

Abstract

Previous studies of sleep in young adulthood have not considered self-determination theory and self-efficacy together, which are motivational factors that explains how individuals actively contribute to their behaviors, and are associated with sleep quality. The current study explored the sleep characteristics during the period of covid-19 pandemic, and tested self-efficacy as a mediator of the relationship between self-determination and poor sleep quality in a non-clinical young adult sample in Hong Kong (N=94, mean age= 19.5, 57.4% female). The results indicated that sleep quality is poor during the covid-19 pandemic, with increasing age and the female gender having more difficulties in sleep. Self-determination and self-efficacy relate respectively and negatively to poor sleep quality. There is a full mediation in the relationship between self-determination and poor sleep quality via self-efficacy. Anxiety factors such as trait anxiety and intolerance of uncertainty also have an effect on poor sleep quality. The role of self-determination and self-efficacy for sleep is discussed. Health practitioners can develop interventions for sleep behaviors in Asian young adulthood by including basic psychological needs from self-determination theory with an emphasis on competence, self-efficacy, and anxiety factors.