

## **The Effects of Mindfulness on Decreased Insomnia Student**

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### **ABSTRACT**

This study aimed to identify whether Mindfulness training can reduce insomnia-related symptoms. This research discusses sleep pattern disorders, especially insomnia, in students at the Faculty of Ushuluddin and Islamic Thought at UIN Raden Fatah Palembang. Insomnia can affect students' quality of life and well-being, including academic performance and mental health. This research used a quantitative experimental approach involving 20 students from the Faculty of Ushuluddin and Islamic Thought at UIN Raden Fatah Palembang consisting of the experimental group. The research method uses a One-Group Pretest-Posttest Design which involves a pre-test and post-test using the Insomnia Rating Scale as the main measurement instrument. The results of data analysis using the t-test showed significant differences between conditions before and after administering the Mindfulness technique. The T-test test results showed a significant difference between the pretest and post-test. In the Pre-test, the average score for sleep disturbance was 18.90, while in the Post-test, the average score for sleep disturbance was 4.10. Providing Mindfulness techniques during four meetings, each lasting 20 minutes, succeeded in reducing the level of sleep disorders in students.

### **Introduction**

Sleep pattern disturbance is a condition where a person's sleep quality decreases or there is a lack of sleep. According to Japardi (2002), disturbed sleep patterns are a condition in which a person experiences a risk of changes in the amount and quality of rest patterns that cause discomfort. Classification of sleep disorders according to the International Classification of Sleep Disorders, namely dyssomnia, parasomnia, sleep disorders related to health or psychiatric disorders, and unclassified sleep disorders. To get quality sleep, an individual must sleep for a sufficient amount of time. However, some individuals, experience problems and difficulty sleeping, causing them to stay up late. This condition is usually called insomnia (Wijayaningsih, 2022).

Insomnia, according to Lopez (2011) is defined as difficulty initiating and maintaining sleep. So people who experience insomnia have poor quality and quantity which have an impact on their physical and psychological conditions. This has been proven in previous research by Rizqiea (2012) entitled 'Experiences of students who experience insomnia while working on their final assignment', stating that this insomnia has an impact on decreased activity, health problems, and decreased mood. The causal factors also come from internal and external factors. According to Laniwaty (2001), insomnia symptoms often appear with age. Lifestyle habits, environmental factors, use of high doses of medication as well as pressure in daily activities, and stress are also factors that cause insomnia. High academic demands and pressure, piling up coursework, and other responsibilities often become stressors and are some of the factors causing insomnia symptoms in students. This is a serious problem because it can affect the performance and quality of education. Therefore, treating insomnia symptoms in students is important, including students at UIN Raden Fatah Palembang.

In general terms, there are two main approaches to dealing with insomnia symptoms, namely pharmacological and non-pharmacological approaches. Pharmacological approaches involve the use of medications to treat sleep disorders. According to Hardani et al. (2016), non-pharmacological approaches provide various effective types such as Cognitive Behavioral Therapy (CBT), stimulus control, and muscle relaxation. In addition, according to Nashori et al. (2019), there are other methods such as Insomnia Cognitive Therapy and Mindfulness. In our research, we used Mindfulness therapy as a form of intervention to overcome insomnia among Ushuluddin UIN Raden Fatah Palembang students.

Mindfulness, according to Novyana (2023), is defined as "total presence that is fully realized". The concept of Mindfulness originates from the Eastern practices of contemplation and meditation. Through mindfulness, any experience that arises in the present moment ("here and now") is given full attention without attempting to change the thoughts, bodily sensations, or effects that arise as a result of that experience. In Wijayaningsih's research (2022), the Mindfulness technique was effective in improving students' sleep quality. However, this Mindfulness technique has never been tested on students within the scope of UIN Raden Fatah Palembang, especially at the Ushuluddin faculty. Therefore, this study aims to investigate the effectiveness of using Mindfulness techniques in overcoming the phenomenon of insomnia in Ushuluddin UIN Raden Fatah Palembang students. This research will identify whether Mindfulness training can help students experience better quality sleep and reduce stress levels associated with insomnia. It is hoped that the results of this research will provide valuable insight for higher education institutions in understanding and overcoming sleep problems faced by their students. Apart from that, it is also hoped that this research will provide direct benefits for students who struggle with insomnia, so that they can face academic tasks and campus life better.

This research examines two important things, namely the problem of insomnia in students and the factors that cause insomnia itself, such as anxiety, stress and poor sleep patterns. And the second is related to the basis of this research itself, namely Mindfulness.

In previous research by Wijayaningsih et al. (2022), Mindfulness techniques play a role in having good effectiveness in overcoming insomnia in students. Apart from that, the use of Mindfulness techniques is also a comparison of the effectiveness of therapy for insomnia between this research and research that has been conducted previously in terms of age and different therapy methods.

The hypothesis in this research is Alternative potential ( $H_1$ ): namely, the effectiveness of Mindfulness techniques in improving the sleep quality of students with insomnia. This hypothesis shows that this Mindfulness technique has a positive influence on reducing sleep quality in students. Students in the experimental group will receive a pre-test and after that, they will be given treatment in the form of mindfulness techniques, after which they will be given a post-test to review whether this mindfulness technique has been proven to determine student insomnia. Therefore, this research will continue to test the hypothesis through appropriate research and data analysis to prove whether the results are significant or not.

## Method

This research is a type of quantitative experimental research (Pre-experimental design). In this experimental research, a one-group Pretest-Posttest Design was used, where at the beginning of the research, measurements were taken of the subject's dependent variable. After being manipulated, the dependent variable is measured again with the same measuring instrument. This design is also called before-after design (Christensen, 2001). The subjects of this research were students of the Ushuluddin faculty at UIN Raden Fatah Palembang class of 2021. The number of subjects in this study was 20 students of the Ushuluddin faculty at UIN Raden Fatah Palembang class of 2021 who had sleep disorders. The experimental group was given the Mindfulness technique for 4 meetings, each session lasting 20 minutes. The data collection technique in this research used the Insomnia Rating Scale developed by the Jakarta Psychiatric Biological Study (KSBPJ) as the main instrument. The purpose of using this scale is to review the condition of sleep disorders experienced by the subject. Next, the post-test results are used for review to see the effects of providing Mindfulness techniques in each session. Data analysis in research uses quantitative analysis with the help of the Statistical Packages for Social Sciences (SPSS) 25.0 for Windows program.

Data analysis in this research uses quantitative analysis using the T-Test, with a one-group Pretest-Posttest design. According to Ghozali (2012), the T-Test or T-Test is a testing method for parametric statistical testing. The t-test statistic is a test that shows the influence of each independent variable in explaining the dependent variable. This statistical t-test or t-test was carried out at a significance level of 0.05 ( $\alpha = 5\%$ ). Accepting or rejecting this hypothesis test is carried out using the following criteria:

1. If the significance value is  $> 0.05$ , then the null hypothesis ( $H_0$ ) is accepted and the alternative hypothesis ( $H_1$ ) is rejected. This means, among other things, that the independent variable does not have a significant influence on the dependent variable.
2. If there is a significant value  $< 0.05$  then the null hypothesis ( $H_0$ ) is rejected and the

alternative hypothesis ( $H_1$ ) is accepted. This means that the independent variable partially has a significant influence on the dependent variable.

## Results and Discussion

There were 20 participants based on the criteria of being students at the Faculty of Ushuluddin and Islamic Thought at UIN Raden Fatah Palembang. Before carrying out the parametric analysis test, we carried out a normality test first. The significance value obtained using the Shapiro-Wilk test, the pre-test results show a p-value of 0.063 and the post-test shows a p-value of 0.054, with a significance level of 0.05, the two significance values are for the pre-test and post-test. can be said to be higher than the target significance. Therefore, it can be said that the pre-test and post-test data meet the normality assumption.

In quantitative data, data analysis using a t-test using IBM SPSS version 25 on the pre-test and post-test, changes were found before and after administering the Mindfulness technique regarding sleep disorders experienced by students at the Faculty of Ushuluddin and Islamic Thought, UIN Raden Fatah Palembang. In the pre-test, the average score for sleep disturbance was 18.90, while in the post-test, the average score for sleep disturbance was 4.10; with a standard deviation value of Pretest 1.373 and Post-test 1.334. Clearer results can be seen in Table 1 and Table 2. Based on the Paired Sample Test table, the sig value is known. (2-tailed) is  $0.000 < 0.05$  which means  $H_0$  is rejected and  $H_a$  is accepted. The conclusion obtained from the Paired Samples Test was that there was a difference in the average pre-test and post-test sleep disturbances, which means there was an influence of using mindfulness techniques in reducing sleep disturbances for students of the Faculty of Ushuluddin and Islamic Thought, UIN Raden Fatah Palembang.

Table 1. Test of Normality

		Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Hasil insomnia	Pretest insomnia	.144	20	.200*	.910	20	.063
	posttest insomnia	.180	20	.089	.906	20	.054

\*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Table 2. Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pretest	18.90	20	1.373	.307
	Posttest	4.10	20	1.334	.298

Table 3. Paired Samples Test

		Paired Differences			5% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
		Mean	SD	SE.Mean	Lower	Upper			
Pair 1	pretest - posttest	14.800	1.795	.401	14.775	14.825	36.879	19	.000

In line with the objectives, this research shows that there are changes after the Mindfulness technique was carried out on students of the Faculty of Ushuluddin and Islamic Thought at UIN Raden Fatah Palembang. This change can be seen from the differences in the Pre-test and Post-test which have been tested through the Paired Samples Test. Providing Mindfulness techniques to reduce sleep disorders experienced by students can improve the quality of sleep in students. That way, after conducting this research, students are expected to be able to get good quality sleep.

This mindfulness technique has been tested in research conducted by Wijayaningsih et al., (2021) with research results that this mindfulness technique can overcome insomnia in students and has been proven effective in overcoming insomnia in students with the significance value obtained is smaller than the probability value. The difference between this research is the subject and place of research, inspired by this research, we want to re-examine this mindfulness technique and focus on reducing insomnia for students at the Ushuluddin Faculty of UIN Raden Fatah Palembang.

## Conclusion

In this research, the Mindfulness technique succeeded in having a positive impact on reducing insomnia for students at the Faculty of Ushuluddin and Islamic Thought at UIN Raden Fatah Palembang. Based on the results of data analysis using the t-test, there was a significant difference between the conditions before (Pre-test) and after (Post-test) the administration of the Mindfulness technique.

Initially, students experienced quite high levels of sleep disturbance, as reflected in the average pre-test score of 18.90. However, after undergoing four sessions of Mindfulness techniques, there was a significant decrease, with the average post-test score being 4.10. This indicates that Mindfulness techniques can help students improve sleep quality related to insomnia.

Thus, the alternative hypothesis stating the effectiveness of Mindfulness techniques in improving the sleep quality of students with insomnia can be accepted. The results of this study are consistent with previous findings by Wijayaningsih et al. (2021), which also show that Mindfulness techniques are effective in treating insomnia in students.

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