

Strategy Analysis of Students Overcoming Insomnia in “New Normal Era” After Pandemi

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Abstract: With the return of changes to the learning system in the new normal era, this requires students to return to adapt to old habits. Of course this has an impact on the students themselves, one of which is the incidence of insomnia. The purpose of the research to strategy analyze of students overcoming insomnia in “new normal era” after pandemic. This research used qualitative methods with a phenomenological approach. Research subjects were selected by purposive sampling method as many as 3 students who experience insomnia. The analysis technique uses the Miles and Huberman model, namely after collecting data, data reduction, data display, and then verification or drawing conclusions will be carried out. The results of the analysis show that the strategies used by Banjarmasin students to overcome insomnia are classified into several themes, namely physical activity, relaxation activities, sleep hygiene, and religious activities. The conclusion is insomnia was due to several underlying factors, including changes in the learning system in the normal. Not only that, several internal and external factors cause it. Of course, this has an impact on aspects of student life, so they need to carry out certain strategies to overcome this.

1 INTRODUCTION

Since the beginning of 2020, the world has been hit by the Corona Virus Disease (COVID-19) pandemic, which has had a significant impact on all aspects of life. Therefore, to break the chain of transmission of COVID-19, cooperation between all parties is needed to overcome it. Efforts made by the government itself are like an appeal not to crowd in crowds, not to go to markets, sports centers, cultural places and so on. Then people who work in offices are encouraged to do their work at home (Work from Home).

As one of the largest sectors in Indonesia, education has a major impact due to the COVID-19 pandemic, where all learning activities have been suspended. The Ministry of Education and Culture (Kemendikbud) issued Circular Letter (SE) No. 4 of 2020 concerning the Implementation of Education Policies in the Emergency Period of the Spread of COVID-19, one of which is "Learning from Home". In this case, initially learning is done face-to-face and must be done online. The term online itself is an abbreviation of "on the network" as a substitute for the word online which means connected to the

internet network. Online learning means learning that is carried out online or without face-to-face meetings, namely by using learning applications and social networks such as WhatsApp, Google Classroom, Zoom, Google Meet and others.

Seeing conditions like this, the government finally began to gradually loosen the mobility of its citizens. This phase is known as the new normal period. Based on the narrative of the Head of the Expert Team for the Acceleration of Handling COVID-19, Wiku Adisasmita, new normal is a change in behavior in order to continue carrying out normal activities but coupled with the application of health protocols in an effort to prevent transmission of COVID-19. During this new normal period, activities began to be relaxed, including the learning system in educational institutions. Where the re-education system is allowed to carry out learning activities to student activities such as face-to-face or offline organizations but still complying with and following health protocols.

With the return to changes in the learning system

like before COVID-19, namely from an online system to an offline or face-to-face system, this requires students to return to adapt to old habits. Of course this has an impact on the students themselves, one of which is the quality of student sleep. In the study of Ahmad et al. (2022), stated that insomnia experienced by students of the Faculty of Medicine, Baiturrahmah University had a significant relationship with stress levels.

According to the Diagnostic and Statistical Manual of Mental Disorder-5 (DSM-5), insomnia is defined as a chief complaint of dissatisfaction with the quantity or quality of sleep, for at least one of the following: difficulty falling asleep, staying asleep, and waking too early, the symptoms must cause significant distress or impairment of function and must occur at least 3 nights per week for at least 3 months, and all possible etiologies (eg, primary sleep disturbance, comorbid medical or psychiatric conditions) must be considered before making this diagnosis.

Because according to the NSF (National Sleep Foundation), sleep difficulties can have several effects on humans themselves. When someone is sleep deprived, he will be slower to think and work, make lots of mistakes, and have difficulty remembering things. This is caused by a decrease in work productivity and can be the result of an accident. Other effects that can be caused are becoming more emotional, impatient, anxious and even depressed.

Of course, this must be overcome with effective strategies. One strategy in overcoming the incidence of insomnia is self-management therapy, in the research of Edry (2019) shows that the process of self-management therapy in overcoming insomnia is quite successful with a percentage of 85%, which results can be seen from changes in the attitude or behavior of the counselee. lack of enthusiasm to live their daily lives to be enthusiastic with a calm face.

2 METHOD

What is necessary and important for researchers to determine in order to be able to carry out their research is the type of research. This type of research in this study itself, researchers used a type of qualitative research with phenomenology as an approach. In this case, this type of qualitative research has the goal of interpreting a social reality, namely looking at the world from what it is. Qualitative research is a type of research carried out in natural conditions that sees social reality as a whole. The phenomenological approach is applied to explain the

meaning of some people's life experiences about a concept or phenomenon, including their own self-concept or outlook on life.

Because the research method used is phenomenological qualitative research so that the data obtained will be presented in written form that describes and describes a phenomenon as it is without falsifying the data in it. Writing data and facts obtained while in the field do not use statistical figures, but in the form of explanatory sentences or contributive pictures. The reason the researchers applied the phenomenological qualitative method in this study was because the researchers wanted to focus on experiences, feelings, and meanings regarding strategies for overcoming the incidence of insomnia in college students in the new normal period.

The research location as a research zone will be adjusted to the whereabouts of the subject. This research will be conducted in the city of Banjarmasin. The main characteristics of the subjects in this study are as follows: active students from universities in the city of Banjarmasin, students who experience insomnia, and are willing to become research subjects by filling out informed consent. Based on these criteria, then obtained 3 students in the city of Banjarmasin who met the criteria as subjects or informants in the study

In order to obtain research data that is in accordance with what is expected, appropriate data collection techniques are needed to be used. According to Sugiyono, data collection techniques that are often used in qualitative research are interviews, observation, and documentation. Therefore, researchers in this study will use interview techniques to obtain data to answer the problem formulation.

The data analysis technique in this study is to use the Miles and Huberman model, namely after collecting data, data reduction, data display, and then verification or conclusion will be carried out.

3 RESULTS AND DISCUSSION

Based on the results of the data obtained through a series of interview processes related to the description of insomnia in students during the new normal period and what strategies they took to overcome the occurrence of insomnia, it can be seen that the three subjects have different backgrounds and experiences related to this crime. insomnia they experience in this new normal period. However, these three subjects had the same complaint regarding a change in the learning

system, which at the beginning of COVID-19 was an online system, then had to switch back to an offline system or known as direct face-to-face learning. Where there is a change in the learning system contributes to the incidence of insomnia they experience. In general, this change in the learning system means that they have to adapt again in the midst of the new normal conditions and the insomnia they experience. On the one hand, they have to get used to active activities on campus, for example, they are required to get up and do their activities in the morning, while their body condition is less supportive due to lack of sleep at night. This sleep difficulty ultimately had an impact on several aspects and functions in the lives of the three subjects in this study.

This is increasingly aware that sleep has an important role in life. Even sleep for humans is one of the most important basic needs, because it controls the rhythm of daily life. If the need for sleep is disturbed, then the days will be slow and less passionate.

The three subjects in this study described the incidence of insomnia that they experienced with a sense of dissatisfaction with the quantity and quality of their sleep, which was triggered by several factors, both internal and external, including changes in the learning system in the new normal era which then had an impact on aspects and function in their life.

As for the results of the analysis of the strategies for dealing with insomnia in the new normal period that these three subjects applied, it can be concluded that these three subjects had their own strategies for dealing with the incidence of insomnia they experienced in the new normal period as it is today. Where each of these strategies is classified into physical activity, relaxation activity, sleep hygiene, and religious activity. This strategy also cannot be concluded accurately that it is already the most effective strategy, but based on the narrative conveyed by each subject, this strategy has a positive impact on its implementation. Where the implementation of this strategy brings changes in the form of earlier bedtime than before implementing the strategy. On the other hand, this strategy is also supported in practice by other efforts to overcome sleep difficulties caused by several other factors, such as stress, anxiety, occupation, medical history, diet and so on.

4 CONCLUSION

Based on the results of the study, it can be concluded that the incidence of insomnia in college students in the new normal period is illustrated by the fulfillment of aspects such as dissatisfaction with the quantity and quality of sleep, the causes of the difficulty sleeping itself, and the impact resulting from difficulty sleeping. These three subjects both fulfilled these three aspects, with similar to different sleep difficulty experience categories. All three of these subjects had difficulty falling asleep until they were able to fall asleep in the early hours of the morning, often woke up in the middle of sleep, and obtained an estimated sleep of around 2-4.5 hours at night. In terms of their own factors, all three of them are experiencing the impact of changes in the learning system, which at the beginning of COVID-19 was an online system which has now returned to being offline or face-to-face again. Where the three of them had to adapt again with the example of having to wake up early while the three of them experienced insomnia at night. In addition, there are main triggering factors, namely due to family problems to academic stress factors. Meanwhile, on the self-effect, the three subjects experienced various experiences, such as experiencing weight loss and acne, feeling chest tightness when they woke up in the morning, becoming more emotional and experiencing headaches. However, in general, these three subjects experienced a similar impact on the occurrence of this insomnia, namely feeling sleepy the next day, not in the mood or lack of enthusiasm in doing any work or activity, lack of focus, arising from stress and anxiety and having an impact on their worship activities.

The results of the analysis of strategies for overcoming the incidence of insomnia in the new normal period can be concluded and classified into physical activities, relaxation activities, sleep hygiene, and religious activities.

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