

## **The Effects of Student Organizational Involvement on PharmD Students' Sleep Time and Overall Satisfaction With Pharmacy School Experience**

Elaine Bui (ehbui@usc.edu), Shannon Hang (srhang@usc.edu), Tony Tran (trantony@usc.edu), PharmD Candidates  
Eric Hagopian, PharmD

### **Background/ Purpose**

Pharmacy education is known for its rigorous curriculum, placing high expectations on students to excel. Not only are they required to master demanding coursework, but they are also encouraged to participate in organizational activities and join leadership aligned with their interests. However, this also introduces additional time constraints and pressures on students. Studies have drawn attention to the issue of sleep deprivation, particularly in adolescent literature, highlighting its significance in academic performance and overall well-being. Understanding the relationship between sleep, time spent on organizational activities or leadership, and student satisfaction is of high importance.

### **Methods**

Our study was a one-month long, survey-based, quantitative design to compare the effects of student involvement in school organizations versus the amount of sleep they receive. This was then cross-examined with their overall feeling of satisfaction in their pharmacy school experience. Using USC's Qualtrics software, a short survey was sent to any pharmacy student who is enrolled at USC Mann School of Pharmacy and Pharmaceutical Sciences. From the survey, we collected a total of 88 responses with 61 of those being involved with organizational activities or leadership.

### **Results**

USC Mann PharmD students spent around 5.22 hours per week on organizational activities or leadership duties. In terms of sleep, these students received around 6.47 hours per day. When looking at if being involved in organizational activities and leadership affected the amount of sleep they received, 75% noted that they somewhat or strongly agreed. With our follow-up question regarding whether it negatively affected their sleep, only 39% noted that they felt this way. Lastly, we analyzed whether or not these students felt more satisfied/fulfilled with their pharmacy school experience by being involved in extracurricular and leadership activities. 86% of our study sample size agreed with this statement.

### **Conclusion**

We were able to conclude that most students felt a sense of satisfaction and fulfillment from being involved in extracurricular activities and leadership, even though they reported a negative correlation between the number of hours they spent on these activities versus the amount of sleep they received. This aligns with our primary endpoint that more hours spent on these organizations and leadership activities will lead to less sleep. As most post-graduate opportunities demand an abundance of strong leadership and collaboration skills, students are willing to sacrifice their sleep and personal time to strengthen this skill set to make them a more well-rounded PharmD candidate.