

Application of Shalawat Jibril to Overcome Sleep Disorders (Insomnia) in Final Students

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ABSTRACT

Final year students often experience pressure during the preparation of the thesis, it can cause stress and trigger the onset of sleep disorders (insomnia). Insomnia is a sleep disorder that causes a person to have difficulty or cannot sleep soundly, insomnia can be caused by psychological problems in a person due to excessive anxiety and feelings of fear. This study aims to determine the effectiveness of the application of sholawat Jibril as a method in overcoming sleep disorders (insomnia) in final students. This method involves the participation of final year students who experience insomnia, by applying sholawat Jibril for a certain period before going to bed. This research uses a qualitative approach by collecting data through observation, interviews and documentation. From the results of the study listening to shalawat Jibril audio before bed can be an effective alternative therapy to overcome sleep difficulties as well as anxiety and anxiety experienced.

Keywords: Shalawat, Insomnia, Students

Introduction

In early adulthood, which ranges from 18-40 years old, this is a transition period from adolescence to early adulthood (Hurlock, ElizabethB, 2011). This age is an early adulthood where a person is no longer a teenager, and also not too mature, and this period experiences many changes both physically and psychologically (Santrock, 2002). During this stage, most begin to look for desires to be achieved, starting from work life and education (Santrock, 2013). There are some of them who have chosen their developmental task, namely being responsible as a student. There is a lot of pressure and stress at this time, especially the many activities from very busy lectures can cause physical problems and fatigue due to excessive academic activities and stress that can trigger a person to have difficulty sleeping (Potter & Perry, 2006). Based on a survey conducted by We Are Social in 2021, students sometimes still do activities other than academics that can trigger sleep disturbances such as watching, playing the internet until late at night, these activities sometimes disrupt sleep quality. Even a study from Solanki, S., Venkiteswaran, A., & Saravanabawan, P. (2023), stated that 59.8% of 122 respondents reported difficulty sleeping and the onset of insomnia related.

Insomnia is difficulty entering sleep, difficulty maintaining sleep, or not getting enough sleep (Maramis. 2000). According to Putri, K. (2017), Insomnia is a sleep disorder experienced by sufferers with symptoms of always feeling tired and tired throughout the day and continuously (more than ten days) having difficulty falling asleep or always waking up in the middle of the night and unable to return to sleep. In (DSM-IV), Diagnostic and Statistical Manual of Mental Disorders-

IV the diagnostic criteria for insomnia sufferers include difficulty initiating, maintaining sleep, and being unable to improve sleep for at least one month this is the most common complaint. This insomnia causes the sufferer to become stressed so that it can interfere with social, work or other important areas of function.

Insomnia usually starts with symptoms such as difficulty falling asleep or not achieving deep sleep, feeling tired when waking up and not feeling refreshed (Nurmiati Amir, 2010). Those who experience insomnia often feel they never sleep at all and have headaches in the morning, difficulty concentrating, irritability, red eyes and daytime sleepiness. Insomnia can be caused by various factors such as hormones, drugs, psychological factors, but can also be caused by external factors such as psychological stress, unpleasant bedroom atmosphere, noise, time changes due to night work (Rafknowledge.2014). Likewise, what is experienced by final students is caused by the many tasks that must be done (Ulfah, F.H. 2014).

In one study of music therapy in overcoming insomnia, namely in research listening to soothing music before bed. This music therapy significantly provides a deep relaxation effect that improves sleep quality and can be used as an evidence-based nursing intervention to treat insomnia (Chen et al., 2021). In the Islamic world, music has been used by previous Muslim philosophers as a health therapy (Aizid, Rizem, 2011). Based on various literatures, figures such as Al-Kindi and Al-Farabi are Muslim scientists who developed music as a therapy. In the 9th century, Al-Kindi tried to apply music to a child who was completely paralyzed (Utomo, A. W., & Santoso, A. 2013). Therefore, in this study, researchers used music that has a calming effect, so that it can guide individuals to fall asleep. So from this, researchers chose Islamic music, namely shalawat Jibril, where this shalawat has often been heard and the chant is very soft so that it makes the soul calm.

Shalawat Jibril is one of the easiest and shortest dhikr. Named Sholawat Jibril because this prayer was first uttered by Archangel Jibril when he whispered to Prophet Adam AS as a dowry for Eve (Kumaini, M. H., & Yasinta, N. P. 2021). The objectives of this study are to: (1) identify the factors that cause insomnia in the subject, (2) describe the description of the behavior of final students when experiencing insomnia, (3) describe the impact caused by insomnia on final students and, 4) provide intervention to the subject by using sholawat jibril in order to reduce the insomnia experienced by the subject, so that it is hoped that it can help the subject to overcome the sleep disturbance he is experiencing. Therefore, researchers conducted research on sholawat jibril therapy to help sleep disorders in final year students.

Methods

The subject AR is 22 years old. The subject has felt sleep disturbances (insomnia) since the last year. Researchers use a type of qualitative research with a descriptive approach. This method is used to explain research based on descriptive data processing. Qualitative research aims to maintain the appearance and behavior of humans and analyze their strengths, instead of turning them into qualitative entities (Mulyana, 2008). The purpose of the descriptive method is to create, describe systematically, and in accordance with the facts, as well as the relationship between the phenomena being investigated. The data sources used are primary data derived from sources directly and secondary data sources obtained from documentation. The data collection method is done by

interview, observation, documentation obtained from one resource person. In case study research, possible sampling is to use purposive sampling (Cresswell, 2007). The method of selecting sources, showing the following criteria; a) Final student b) male or female c) experiencing sleep disorders for at least more than one month, d) willing as a subject.

The instrument in this study is the researcher himself who directly conducts counseling meetings and provides therapy to the subject. For the provision of therapy received by the subject is given Audio Sholawat Jibril which has been downloaded on the youtube site with the link https://youtu.be/hX_qQc-44PA?si=rEq3mOdtO5VY6hxf Then the audio is inserted into a special MP3 Tape for the subject to listen to the sholawat audio before bed. Then the subject is given an Evaluation paper which will be filled in every morning after waking up for 7 days.

The stages of the procedure for implementing independent therapy carried out by the subject are as follows:

Table 1.

Procedure for Implementation of Self-Help Therapy Subject	
No	Activities
1.	The subject prepares for bed at a maximum of 10.00 a.m.
2.	Then, the subject was lying on the bed in a relaxed state.
3.	Then, the subject played the sholawat Jibril audio that had been prepared on the Mp3 Tape until he fell asleep.
4.	The next day, the subject filled out the Evaluation Paper that the researcher had provided
5.	The therapy was conducted for 7 consecutive days.

Results

Insomnia is one of the factors that can affect a person's quality of life. (Nurdin, M. A., Arsin, A. A., Thaha, R. M., & Hasanuddin, 2018). Insomnia is a problem that is quite often experienced by students. The pressure to meet academic deadlines and many activities require students to constantly stay up late, making it difficult for students to get a good night's rest. This can result in fatigue, mood swings and decreased concentration, ultimately affecting their academic performance and overall well-being. Based on the research conducted, the informants began to experience changes in sleep schedules when they first entered college, this was because the informants had a lot of assignments at night and also other activities such as organizational activities.

Because his activities increased when he entered college, the subject's sleeping hours, which initially before college could sleep under ten o'clock, now after entering college the subject can only sleep above twelve o'clock or even more. The subject revealed that he has also experienced sleep disturbances such as restlessness, anxiety, and always feeling empty and empty when going to bed, this is because the subject is in his final semester and is busy working on his thesis. Due to the problem of sleep disturbance (insomnia) experienced, this affects the subject's quality of life and worsens mental and physical health. The subject felt that this situation interfered with the subject's activities during the day. The subject said that his body felt more tired and lazy to do activities, thus making his days unproductive.

To overcome the problem of insomnia experienced by the subject, the researcher provides independent therapy that must be carried out by the subject, namely by giving a mini tape recorder that has been filled with files in Mp3 format, namely shalawat Jibril which will be listened to by the subject before going to bed and rearranging his sleep schedule properly, namely starting to sleep at a maximum of 10.00 a.m. This independent therapy is carried out by the subject for 7 days, after which the subject will be evaluated on how the shalawat Jibril audio therapy he has listened to before going to bed. By listening to the audio shalawat Jibril, it is hoped that it can calm the subject and can make the subject sleep faster at night.

After 7 days the subject was interviewed again by the researcher and asked the subject to return the Evaluation sheet given by the researcher earlier. The result The subject said that he still could not sleep starting from 10.00 a.m because of the activities that had to be done. But when his activities are finished he will immediately get ready for bed. But the subject postponed his bedtime by going to bed at 11.00 a.m. The subject also said that when he slept at 11.00 a.m. and listened to the audio of shalawat Jibril until he fell asleep, the subject could wake up at dawn prayer time.

With the application of sholawat Jibril self-therapy carried out for the previous 7 days, the subject felt that there were few positive changes that occurred to him. The subject said that after hearing the shalawat Jibril audio he became calmer and made him sleep faster at night and his daily activities during the day became more effective, because during the day he did not feel so tired and sleepy. Then previously the subject always felt restless and anxious before going to bed now when the subject listened to the audio of Shalawat Jibril he did not feel restless and anxious and the subject felt much calmer and more comfortable before going to bed. The subject also revealed that he would do this therapy henceforth, especially when he had difficulty falling asleep and experienced restlessness and anxiety before going to bed.

Discussion

The sleep disturbance (insomnia) experienced by subject AR was initially caused by the accumulated tasks and other activities such as the organization he joined, but after AR stepped on the final semester with his busy thesis making him a little stressed and depressed so that he became increasingly difficult to sleep at night. This is certainly enough to affect the subject's quality of life and worsen his mental health. This statement is in accordance with previous research conducted by Schafer which explains that what can cause stress disorders in students are stressors that arise from academic problems, such as learning pressure, very short time frames, writing reports and exams (Waliyanti and Pratiwi, 2017).

According to (Zunita, 2017), many thoughts and stress cause the nerves to become overactive, as a result the body increases the production of adrenaline when under stress. People suffer from sleep disorders (insomnia) because adrenaline is a chemical produced by the brain to increase alertness and keep a person awake. People with sleep disorders (insomnia) usually experience impaired physical function when waking up from sleep, such as headaches, feeling unrefreshed, and lack of motivation. The results of previous research also explain that stress and insomnia are both interrelated, prolonged stress can cause sleep disorders (insomnia). This is very

clearly related because all stress categories experience severe insomnia. Subjects who have stress pressure will have difficulty falling asleep or maintaining their sleep quality (Saraswati, 2020).

To help the subject overcome the sleep disturbance he experienced, the researcher provided Islamic music therapy, namely shalawat Jibril. In the process of Islamic music therapy shalawat Jibril, there is an element of spirituality in its implementation. Music therapy itself is a relaxation that can be done with the sense of hearing and when music therapy is connected to shalawat Jibril, the verses of the sholawat will enter the hearing so that it affects the mind and heart which will then make the heart and mind calmer.

Based on the application of self-therapy carried out by subject AR, the subject felt that he experienced a few positive changes that occurred to him after listening to the shalawat jibril audio. The subject said he became calmer and fell asleep faster at night after listening to the shalawat Jibril audio. The results of this study are in line with previous research which explains that listening to shalawat in a calm atmosphere can reduce physiological responses by reducing autonomic nerve stimulation which produces a relaxing effect (Soliman and Muhamed, 2013). Daniel X. Freedman also stated that there are 2 institutions that play an important role in human health and well-being, namely the mental medicine profession and religious institutions. Shalawat also has a positive impact on individuals in anxious situations.

Conclusion

Subject AR's insomnia has a negative impact on his life such as being easily tired, having difficulty concentrating during the day and others. After subject AR did the therapy of listening to shalawat Jibril audio for 7 consecutive days and he felt positive changes occurred to him. The subject said he experienced an increase in calmness and a fairly good quality of sleep, and he felt less restless and anxious before going to bed. In addition, the subject also felt fitter and less sleepy during the day, and this had a positive impact on the effectiveness of her daily activities. The subject also said she intends to continue this therapy as a method to overcome sleep difficulties and reduce anxiety. This shows that listening to shalawat Jibril audio can be an effective alternative therapy to overcome sleep difficulties and anxiety.

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