

## **The Effectiveness of Ablution Therapy in Reducing Insomnia in Adolescents Who Experience Relationship Failure**

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### **ABSTRACT**

The inability to fall asleep or stay asleep, despite the opportunity, is known as insomnia. In addition to feeling dissatisfied with their sleep, insomniacs often exhibit one or more of the following symptoms: fatigue, poor energy, difficulty concentrating, mood swings, and decreased productivity. Acute insomnia is temporary and often caused by external factors. Sleep disorders that last at least three months and occur at least three nights a week are called chronic insomnia. There are many causes of persistent insomnia difficulties. Many medications, such as benzodiazepines and antidepressants, are part of the treatment and consuming milk high in melatonin has also been shown to be beneficial. The aim of researchers to raise this phenomenon is to see the effectiveness of ablution in helping teenagers who are experiencing failed relationships to sleep better at night. The research uses qualitative methods with participant observation and in-depth interview procedures. According to research findings applying ablution before bed may experience less anxiety and better sleep quality. This is because the act of washing using ablution water has a calming and spiritual impact. The importance of including religious therapy as a technique to help teenagers overcome sleep difficulties caused by psychological stress due to failed relationships has a good effect in this research.

**Keywords:** Insomnia, Ablution Therapy, Relationship

### **ABSTRAK**

Ketidakmampuan untuk tertidur atau tetap tertidur, meskipun ada kesempatan, dikenal sebagai insomnia. Selain merasa tidak puas dengan tidurnya, penderita insomnia sering kali menunjukkan satu atau lebih gejala berikut: kelelahan, energi buruk, sulit berkonsentrasi, perubahan suasana hati, dan penurunan produktivitas. Insomnia akut bersifat sementara dan sering kali disebabkan oleh faktor eksternal. Gangguan tidur yang berlangsung setidaknya tiga bulan dan terjadi setidaknya tiga malam dalam seminggu disebut sebagai insomnia kronis. Ada banyak penyebab kesulitan insomnia yang terus-menerus. Banyak obat, seperti benzodiazepin dan antidepresan, merupakan bagian dari pengobatan serta mengonsumsi susu tinggi melatonin juga terbukti bermanfaat. Tujuan peneliti mengangkat fenomena ini adalah untuk melihat efektivitas wudhu dapat digunakan untuk membantu remaja yang mengalami kegagalan relationship untuk tidur lebih nyenyak di malam hari. Penelitian menggunakan metode kualitatif dengan observasi partisipan dan prosedur wawancara yang mendalam. Menurut temuan penelitian menerapkan berwudhu sebelum tidur mungkin mengalami lebih sedikit kecemasan dan kualitas tidur yang lebih baik. Hal ini karena tindakan membasuh menggunakan air wudhu mempunyai dampak yang menenangkan dan spiritual. Pentingnya memasukkan terapi keagamaan sebagai teknik untuk membantu remaja dalam mengatasi kesulitan tidur yang disebabkan oleh stres psikologis akibat gagalnya relationship memiliki efek yang bagus dalam penelitian ini.

**Keywords:** Insomnia, Ablution Therapy, Relationship

## **Introduction**

In Indonesia today there are many people who follow other cultures, including dating. Courtship is a period of time when a man and a woman do activities together. It is assumed that two people with different personalities must accept each other's shortcomings and advantages because of their connectedness. There are good partnerships and bad connections in dating. When people date, positive relationships are formed, but they can also turn into partnerships with negative impacts. Every relationship will eventually experience conflict because of the difficulty of uniting each other's personalities and traits. Problems in a relationship that give rise to feelings of insecurity are the result of negative emotions; This kind of situation can make a person feel comfortable. The conflicts that arise from this identification process often lead to toxic partnerships, which in turn lead to divisions. (Saputra & Wijaksono, 2022).

Adolescence is a transition from childhood to adulthood. Although no longer children, teenagers are not ready to take on the responsibilities of adults. Youth have a variety of needs as human beings, and those desires must be met; This is the root of many of their difficulties. In other words, adolescent problems are now a common occurrence in our culture. Furthermore, a comprehensive and in-depth study of adolescent problems needs to be carried out considering that adolescents are a generation that will eventually occupy various roles in society, and the state. (Sarlito W. Sarwono 2012). Teenagers are very aware and often face social difficulties. A clear example that often occurs is the rampant student clashes triggered by unimportant issues. Conflicts with spouses, friends, or other individuals can trigger many thoughts in adolescents that lead to difficulty sleeping.

Teens who have trouble sleeping sometimes turn to alcohol and promiscuity, and many more situations involve adolescence. Because adolescence cannot be separated from a number of problems. Because, in his time there was a different emotional turmoil along with rapid physical and psychological progress. Most of us must have experienced the pain of unfulfilled love or unrequited applause. Love and breakups often lead to regret and tension, both of which can lead to insomnia. Stress will occur if a person experiences ongoing sleep disturbances. Especially when it comes to romance or dating, teenagers' emotions are stronger and can control themselves than realistic thoughts. After a breakup, teenagers' emotions can contribute to the loss of enthusiasm for life. That is, a person may experience the following: sadness, depression, heartbreak, loss of interest and excitement, sleep disorders such as insomnia and difficulty falling asleep or waking up during the night, eating disorders, a sense of worthlessness, guilt, difficulty focusing. , difficulty making

decisions, and a gloomy and negative outlook on the future. Given that the majority of children are still in unsafe conditions, these things are very likely to happen to them. Breaking up from someone or ending a romantic relationship can cause various impacts and reactions to one's feelings, actions, and thoughts, anger, pain, frustration, resentment, loneliness, depression, decreased satisfaction in life to post-traumatic stress symptoms. Breakups are also associated with vulnerabilities in self-concept and self-esteem (Park & Sanchez, 2011).

Breaking up with someone or ending a romantic relationship can be viewed as a learning experience and a step towards personal growth. But for teenagers who have been dating for a long time and have felt so much love, the grief they experience after a breakup may also be very deep, and can be the hardest and most excruciating thing that makes them feel depressed and suffer endlessly for the rest of their lives. Teens who break up experience worse psychological impacts than good psychological impacts for that matter. Teens often face emotional instability and rejection, leaving them feeling unable to accept their circumstances. This has a negative influence. Meanwhile, adolescents can find their identity, accept their circumstances, and grow into a better person thanks to beneficial psychological influences. Teenagers who are broken in love and have a large social circle will easily forgive their partners and move on by spending time with their friends; However, those who experience divisions and lack of friends will find it more difficult to continue. When teens view failure negatively, they will instill in others the idea that they are useless, depressed, and don't want to live. These thoughts can trigger stress and disrupt sleep patterns, which can ultimately lead to insomnia.

One of the essential needs of a person is sleep which is very important to maintain the stability of the immune system in the body. If you get enough and quality sleep, you can get maximum benefits. Sleep disorders caused by stress, insomnia, nightmares, diabetes, and respiratory tract disorders can result in poor sleep quality that makes the body unfit and unhealthy when waking up. Kline (2013) A person's enjoyment of his sleep experience is measured by his ability to start, maintain, get enough sleep, and wake up feeling refreshed. Disturbances in sleep quality are experienced by various age levels, one of which is adolescence. Poor sleep quality in adolescents can result in decreased brain performance, and decreased concentration levels. Disturbances in sleep quality can be overcome in various ways, including through therapy it is possible to be effective is ablation. Research proves that ablation has benefits in overcoming the problem of sleep disorders.

One type of treatment that can improve nerve function is ablation. Water used for ablation has the potential to help calm nerve endings in the fingers and toes, thereby increasing focus and

causing relaxation. The washed body part will feel like it is being massaged when the ablution movement is performed. The body may release endorphins due to the impact of massage that makes a person feel more peaceful. Research on the benefits of ablution for health has been widely studied, but research on the effectiveness of ablution as a relaxation therapy to improve sleep quality, is still not widely studied. This study aims to determine the effectiveness of ablution therapy. A number of previous studies have shown the effectiveness of ablution as a psychotherapy. Similar to the research of Hariawan, Haryanto, and Ulfiana (2017) who found that massage and splashing water during ablution can relieve muscle tension, increase relaxation, and improve sleep quality in elderly insomniacs. Sabra's research (2018) revealed that wudu provides protection against disease bacteria and is beneficial for maintaining personal hygiene.

In addition, Wudu was found to have an effect on students' ability to manage their emotional discomfort by Idris, Wahab, and Yusoff (2017). First, there are the physiological advantages of using ablution to improve the sleep quality of young women. According to the World Health Organization (2004), sleep is a physiological necessity for the health of all living things. They have deep interactions with daily activities and regulate the global balance between the two states of wakefulness and sleep. From a psychological point of view, sleep quality is determined by a person's level of sleep enjoyment as well as their ability to cope with sleep-related problems they may experience (Fani Reza, 2020). Muslims who perform ablution properly can avoid a number of chronic diseases, Yasin (2012). In addition, Irmak (2014) revealed a relationship between ablution and brain health. Washing the face, oral cavity, and nasal cavity, as well as wetting the scalp, ears, and neck four to five times a day, during the ablution phase, helps the brain stay cool throughout the day. This shows unequivocally that ablution nourishes the brain by calming the head.

## **Method**

### *Participants*

This study used 1 participant who was willing to tell his life experience. Researchers use 1 participant because based on Creswell (2013) revealed that phenomenological research is exploration of several individuals who in fact experience a phenomenon. Categories of participants include; Early adult male age 21 years, has been involved in a failed relationship for 3 years, a relationship that ended 3 years ago, is a party who decides or breaks away from relationship failure.

### *Data collection*

The data collection technique in this study was a semi-structured interview. This semi-structured interview guide has been commonly used. Starting from the interviewer asking in a structured way, then each question is carried out in-depth probing to explore more information. As a result, participants' answers can represent each variable in detail (Siyoto & Sodik, 2015). In-depth interviews are used as data collection because researchers want to get reality and researchers also want to dig deeper not only what is visible, researchers can also ask about the past, present, and future to respondents (Subadi, 2006). Face-to-face interview has been held 1 (one) time.

### *Data analysis*

In this study we used a type of qualitative research with phenomenological methods. Phenomenological studies are the study of a person's life experiences or methods for studying how individuals subjectively perceive experiences and give meaning to that phenomenology. The meaning of the word phenomenology is etymologically derived from phenomena and logos. The phenomenon comes from the Greek verb "phainesthai" meaning to appear, and is a synonym of fantasy, fantom, and phosphorus meaning light or light. Based on this word, a verb is formed, namely "visible" visible because it is luminous. In Indonesian is defined "light". Literally a phenomenon is defined as a symptom or something that manifests. The techniques used in qualitative research with a triangulation approach are:

#### 1. Observation

Researchers use the method of collecting data with observation because observation is a means of data collection that allows researchers to observe the behavior that arises from their subjects and is one approach to better understand humans, so observation is carried out randomly and without a set schedule.

Observation means paying attention and following in the sense of observing carefully and systematically the intended behavioral target (Herdiansyah, 2014). The type of observation used in this study is structured observation is the type of observation used in this study. Methodically planned observations of what will be observed, when, and where are known as structured observations. It is a systematic observational study in which the observer has a predetermined set of categories of actions or events to examine (Anggito & Setiawan, 2018).

#### 2. Interview

Researchers choose interviews as a means of data collection because they allow researchers to ask questions directly to subjects during observation, so as to explain the research findings. Furthermore, according to Moleong's point of view, to find out the subject's opinion on the theme.

A research technique called interviewing uses direct verbal communication between interviewers and respondents to collect data. According to Moleong, an interview is a purpose-based conversation. The interview is conducted between two people, namely the interviewee and the interviewer. The interviewer asks questions, and the interviewee answers (Moleong, 2013). Compared to structured interviews, the semi-structured interviews used in this study allow for more flexibility in their execution. This kind of interview seeks to identify problems more honestly by asking the thoughts and opinions of interview subjects (Herdiansyah, 2014).

### 3. Documentation

The reason researchers use documentation data collection methods is to support their research with documents such as images, life experiences, or recording devices, researchers use documentation data collection techniques.

Documentation is the process of collecting qualitative data through documentation involving tracing or evaluating material on the subject that has been produced by other subjects or people (Herdiansyah, 2014). One of the methods used by qualitative researchers to obtain an overview of the subject's point of view through written media and other materials created or published by the subject concerned is the study of documentation. Whether interviews are conducted or observations are made, images or recordings of events will serve as documentation data that is used later.

## Results

The results of this study will contain excerpts of interviews that are given the name of the respondent's initials and then continued with the date of the interview. An example of the statement is (Mrh, May 6, 2024) which means an interview quote from a respondent named Mrh and the interview was conducted on May 6, 2024. Participants have undergone 1 interview process during this research process.

### **Disruption of sleep patterns that have an impact on poor sleep quality**

Sleep disorders experienced by a person tend to affect the quality of poor sleep in a person. Respondents in this study had a similar disorder, and also respondents said they often experienced it and felt its effects.

[...] If you sleep often wake up, it must have been, it can be up to 2 times 3 times because of several factors. (Mrh, May 6, 2024)

[...] If the longest it can be 12 hours if it doesn't sleep for 2 days, except for the shortest it's 2 hours. (Mrh, May 6, 2024)

Mrh revealed that he has sleep disorders where he often wakes up two to three times on even days and he also experiences poor sleep quality as well as insomnia where he cannot control the time for proper sleep.

### **Not getting enough sleep and not getting well enough at the beginning of the night**

The condition of the respondents at the beginning of the night was not quite sound because of several things, namely related to love relationships as well as family and not enough sleep which caused sleep more than ordinary people.

[...] Like anxiety so you can't sleep, anxiety is like thinking about most families so you can't sleep disturbed. (Mrh, May 6, 2024)

[...] Usually, if you can't sleep, it's also mostly like for example either playing games or doing other activities until you are really tired later fall asleep alone. (Mrh, May 6, 2024)

[...] If for example, the sleep is past 12 o'clock and above, it can be until 10 o'clock in the afternoon. (Mrh, May 6, 2024)

[...] In fact, the body hurts because it has exceeded the reasonable sleep limit. (Mrh, May 6, 2024)

Respondent Mrh revealed that when he wants to sleep, he is always overshadowed by anxiety that makes him unable to sleep where his anxiety is also related to his love relationship as well as about family that makes him feel like sleeping is not good. Then another thing that causes him to not be able to sleep is mostly playing games or doing other activities, then his sleep hours are 12 o'clock and above where it has entered in the form of sleep disorders in the form of insomnia it also has an impact on his body when he wakes up in the form of body pain.

## **Discussion**

Every relationship will eventually experience conflict because it is difficult to maintain, combining each other's personalities in a relationship, feelings of insecurity are usually caused by negative emotions, circumstances like this may make one partner feel comfortable. The conflict that occurred due to this recognition process occurred in many unhealthy relationships (Saputra & Wijaksono, 2022) and resulted in their relationship ending, the end of this relationship caused many of them to feel sadness and anxiety that dragged on and had an impact on sleep disorders or could be called insomnia.

This study has results that *relationship failure* can form *low sleep quality* to insomnia because it is caused by lingering feelings of disappointment and sadness. The individual suffers from insomnia, where he or she is unable to regulate when to sleep, poor sleep quality, and often wakes up between two to three times each day. There are a number of factors why most people don't get as much sleep as they need, especially when it comes to relationships and family. In addition, there is a factor of playing games as an outlet for frustration and disappointment experienced, it also has an impact on his body when he wakes up in the form of body pain.

The inability to fall asleep or stay asleep, despite the opportunity, is known as insomnia. A person with insomnia has difficulty falling asleep and staying asleep. People around the world About 30% of people worldwide suffer from sleeplessness (Adheya et al., 2019). If sleep disturbances or insomnia last for a long period of time, it will also have an impact on a person's physical health either psychologically or mentally. The characteristics of paleness, swollen eyes, weak body, and decreased body resistance will all be clearly visible. This will make the body more susceptible to allergies and disorders. Because insomnia can have an impact on the nervous system, it can cause mental or psychological attacks. Affected individuals may appear weak, lack dexterity when perceiving stimuli in detail, and difficulty focusing (Lanywati, 2013).

Research conducted by Ghina et al., 2023 states that insomnia also has a relationship with gender, age, education, social support, physical health, mental health, lack of physical activity, work and other factors. One of the factors that causes the most insomnia in college students is anxiety. If insomnia is not prevented and carried out underlying therapy, then more and more adolescents will experience insomnia events. In addition to psychological strain and stress, mental health problems also play a role in sleep disorders or insomnia among teenagers. Mental illness is a health problem that may have an impact on a person's relationships, emotions, thoughts, and actions.

According to research by Zhou et al. and Alyoubi et al, cited in the study above, students who experience significant levels of stress, anxiety, and depression tend to experience sleepless nights. Jansson's (2006) study, which looked at the results of prospective studies, supports a link between anxiety, depression, and insomnia. It was found that anxiety is one of the factors in the occurrence of insomnia and is even a risk factor that is more influential than depression on the development of insomnia. On the other hand, sleeplessness itself can potentially be a marker of anxiety, sadness, or other mental health problems.

Relaxation therapy is one of the non-pharmacological treatments for sleep disorders. Previous research has shown that relaxing before bed can improve a person's sleep quality. Back massage treatments, music therapy, and aromatherapy are examples of relaxation techniques before bed that are proven to improve sleep quality. Ablution therapy is a different type of relaxation treatment used to improve sleep quality (Purwaningsih, 2010 in Saputro, 2015). Combining three different therapies of therapeutic massage, hygiene, and hydrotherapy, ablution therapy is a simple and popular way to relax. However, there are still many people who do not know the benefits of ablution, because they often participate in this activity. Complementary therapies include ablution therapy (Hidayat, 2016).

Ahmad Syauqy, a London-based researcher of internal medicine and heart disease, states that wushu has many health benefits: "Medical experts have concluded that putting body parts in water will restore weak body strength, reduce spasms in nerves and muscles, normalize heart rate, anxiety and insomnia (sleeplessness)." Neuroscientists have shown that ablution water, which cools nerve endings in fingers and toes, helps promote relaxation and mental focus (Akrom, 2010). A splash of ablution water can be sprayed onto different parts of the body to provide calm. to offer comfort before bed. The washed body part will feel like being massaged when the ablution action is performed. The body may release endorphins due to the impact of massage that makes a person feel more peaceful (Purwaningsih, 2010).

In the field of psychology, therapy is called psychotherapy because it aims to help overcome various psychological problems, supporting people who are going through crises or unwanted life transitions, while in clinical psychology, mental illnesses or disorders become chronic and deadly. if left untreated. In addition to the possibility of developing mental illness, individuals with mental disorders in Australia are also at risk of committing suicide; After adjusting for age, education, occupation, and socioeconomic level, women were more likely than men to commit suicide. According to the National Survey of Mental Health and Wellbeing, mental illness is the third highest disease burden in Victoria State, after heart disease and cancer (Giri Widakdo, 2013).

Researchers use ablution therapy which is one form of Islamic psychotherapy method through worship using water media that has been determined in the tafsir Q.S Al-Ma'idah [5]: 6. This verse commands ablution when going to prayer. O believers, if you wish to pray, wash your face and your hands up to your elbows, and sweep your heads and (wash) your feet up to your ankles; and if you are junub, then take a bath; and if you are sick or on your way or returning from the latrine, or touching a woman, and you do not get water, then take care of good soil (clean); Sweep your face and hands with the earth. God does not want to make it difficult for you, but He wants to purify you and perfect His favor for you, so that you may be grateful.

Ablution has great health benefits, one of which is to overcome sleep disorders. Each action is beneficial for the body to improve sleep quality, such as rubbing between fingers after washing hands. Ablution is the use of water for certain parts of the body (face, two hands, head, two feet) (Bentanie, 2010) Activities carried out by people to cleanse themselves of dirt and techniques of cleaning small impurities using water as practiced in Islam before prayer. Another property of ablution water is that it can reduce anxiety or anxiety in depressed states. This is justified by a highly qualified neurology specialist who states that the water surrounding the nerves in the hands, feet, and fingers while washing can promote the relaxation of brain cells. In addition, ablution water will also feel fresh if you wash it on the face (Bentanie, 2010).

The purpose of ablution therapy in this study is that the subject experiences changes in the disorders he experiences, changes in individuals, groups, families or situations. Ablution therapy can be applied starting with intending, using holy water as a medium for ablution, starting to apply ablution before going to bed, when you want to do activities, and keeping ablution at all times, done for 3 days, and evaluating whether sleep disorders are reduced.

According to Rehatta, ablution performed humbly, precisely, honestly, and constantly fosters constructive and successful coping motivation. Positive feelings as a response in positive thinking (Imam Musbikin, 2014). Ablution can be defined as lowering the temperature in each phase of activity that causes increased stress (Oan Hasanuddin, 2007).

Research (Fani Reza, 2020) has proven that ablution treatment, one type of Islamic psychotherapy, can improve the sleep quality of adolescent girls. There is a difference between the time before and after the young women perform ablution. Ablution can be used to help young women sleep better. The researchers reviewed these results based on two main benefits of ablution therapy: psychological and physiological.

## Conclusion

This study has results that *relationship failure* can form low *sleep quality* to insomnia because it is caused by lingering feelings of disappointment and sadness. The individual suffers from insomnia, where he or she is unable to regulate when to sleep, poor sleep quality, and often wakes up between two to three times each day. There are a number of factors why most people don't get as much sleep as they need, especially when it comes to relationships and family. In addition, there is a factor of playing games as an outlet for frustration and disappointment experienced, it also has an impact on his body when he wakes up in the form of body pain. Researchers use ablution therapy which is one form of Islamic psychotherapy method through worship using water media that has been determined in the tafsir Q.S Al-Ma'idah [5]: 6.

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