

## **ABSTRACT**

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**Cognitive Behavior Therapy in Employee Performance Impairment caused by Insomnia; (Henny E. Wirawan, M. Hum., Psi., QIA & Widya Risnawaty, M. Psi.) Master Program in Professional Psychology. Tarumanagara University, (97 pages; R1-R6, Appdx1-60)**

Insomnia is the inability to obtain sufficient amount of sleep to restore body condition at the time of waking. Employees with insomnia experience a decrease in their job performance. Insomnia can be overcome by using Cognitive Behavioral Therapy to improve sleep quality. The purpose of the study is to determine the effectiveness of Cognitive Behavioral Therapy in treating insomnia. The study involved two participants who were aged between 20-40 years, have difficulty in maintaining the quality of sleep, has been working, and showed poor performance in work. The research concluded that subjects with insomnia can improve sleep quality more with Cognitive Behavior Therapy. The quality of sleep will increase by percentage of total sleep time, decreased sleep duration, and sleep becomes more early and regularly on a daily.

**Keywords:** Cognitive Behavioral Therapy, Insomnia, Sleep, Employee