

Senam Resiliensi for Early Adult with Insomnia

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Abstract

Insomnia is a sleep disorder that often occurs in many individuals, especially at early adult individuals who are in productive age. This is caused by life pressure and needs that happens as a result of adaptation to society and become adult process. Those problems make the shrinkage of sleep quality to individuals. Long term untreatment insomnia will turn down the daily function and healthiness. More over the insomnia will impact the psychological and caused serious problems such as anxiety and depression. Senam Resiliensi is used to treatment in this research. Senam Resiliensi is a holistic mind and body exercise that may effectively promote the sleep quality for the early adult individuals. Treatment consists of 8-sessions that take around one month with 2 or 3 sessions per week. The research design is a quasi-experiment pre-post test, and used qualitative quantitative method. The participants are three early adults (20-30 years old) that are diagnosed with insomnia based on Research Diagnostic Criteria for insomnia (Edinger, et. al., 2004). To measure the effectiveness of the therapy, the participants are interviewed and completed Epworth Sleepiness Scale, Insomnia Severity Index (ISI), and Sleep Diary. The results showed that the Senam Resiliensi can be applied to overcome insomnia in early adult individuals, with a note that the results are felt by each individual differently depending on the complexity or severity of insomnia and physical health of the body's condition.

Keywords: Insomnia, early adult, Senam Resiliensi.