

Insomnia Viewed From the Stress Level of Nursing Students in Completing Graduating Papers: A Correlational Study

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ABSTRACT

Stress is a dynamic condition when an individual is faced with opportunities, demands or resources related to what that individual desires and whose results are considered uncertain and essential. The purpose of this study was to determine the relationship between stress levels and insomnia in students who are completing their final assignments at Aisyah Pringsewu University. The quantitative method with the cross sectional design was used in this study. The research sample was 84 students. Demographics of respondents were also reported in this study. The results showed as many as 30 respondents (35.7%) experienced stress in the mild category, 38 respondents (45.2%) in the moderate category, 16 respondents (19.1%) with the heavy category. A total of 4 respondents (4.8%) with insomnia in the mild category, 77 (91.7%) moderate, 3 (3.6%) with the severe category. There is a relationship between stress levels and insomnia with a p-value of $0.006 < \alpha = 0.972$. Based on the study results, it is suggested that students improve their ability to manage stress so that they can complete their graduating papers on time.

Keywords: stress level, insomnia, student, graduating papers.

INTRODUCTION

Sleep is a process that is very important for humans themselves, because when someone sleep there is a recovery process. In this process it is useful to restore the body's condition where the body that was previously exhausted will be refreshed. The delayed recovery process can cause the body's organs to not work optimally, as a result, people who are sleep deprived will quickly undergo fatigue and decreased concentration. It state of periodic rest at which time the awareness of nature stops so that the body can rest.

Sleep or rest is a basic need for everyone so that the body can function normally after daily activities. In a state of rest, the body performs a process of restoring and restoring energy until it is in optimal condition. A good sleep pattern will help maintain health. A good sleep pattern can be seen from the quality and quantity of sleep itself. Quality sleep patterns are seen from how deep a person sleeps, while in terms of quantity it can be assessed from the number of hours of sleep. According to Henderson, humans are unique and no two humans are the same. Individual needs are reflected in fourteen components of basic nursing care, one of which is rest and sleep.

Sleep disorders most often undergo by students such as insomnia, narcolepsy, hypersomnia, and obstructive stopping of breathing during sleep. As many as 27% of 1.845 students experienced at least one of the existing sleep disorders. Various psychological stressors that cause stressors are mentioned as the main cause of insomnia. The state of greater stress or depression has an interrelation with the severity of the sleep disorder experienced. Insomnia is the inability to meet sleep needs, both in quality and quantity (Qimy 2009, in Fitrandi 2014).

Research by Pallos, Gergley, Miyazaky and Okawa (2007) on students in Japan found that students who had poor sleep quality were as much (25.6%), and the National Sleep Foundation stated that in Indonesia the prevalence of insomnia sufferers reached 70% at least a week. once and thirty million people have trouble sleeping every night.

According to Rafknowledge (2004), difficulty sleeping / insomnia is usually triggered by stress, crowded or noisy, differences in air temperature, changes in the environment, problems with irregular sleep and wake schedules and side effects of treatment. Insomnia is not actually a disease, but a symptom that is based on several possible causes, such as emotional distress,

physical disorders and drug use. Difficulty sleeping problems are often experienced by both young children and the elderly, and occur together with emotional disorders, such as anxiety, depression or fear.

Insomnia is a symptom mentioned for someone who has difficulty sleeping. Insomnia includes symptoms of difficulty sleeping or not being able to maintain sleep. There are many causes of insomnia, both physical and psychological problems, such as stress. Irregular sleeping habits also cause a person to have difficulty sleeping. (Student Health and Welfare, 2004 in Fitrianda 2014) states that if a person is upset or interested in something, or is experiencing a stressful state, that may undergo difficulty sleeping.

According to the American Institute of Stress (2010), there is no definite definition for stress because each individual will have a different reaction to the same stress. Stress for an individual is not necessarily stress for another individual. The term stress is used to indicate a person's physical and psychological reactions to certain threatening situations (Carlson, 2005). Stress can happen to everyone, be it children, adults and the elderly. Stress can also occur in people who experience severe stress, for example; the students who are completing graduating papers. The students are usually charged with a graduating papers. as a condition of obtaining a bachelor's degree. The graduating papers is evidence of students' academic ability in research related to the issues discussed.

Maritapiska (2003) states that students often undergo stressors in completing graduating papers, both from inside and outside themselves. Internal stressors faced by students on graduating papers such as difficulties in getting references, limited research time, repeated revision processes, difficulties in finding themes, titles, samples, and measuring tools for the final project. Meanwhile, stressors that come from outside themselves such as limited funds, busy and difficult to find supervisors, the length of feedback from the supervisor, and the lack of consultation with the supervisor when completing the final project (Maritapiska, 2003).

The number of stressors and demands faced make students prone to undergo stress on graduating papers. This is confirmed by Lubis & Nurlaila (2010) who say that currently the stress level of students and college students has increased five times higher compared to the Great Depression era in 1938. Research conducted by Kaufman (2008) noted that 56% of 94.806 students experienced stress. The stressors faced on graduating paper, they not only make students vulnerable to stress but also prone to sleep disorders. According to Cabrera & Schub (2011), sleep disorders can result in cognitive changes, perceptions, moods, and an increased risk of accidents. The negative impact of stress and sleep disorders is an obstacle for students to achieve academic success, namely graduating with a high GPA.

Based on a preliminary research conducted by researchers on twenty students, eleven students undergo severe insomnia and four students experienced moderate insomnia and five students experienced mild insomnia. Based on the explanation above, researchers are interested in conducting research on the correlation between insomnia and stress levels in students who are completing their graduating paper (Maselena et al., 2019). There needs to be attention to this problem because quite a lot of people experience insomnia and high stress when students complete their graduating paper.

RESEARCH METHODS

The type of research used in this research is quantitative, in which is in the form of numbers (score, value) or statements that are raised (assessed), and analyzed by statistical analysis (Notoatmodjo, 2010). The research design used in this research is descriptive correlation using a cross sectional approach. This research was conducted at Aisyah University of Pringsewu Lampung on April 9th 2018 up to April 21st 2018. The population in this research were 44 regular students in the Nursing Study Program and 40 students of Midwifery Study Program.

The data collection tool used in this research was a questionnaire that was distributed and filled out by respondents. The questionnaire consists of three parts, includes data on the characteristics of

respondents consisting of age and gender, made in a form. There is no score scoring for the questions in part one. The stress level questionnaire consisting of twenty questions from Resti Putri (2012) was adopted from Safaria & Saputra (2009), the answer choices consisted of never being given a value of one, rarely being given a value of two, sometimes being given a value of three, often being given a value of four, and always given a value of five. The SMH questionnaire (Potter and Perry, 2005) regarding insomnia consists of seven questions with answer choices one up to five and the value given is in accordance with the answer chosen by the respondent. This questionnaire has been tested for validity by Resti Putri (2012) with the results of the reliability test using cronbach alpha data

analysis of 0.874 (stress level) and 0.724 (insomnia).

The statistical test used in this research is the Gamma and Somer's d test, which are correlative tests used in the data in this research. The significant test between the observed data and the expected data is carried out with a significance limit ($\alpha < 0.05$), which means that if $p < \alpha$ is obtained, it means that there is a significant correlation between the independent variable and the dependent variable and if the $p \text{ value} > \alpha$, it means that there is no a significant correlation between the independent variables and the dependent variable (Dahlan, 2008).

RESULTS AND DISCUSSION

Table 1. Respondents' demographic data (N = 84)

Variables	Frequency	Percentage
Study Program		
S1 Nurse	44	52,4
D IV Midwifery	40	47,6
Gender		
Male	14	16,7
Female	70	83,3
Age		
<19	1	1,2
20-26	82	97,6
>26	1	1,2
Stress Level		
Mild	30	35,7
Moderate	38	45,2
Severe	16	19,1
Insomnia Level		
Mild	4	4,8
Moderate	77	91,7
Severe	3	3,6

From the data on table 1, it is known that out of 84 people, there are 70 people (83.3%) with the female gender and there are fourteen people (16.7%) with the male gender. This is supported by the results of research by Agnes et al. (2018) on 73 student respondents, the majority of whom were female, namely 63 people (86.3%) and the rest were male, namely 10 people (13.7%).

Research shows that gender has an effect on stress levels.

This is in accordance with the theory (Mijoc, 2009) which states that higher levels of stress are often found in individuals who are female. Research in the United States states that women tend to have higher levels of stress than men. In general, women experience stress 30% higher than men (Rindang, et al, 2006). In contrast to Reni's research (2010) which shows that there is no

correlation between gender and student stress levels.

Based on the results of the research it can be assumed that the female gender has a higher stress level than men, this is because women have more feelings than men in responding to any existing problems, thus it is suggested for women to reduce stress on facing graduating paper by refreshing, brainstorming with friends, and being open to close friends in order to reduce stress.

Stress Level

From the table data above, it is found that from 84 respondents, there were 30 (35.7%) respondents with mild stress, 38 (45.2%) respondents with moderate stress, and there were 16 (19.1%) respondents with severe stress. This is supported by the research results of Finda, K and Dhesi, A (2014) to 56 students that the majority of respondents experiencing moderate stress were 44 respondents (78.6%), then respondents who experienced mild stress were 6 respondents (10.7%) and respondents with severe stress were 6 respondents (10.7%). The results of this research illustrate that the majority of respondents experience moderate levels of stress when compiling their graduating papers.

According to Potter & Perry (2005), moderate stress levels are stress due to dealing with stressors in a matter of days and severe stress levels are stress due to chronic stressors, namely in a matter of years. The stress faced by respondents is moderate stress because the intensity of the stressors they face is less than six months.

This research also shows that the stress experienced by the respondents is due to the fact that students experience many difficulties and obstacles in preparing their graduating paper so that they become stressors for these students, these stressors come from within and from outside. Internal stressors faced by students on facing graduating paper such as difficulties in getting references, limited research time, repeated revision processes, difficulties in finding themes, titles, samples, and measuring tools for the graduating paper. Meanwhile, stressors that come from outside, such as limited funds, supervising

lecturers are busy and difficult to find, the length of feedback from the supervisor, and the lack of consultation with the supervisor when completing the graduating paper.

Based on the results of the research, it can be assumed that the stress experienced by the majority of respondents is in the moderate stress category because the intensity of the stressors faced is less than six months or only in a matter of a few days. The stress experienced by students is because students experience many difficulties and obstacles in preparing their final projects so that they become stressors for these students.

Insomnia Level

From the table data above, it is found that out of 84 respondents, there are 4 (4.7%) respondents with mild insomnia, 77 (91.7%) respondents with moderate insomnia and 3 (3.6%) respondents with severe insomnia. This is supported by the research results of Finda, K and Dhesi, A (2014). to 56 students that the majority of respondents experienced moderate insomnia, namely 34 respondents (60.7%), then respondents who experienced mild insomnia were 13 respondents (23.2%) and the lowest was respondents with severe insomnia, namely nine respondents (16.1 %).

The results of this research illustrate that the majority of students experience moderate insomnia. This happens because students carry out habits that make it difficult for them to sleep, such as sitting in front of the laptop too often to do graduating papers or thinking about negative things that have not happened yet, causing fear in students which is in accordance with the opinion (Noviana, 2011) who said that there are many causes that can trigger insomnia in students, but most often it is caused by two things, namely habits (culture) and psychological factors (stress). Insomnia is a symptom. This means that if an individual experiences insomnia, there may be emotional problems that can be in the form of anxiety, stress, fear, depression, anger, hurt, sadness or other emotional problems. Insomnia is defined as difficulty sleeping, difficulty staying asleep, waking up too early, or not sleeping well despite the time and opportunity. However, this can further be categorized as a short or long term

condition, both primary and secondary. The complication is that some people who experience early stage insomnia only have difficulty falling asleep, while others cannot fall asleep once their head hits the pillow and wake up very early and can't sleep anymore (Simon.A, 2014).

Based on the results of the research, it can be assumed that insomnia occurs because students carry out habits that make it difficult for them to sleep, such as sitting in front of a laptop too often to do graduating paper or thinking about negative things that have not yet happened, causing fear in students, thus it is suggested to students not to think about negative things that have not happened so as not to cause fear in students.

Table 2. Correlation between Stress Level and Insomnia at Students Final Level

Stress Level	Insomnia Level						Total
	Mild		Moderate		Severe		
	N	%	N	%	N	%	N
Mild	4	13,3	26	86,7	0	0,0	30
Moderate	0	0,0	37	97,4	1	2,6	38
Severe	0	0,0	14	87,5	2	12,5	16
Total	4	4,8	77	91,7	3	3,6	84

Correlation between stress levels and insomnia

From thirty respondents who experienced mild stress, four (13.3%) respondents experienced mild insomnia category, 26 (86.7%) respondents experienced moderate insomnia category, while 38 respondents experienced moderate stress, 37 (97.4%) respondents experienced moderate insomnia category, one (2.6%) respondents experienced severe insomnia category, and 16 respondents experienced severe stress, 14 (87.5%) respondents experienced moderate insomnia category, two (12.5%) respondents experienced insomnia category weight. The results of statistical tests carried out using SPSS obtained p-value = 0.006 $\alpha = 0.972$. This indicates that Ha is accepted, which means that there is a correlation between stress levels and insomnia.

This is supported by the research results of Finda, K and Dhesi, A (2014) to 56 students that the respondents who experienced the most stress were respondents who were in the moderate stress category as many as 44 respondents (78.6%) and respondents who experienced the most insomnia were respondents with moderate insomnia category as many as 34 respondents (60.7%). While the respondents who experienced the least insomnia were nine respondents (16.1%) with severe insomnia and six respondents (10.7%) with mild and severe stress.

This research shows that the stress experienced by respondents will have an effect on insomnia. This is because students who are preparing their graduating paper will experience many obstacles that will make them stressors so that students experience stress. Apart from that, the academic demands are dense, apart from preparing the graduating paper, there are still many things that students have to do, such as lab skills lab. This is what makes students experience stress more likely to carry out activities and habits that make it difficult for them to sleep (insomnia), such as activities in front of an old laptop, negative thoughts about unattainable targets in preparing their final assignments. In the end, many of the students exhausted and fatigue which results in insomnia. This is in accordance with the research results of Suryantoro, Siswowyoto, and Kuntari who were quoted (Noviana, 2011) that the burden of thoughts and keeping themselves busy are the most common causes of complaints by students as the cause of insomnia.

A person can experience insomnia due to situational stress such as family problems, work, illness or loss of loved ones (Potter & Perry, 2005). The cause of chronic difficulty getting enough sleep is insomnia due to stress (Potter & Perry, 2005). According to Bailey, 2005, the level of anxiety and pressure experienced by students can also cause sleeplessness at night.

Based on the results of the research it can be assumed that doing graduating paper has made most students stress, in addition to compiling the graduating paper, students also have to practice at the Mental Hospital and Village Community Health Development Practices (PKMD), this

makes students experience stress more likely to himself became insomniac. For this reason, it is advisable for students to think positively in preparing their graduating paper and not to hand over the making of this graduating paper to someone else or some kind of bureau for making it, or to buy someone else's graduating paper to be copied.

CONCLUSIONS AND SUGGESTIONS

Based on the research results, it can be concluded that based on the objectives as mentioned in the introduction, it can be concluded that:

1. From 84 respondents, the most experienced stress was students with the moderate stress category, there were 38 (45.2%) respondents, while the mild stress category contained 30 (35.7%) respondents, and there were 16 (19) severe stress categories 1%) of respondents.
2. There were 84 respondents, the most experienced insomnia were students with moderate insomnia category, there were 77 (91.7%) respondents, 4 (4.7%) respondents with mild insomnia category, and there were 3 (3.6%) respondents with the category of severe insomnia.
3. From 84 respondents, it was obtained from 30 respondents who experienced mild stress, 4 (13.3%) respondents experienced mild insomnia category, 26 (86.7%) respondents experienced moderate insomnia category, while 38 respondents experienced moderate stress, 37 (97.4%) respondents experienced moderate insomnia category, 1 (2.6%) respondents experienced severe insomnia category, and 16 respondents experienced severe stress, 14 (87.5%) respondents experienced moderate insomnia category, 2 (12, 5%) respondents experienced severe insomnia category. There is a correlation between stress levels and insomnia with a p value of 0.006.
4. Students asked to be more focused and concentrate during learning process, increase their patience by getting closer to God Almighty, remain optimistic and can be confident if they are able to complete their graduating paper smoothly until they reach a Bachelor's degree, and have positive thoughts

about the preparation of their thesis in at bedtime so that the stress and insomnia experienced by students can be controlled.

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