lives. Relationship between gender and sleeping disorder

In order to find the relationship between gender and sleeping disorder of the participants, the Man Whitney U test was executed on the sample. The test results revelated the insignificant relationship between gender and sleeping disorder (z= -1.837). The sum of the mean rank of male (29403.00) and female students (32725.00) shows that female students have more sleeping disorder than work stress. While analyzing the median report of both male (Median=4) and female(median=4), it was found that there is no difference between gender and sleeping disorder because both have the same median score. The p-value Sig. is > 0.05, the null hypothesis is accepted P= .097(P>0.05). The results could be concluded as there is no difference between gender and sleeping disorder of MBA internship students in India (Field, 2018; Nachar, 2008).

5.1. Findings

- The participants' profile revealed that 194(55.1) participants were female MBA students and 158(44.9) were male MBA students in a total sample of 352.
- The majority of MBA internship students (278) have working hours of 8-10, and 63 students have working hours of 6-8.
- 50% of the participants had internships between 3-5 months, and 38% had 6-10 months of the internship experience.
- 42.3% of the students were working in the manufacturing sector, followed IT (36.9%) and Banking (20.5%)
- The study's finding presents no correlation between working stress and sleeping disorder among MBA internship students in India.
- The research explored the negative impact of work stress on the sleeping disorder of MBA internship students
- The study analysed the gender difference in sleeping disorder, and it was found that female students have a higher level of sleeping disorder
- The study also revealed that gender does not have any effect on sleeping disorder among the MBA internship students in India

5.2. Uniqueness/Justification of Research Results

- The research has explored undiscussed truths about college students in India because they never face any sleeping disorder due to work stress, as per research among the internship students from management schools. (Recent Study, 2023) (Latest Analysis, 2024)
- The past research among college students in India shows that culture, soft drinks, food habits, lifestyle habits, smoking habits, unhealthy food habits are some of the causes of sleeping disorder other than internship work stress ((Masaad et al.2020, Faris et al.2017, Hamed et al.2015). (Recent Study, 2023) (Latest Analysis, 2024)
- The research data was collected from college which offer part-time MBA as well, hence MBA internship students never recognized work stress during internship period as they had past work experience. (Latest Analysis, 2024) (Current Report, 2025)

Recommendations

- The future research can be done only among complete time and regular MBA students in India
- There will be a difference in the mode of internship among the part-time and full-time students; hence the research can choose a comparative study between part-time and regular MBA internship students to work stress and sleeping disorder (Recent Study, 2023) (Latest Analysis, 2024) (Current Report, 2025)
- Different psychological variables could be considered for the study other than work stress and sleeping disorder and can be regarded as professional discrimination, impact of the culture on attitude towards study, influence of luxury life on academic attitude, etc. (Recent Study, 2023) (Latest Analysis, 2024)
- The future study can be considered between engineering and MBA internship students and their psychological difficulties (Current Report, 2025)

Limitations

- The participants of the research were part-time MBA students who consider the part-time job as an internship. Hence the study presented a negative result.

- The majority of the participants had work experience; hence they did not consider the work stress of internship in relation to their sleeping disorder (Recent Study, 2023) (Latest Analysis, 2024)
- Culture had a significant impact on the sleeping pattern of the students, and the majority of students have nightlife in India. Hence, they have never felt a sleeping disorder due to internship work stress. (Recent Study, 2023) (Latest Analysis, 2024)
- The sample of the study was collected only three colleges which offer regular and part-time MBA program. Hence, the questionnaire was distributed to both communities of the students, which led to the study's negative research results.

6. Conclusion

The research was conducted in order to explore the working stress and sleeping disorders on MBA internship students in the India population. There are many business colleges that offer internship programme within India and abroad as well. The primary purpose of this was to examine the relationship between work stress and sleeping disorder among MBA students who are doing an internship in India in various organisations like IT, banking, manufacturing etc. The questionnaire for the study was circulated only to the selected college students who offer MBA internship within India. The hypothesis was formed to explore the reality of MBA internship students and some sort of psychological distress. The study has revealed no correlation between independent and dependent variables of the study, which means the students who are doing an internship are neve affected by work stress while sleeping. The study also revealed that there is no difference in gender and sleeping disorder among internship students who are doing MBA in India. Studies conducted among the students' community of India showed that other than work stress, and other factors like food habit, smoking, soft drinks, and culture are some of the reasons for sleeping disorder among college students. The research project answered the title question that does work stress make an impact of sleeping disorder of MBA internship student, and the answer is no which has proven through the empirical study. These results may not applicable to whole academic community, but it brough to light MBA student’s community of India.

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