



INSOMNIA MENTAL HEALTH ISSUES PANDEMIC COVID-19

PERMASALAHAN INSOMNIA DALAM KESEHATAN MENTAL DI MASA PANDEMI COVID-19

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ABSTRACT

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Insomnia is one of the major sleep disorders that faced by people which lead to mental health issues. Inability to get enough amount of sleep that can causing difficulty to function during the daytime. This study is in purpose to determine the understanding of insomnia and awareness in public. Researchers using a qualitative approach to addresses the issue of insomnia and 5 respondents randomly picked to participate in a semi-structured interview to share their information about this issue. The data were based on the researcher's observations throughout the field study and the data recorded from the interviews were then transcribed and analyzed using NVivo software to subsequently form themes and suitable sub-themes. Through all the interviews, data was analyzed and discusses four (4) themes that emerged from the information which are include 1.Symptoms of Insomnia, 2. Effects of Insomnia, 3.Factors of Insomnia and 4. Ways to handle Insomnia. This study provide additional information about the mental health problem known as insomnia. It includes the symptoms of insomnia, effects of insomnia, factors of insomnia and also provide the ways to handle insomnia. In conclusion, insomnia can leads to a lot of serious mental health problem such as depression, anxiety, easily frustrated and so on and this in turn would really be a serious problem as it could leads to people committing suicide if they are not cured in time especially during pandemic Covid-19.

Keywords: insomnia; mental health; public's coping skills; pandemic Covid-19

Insomnia adalah salah satu gangguan tidur utama yang dihadapi oleh orang-orang yang mengarah pada masalah kesehatan mental. Ketidakmampuan untuk mendapatkan waktu tidur yang cukup, dapat menyebabkan kesulitan untuk beraktivitas di siang hari. Penelitian ini bertujuan untuk mengetahui pemahaman dan kesadaran tentang insomnia pada masyarakat. Peneliti menggunakan pendekatan kualitatif untuk mengkaji masalah insomnia tersebut dan lima responden secara acak memilih untuk berpartisipasi dalam wawancara semi-terstruktur untuk berbagi informasi tentang masalah ini. Data berdasarkan pengamatan peneliti selama studi lapangan dan data yang direkam dari wawancara kemudian ditranskrip dan dianalisis menggunakan perangkat lunak NVivo untuk selanjutnya membentuk tema dan subtema yang

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sesuai. Melalui semua wawancara, data dianalisis dan membahas empat (4) tema yang muncul yang meliputi Gejala Insomnia, Pengaruh Insomnia, Faktor Insomnia dan Cara Mengatasi Insomnia. Studi ini memberikan informasi tambahan tentang masalah kesehatan mental yang dikenal sebagai insomnia. Ini meliputi gejala insomnia, efek insomnia, faktor insomnia dan juga memberikan cara untuk menangani insomnia. Kesimpulannya, insomnia dapat menyebabkan banyak masalah kesehatan mental yang serius seperti depresi, kecemasan, mudah frustrasi dan sebagainya serta pada gilirannya akan menjadi masalah serius karena dapat menyebabkan orang bunuh diri jika tidak segera sembuh terutama di masa pandemi Covid-19.

Kata Kunci : *insomnia; kesehatan mental; keterampilan coping publik; pandemi Covid-19*

INTRODUCTION

Insomnia, one of the most common sleep disturbances that will lead to mental health issues (Stene-Larsen & Reneflot, 2017; Service, 2019). Nowadays, everyone is suffering from insomnia, the difference is only the severity of each person's insomnia. Failure to properly deal with insomnia, it will be giving rise to mental health issues and mental illnesses which includes depression, anxiety disorders, schizophrenia and eating disorder (Ahmad & Amer, 2012; Gress-Smith *et al*, 2015).

According to World Health Organization (WHO) (as cited in Roth, 2007), insomnia is defined by using diagnostic criteria such as a person is difficulty in falling asleep which takes longer than 30 minutes to fall asleep, interrupted sleep characterized by frequent awakenings, early morning awakening which means that the total sleep is less than 6.5 hours and this sleep difficulty occurs at least 3 times per week or even be a problem for at least 1 month. Based on the An American Academy of Sleep Medicine review, insomnia is the most common sleep disorder that related with mental health condition which lead to emotional distress, difficulty in functioning during the day, loss of productivity (Sateia *et al*, 2000).

According to the epidemiological questionnaire survey that included 12778 adults in French indicate that 19% of the population with insomnia has stated that they are facing sleeping problem at least 3 times per week for a month and complained about daytime fatigue, which considered as the diagnostic criteria of insomnia (Leger *et al*, 2000). In other survey which was conducted in the South Korea with targeted population aged 15 years or older, it shown that insomnia is widespread in South Korea which there are nearly one in five individual are suffering from insomnia by 11.5% of the population are having difficulty maintaining sleep and over 50% of population with the diagnostic criteria of insomnia has mentioned about daytime consequences (Ohayon & Hong, 2002).

Insomnia can lead to serious mental health issues such as depression, anxiety disorders, schizophrenia and eating disorder, which may cause an individual to choose suicide (Dora & Halim, 2011). Therefore, this research is going to determine the public's understanding and awareness towards insomnia.

According to cognitive theory, it emphasizes the key role of the mind's cognitions which includes a person's thoughts, feelings, beliefs, and perceptions can be determining behavior (Alzayyat, *et al*, (2016). In the cognitive behavioral therapy for insomnia, it is a recognized method for treating insomnia without using sleeping pills (Hamblin, 2007). Cognitive behavioral therapy for insomnia is in purposed to change the thoughts by giving a series of sleep assessment so that the behavioral change naturally follows which help to

change the habit of sleep. For example, avoid taking naps and go to bed early is the first steps of cognitive behavioral therapy.

Therefore, stimulus control instructions are depending on changing the sleep habit that may cause prohibiting sleep such as not to stay at bedroom when is not ready to sleep. Hence, sleep hygiene education by listing out “should do” and “can’t do” in order to fall asleep. For an instance, ensure the bedroom is dark and cool while avoid caffeine before sleep (Katon, 2003)

METHOD

The researcher will discuss research framework (refer to below Diagram 1) which is using by the researcher in the research period such as research design, population, sample and sampling procedure, pilot study, data collection procedure, data analysis procedure, conceptual framework and instruments. The researcher also took seriously about the confidential information given by the respondent. This is because it is ethics in doing research.

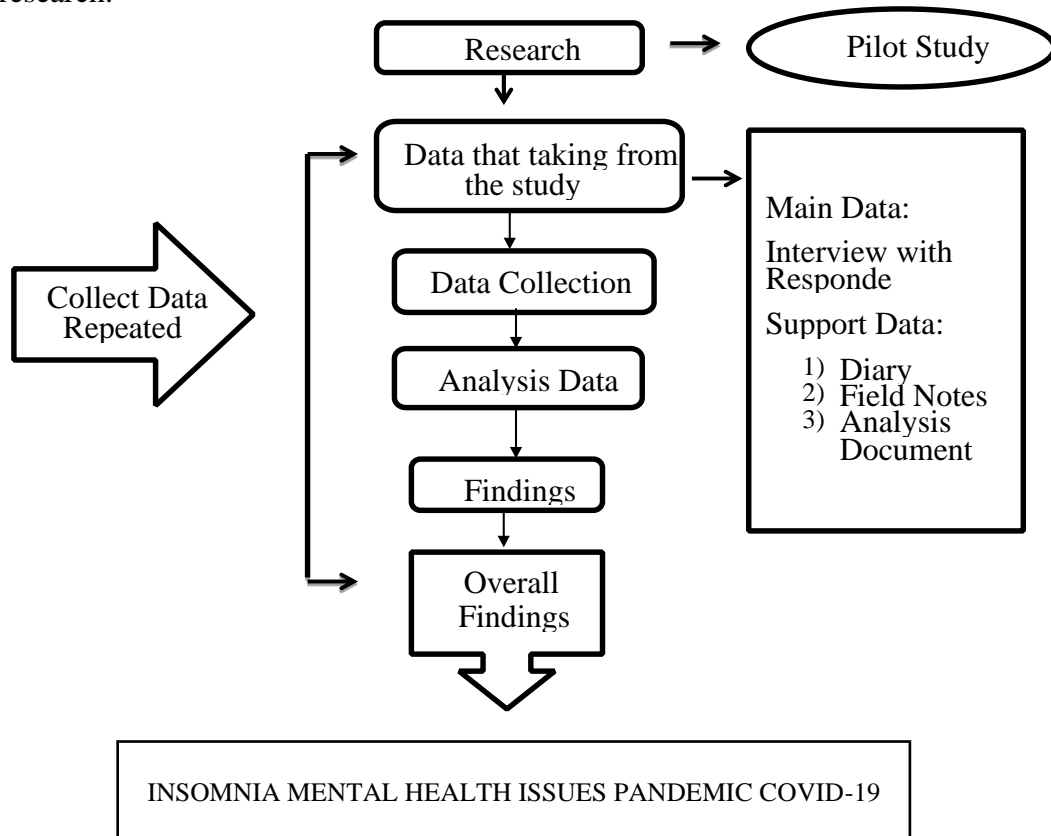


Figure 1. Research Framework

In this study, researcher use qualitative data collection methods through online interviews used Microsoft Team and recoded (Mathers *et al.* 2002; Aslina *et al.*, 2021). The researcher will use semi-structured interviews as fundamental on the participant as respondent. Examples; Session A: Demography of Respondent and Session B: Research Question (which are based on four (4); 1. What are the symptoms of insomnia?; 2. What are the Effects of Insomnia?; 3. What are the factors of insomnia? and 4. What are the ways to handle insomnia? (Jamshed. 2014; Kamarul Azmi, 2019).

This technique is use to get more useful information and the data from respondent through general open-ended questions which allow respondent to create options for responding and voice their experiences or perspectives. This research used purposive sampling (Mohamad Najib, 2003; Shank, 2006; Kamarul Azmi, 2019). The researcher recorders to record in-depth interviews (Davidson & Christina, 2009; Raharjo, 2019), and recoded session used Microsoft teams system, and then transcribed the information for the analysis. The data were based on the researcher’s observations throughout the field study and the data recorded from the interviews were then transcribed and analyzed using NVivo software to subsequently form themes and suitable sub-themes. (Wiersma, 2000; Dayang Tiawa & Abdul Hafidz, 2009; Yeh & Inman, 2007; Zainab, 2018).

RESULT AND DISCUSSION

Below are demographic of respondent (R): Refer table 1.

Table 1. Demographic Respondents

Respondent (R)	Gender	Age	Ethnic	Status	Academic	Marital status
R1	Female	20	Bidayuh	Student	Diploma	Single
R2	Female	22	Malay	Student	Degree	Single
R3	Female	24	Melanau	Co- worker	STPM	Single
R4	Male	26	Malay	Co- worker	Diploma	Single
R5	Female	37	Jawa	Worker	Degree	Married

During the interview session, we have covered on several issues that related with insomnia and at some point, various respondents experience and perspective were discussed. Nowadays, insomnia can affect people of any age especially adult females rather than adult males. For some people, this is only a brief problem but for others, insomnia can become a severe and ongoing struggle (Hamblin, 2007).

Through all the interviews, we analyzed and discusses four (4) themes that emerged from the information. The themes include four (4) main themes, which are Symptoms of Insomnia, Effects of Insomnia, Factors of Insomnia, and Ways to handle Insomnia (refer Figure 2 below).

Table 2. Analysis of Insomnia Understanding among Community

Theme	Sub Theme	Respondents
Symptoms of Insomnia	Trouble falling asleep at night	R1,R2,R3,R4
	Waking up during night	R1,R2,R3,R4,R5
	Waking up too early	R1,R3

	Snore loudly or feeling out of breath	R1,R2,R5
	Not feeling well-rested after a night's sleep	R1,R3,R5
	Leg restless or uncomfortable before bed	R1,R3,R5
Effects of Insomnia	Take time to sleep	R1,R2,R3,R4,R5
	Changes in sleep pattern	R1
	Not productive	R1,R4
	Daytime tiredness or sleepiness	R1,R2,R3,R5
	Difficulty paying attention, focusing on tasks or remembering	R1,R3, R5
	Feeling depressed	R5
Factors of Insomnia	Feeling tired	R1,R3,R4,R5
	Stress	R1,R3
	Work schedule	R1,R3
	Taking caffeine or alcohol	R1,R2,R5
	Poor sleep habit	R1,R3
	Medical conditions	R1
	Family members having insomnia	R5
	Taking care of family	R5
Thinking too much	R3	
Ways To handle Insomnia	Working hours (shift)	R1,R3,R4
	Taking medicine or treatment	R1
	Create relaxing bedtime ritual	R1
	Stay active	R1,R5
	Check prescription medications	R1

The analysis was completed using a grounded theory methodology to identify themes within the data. All respondents that were interviewed were experiencing the mental health problem known as insomnia. The themes identified in the analysis included the symptoms of insomnia, effect of insomnia, factors of insomnia and also the ways to handle insomnia.

Symptoms of Insomnia

According Martin, (March 7, 2019), there are five (5) symptoms of insomnia which is unrefreshing sleep, waking up too early in the morning, waking up frequently during then night, difficulty concentrating during the day and difficulty falling asleep despite being tired. The studies are shown that symptoms of Insomnia include difficulty initiating sleep, difficulty maintaining sleep or waking up earlier than desired with daytime impairment despite adequate opportunity and circumstances to sleep. This is according to the Third International Classification of Sleep Disorders. Another studies which is the Fifth Edition of the Manual of Mental Disorders has prove that dissatisfaction with sleep quantity or quality associated with one or more Insomnia symptoms (difficulties initiating sleep, difficulties maintaining sleep or waking up too early with inability to go back to sleep) and associated daytime impairment although there are appropriate conditions to sleep.

In the research that researchers done, most of the respondent having the insomnia symptoms which is trouble failing asleep at night, waking up too early in the morning and waking up frequently during then night. This statement also support in Samsiah, (5 June 2021) and Samsiah, (12 June 2021). The remaining insomnia symptoms that faced to our respondent which is snore loudly or feeling out of breath, not feeling well-rested after a night's sleep, leg restless or uncomfortable before bed and take a long time to fall asleep (American Academy of Sleep Medicine, 2014).

Effects of Insomnia

For the effects of insomnia to human's health, the lack of sleep will definitely affect people's actions, daily lifestyle, their mentality and so on (Kader Maideen, *et al.*, (2014). After conducting an thorough interview with five respondents who are of different racial, gender, age, ethnic, status, academic and marital status, we had achieved a satisfying result. Apparently, all five of the respondent agree that insomnia has made them harder to fall asleep. Besides that, during the interview, respondent R1 had given us the answer that the insomnia has affected her sleeping pattern in which that a small amount of sound made would wake her from her sleeps. Respondent R1 and R4 given us the answer that they became not productive after experiencing insomnia and this is true according to a author known as Robert Yang who stated that "In a real-world sample of about 1000 people, those who were sleeping less, and those who were not getting good quality sleep, were actually at a disadvantage when it comes to productivity" (Singh, 2016).

Respondent R1, R2, R3 and R5 had experienced the effect of tiredness or sleepiness during daytime which is one of the effect of insomnia to a persons body. Next, respondent R1, R3 and R5 also had experience the difficulty of paying attention, focusing on tasks and also hard to remember the thing they did or the thing that they needed to do or in other words, they easily forget things. Reaching the last part of the effect of insomnia which is feeling depressed, only respondent R5 had felt depressed due to the reason of moving to a new place. According to a journal written by Hamblin, (2007) on "Insomnia: A sleep disorder: Its causes, symptoms and treatments", insufficient sleep may causes a person to be easily frustrated, poor attention, easily distracted which will lead to increase in accidents, anxiety, depression and many more (Robert Blanchard, 2008; Tracy, 2014).

Factors of Insomnia

Insomnia is a common sleep disorder that can it hard to initiate a sleep, hard to stay asleep, or cause you to wake up too early and not be able to get back to sleep. It can cause the individual to still feel tired when they wake up. Insomnia did not only affect the individual health but also their productivity, energy level and mood (Mayo Clinic, 2019). The factors or cause of insomnia basically comes from the individual's lifestyle and daily habits.

The most common factor is feeling tired or worn out (Merz, 2018). As humans, we can't help but feel tired all the time. The capability of each person. Some might only feel tired by doing a heavy activity like hiking, some might feel tired even by just walking. Based on the interview we have conducted, three respondents; R1, R2, R3 and R5 stated that feeling tired is one of the reason why it is hard to sleep at nights. They're feeling tired

with all their daily works and when it times to rest, that feeling never receded and eventually, it disturbs their sleeps.

Stress is also another factors that can lead to insomnia (Harris & Molock, 2010; Pietraangelo, 2013; Dec 30; Hall-Flavin, 2017; lustbader, 2019). Stress can be caused by many things including a tight work schedule, schools, concerns about finances and traumatic events. Only one from five respondents say that stress does affect their sleeping pattern which is R1. Based on the transcription, most of R1 stress come from assignments. R1 also said her tight daily schedule can sometimes cause her to feel stress. Her weekdays schedule is filled with classes, lectures and due dates of the assignments. R3 said since she is a cashier and have to followed the shifts, her sleeping patterns has changed a lot.

Stimulants or substance like coffee and caffeine can give a big effect to an individual lifestyle. Caffeine is one of the biggest triggering factor to insomnia (Gress-Smith, *et al*, 2015).

Since the effect of caffeine can last up to several hours, the chances to initiate can decreases. R1, R2 and R5 did responded that because of the intake of substances as mentioned above, it is hard for them to stay asleep. R1 is a coffee person which is someone who likes coffee, R2 only drink coffee when she feels like drinking and R5 take coffee almost every day.

Different person has a different biological clock (Mohd Nasir, 2019). Some people might only need 4 hours of sleep, some might need up to 8 hours of it. Some might also need to go to bed earlier in order to get a proper sleep, some might can sleep late and wake up a little later. It all depends on that person. Besides the intake of coffee and stress, R1 also mentioned that her poor sleeping habits is one of the cause why it is hard for her to sleep sometimes. On weekdays, she goes to bed very late at night and wake up early because she has morning classes. On weekends, she goes to bed when it is almost morning and only wake up a few hours before the sun sets. Contrary from R3, she said due to her work schedule, she has to managed because she work by following the shift time.

Prescriptions from doctors sometimes can cause a gradual change in someone's sleeping habit, sometimes not (Hamblin, 2007; Gress-Smith, *et al*, 2015). It depends on what kind of illness that person have and what kind of prescription the doctor gave. R1 did mentioned that she is diagnosed with asthma but she didn't think that the medicines she took for the prescription give a negative impact to her life.

According to some studies, insomnia is hereditary diseases (Martin, 2019). It means that it can be passed down from generations to generation. Although insomnia can also happen to anyone, those who have a family member suffered from insomnia faced a bigger risk to also suffer from it later on compare to those who doesn't. According to the interviews, only R5 said that she has a family member who also experienced trouble in sleeping which is her mom.

When we want to go to bed, we have to make sure that our mind is in peace. When someone have a lot on their minds, they will feel like the world is too noisy and eventually cannot go to sleep. This is what happened to R3. She can't seem to put her mind at ease. Based on the interview she has answered, she has a lot to think about and it is affecting her sleeping patterns.

Ways to handle Insomnia

According to the five respondents, majority determined need the working hours (shift) is one of the ways to handle insomnia. According to the fourth respondent, he was

facing insomnia due to the uncertain working hours in which he worked either during the day or at night on shift. Work time for individual caused sleep disturbance. The best way is to organize work schedule wisely, so that your bed time is not interrupted. In addition, creating relaxing bedtime rituals is also one of the best ways for respondents to handle with insomnia issues (Khatri, 2019).

For example, according to R1, listening to quiet songs such as lowlife music and instrumental piano can help her to sleep. In addition, staying active is also one of the ways to handle insomnia. R1 and R5 chose to do exercise such as jogging. Exercise activity is especially beneficial for individuals with insomnia. This is because, high-intensity exercise will cause the body to sweat and thus promote a better quality of sleep. Another way to handle insomnia is check prescription medications. Individuals with other illnesses should check out other prescription medications. This, in turn, does not affect other health problems while treating insomnia. This is because there are individuals who are allergic to certain types of medicine. Therefore, they should be cautious in choosing medicines and are encouraged to seek medical doctor for advice (Ohayon & Hong, 2002; letter, 07 August, 2019).

CONCLUSSION

This study provide additional information about the mental health problem known as insomnia. It includes the symptoms of insomnia, effects of insomnia, factors of insomnia and also provide the ways to handle insomnia. Briefly, insomnia can leads to a lot of serious mental health problem such as depression, anxiety, easily frustrated and so on and this in turn would really be a serious problem as it could leads to people committing suicide if they are not cured in time especially during pandemic Covid-19.

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