

Fulfillment of Sleep Needs in Elderly Insomnia in South Sibolga District, Sibolga City

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ABSTRACT

Background: Insomnia is one of the most common sleep problems in older adults (elderly). Insomnia in the elderly is caused by several factors, namely health status factors, drug use, environmental conditions, psychological stress, diet/nutrition.

Purpose: overcoming insomnia in the elderly by combining two theories, namely Comfort and Environmental.

Methods: The type of research used in this study is qualitative with a phenomenological approach. the number of participants who participated in this study were fifteen people. Collecting data using Focus Group Discuss (FGD), Observation, and in-depth interviews, the results of data collection in this study using analysis techniques Triangulation method (Focus Group Discuss, in-depth interviews, and observation).

Results: This study produced five main themes, namely: 1) physical, 2) psychology, 3) religion, 4) social, 5) environment.

Conclusion: In achieving the quality and quantity of sleep for the elderly who experience insomnia, it is expected that the elderly can fulfill their comfort and cleanliness in their surrounding environment.

Keywords: comfort, elderly, enviromental, insomnia

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BACKGROUND

Insomnia is one of the most common sleep problems in older adults (elderly). Therefore, sleep problems in the elderly can arise due to aging, but it can also be due to psychological and biological factors (Zhang et al. 2019). insomnia can be classified as transient insomnia (occurring within less than a week due to changes in the sleep environment, bedtime, major depression, or stress); acute insomnia (due to physical illness); and chronic insomnia (due to psychological illnesses such as hallucinations) (Lemoine et al. 2019)

In the world, the prevalence of insomnia in the elderly is estimated at 13-47% with a proportion of around 50-70% occurring in people over 65 years of age. In Indonesia, the prevalence rate of insomnia in the elderly is around 67%, showing the proportion of the elderly in North Sumatra has reached 7.87 percent of the total population in 2019 (Kristanti, et al. 2017). It shows that the proportion of the elderly in North Sumatra has reached 7.87 percent of the total population in 2019. This shows that North Sumatra is an area with an aging population structure. The high number of insomnia in the elderly can cause various impacts.

Impact of Insomnia on the elderly; such as excessive daytime sleepiness, impaired attention and memory, depressed mood, frequent falls, inappropriate use of hypnotics, and decreased quality of life. Some sleep disorders can be life-threatening either directly (eg, hereditary and fatal insomnia and obstructive sleep apnea) or indirectly, for example, accidents resulting from sleep disorders.

Various studies and research on sleep enhancement related to elderly insomnia have been carried out. This can be seen from the results of studies from year to year below.

Promoting of sleep for patient, back massage, tai chi, exercise, aromatherapy, introduced to help people who experience insomnia, but it is still far from being expected. Various clinics in Indonesia have used acupressure and acupuncture, hypnotherapy, and transcendental meditation to cure insomnia. Sleep Hygiene, the National Heart, Lung, and Blood Institute (NHLBI) (2006) provides recommendations for sleep assistance with 13 tips, which also have not received a place in the community and practitioners (Wilkerson et al. 2019)

Counseling and psychotherapy, psychotherapy is very helpful for clients with psychiatric disorders such as (depression, obsessions, compulsions), chronic sleep disorders. This psychotherapy can help overcome the problem of sleep disorders faced by sufferers without the use of hypnotic drugs.

Herbs and over-the-counter herbal remedies such as valerian, chamomile, hops, kavakava, and passion fruit are sleep aids that are well described in the herbal medicine arena. Although randomized controlled trials have frequently been conducted on valerian, data on the efficacy and safety for most herbal ingredients are still in need of scientific study (Scott et al. 2019).

Improving the quality and quantity of sleep is also done pharmacologically, namely giving sedative-hypnotics (benzodiazepines, cyclopyrolines and imidazopyridine), Stimulants (methylphenidate and methamphetamines), Antidepressants (barbiturates and chloral hydrate), anxiety, muscle relaxants and anticonvulsants (Nursalam et al. 2018).

As applied by Kolcaba with the theory of comfort in the United States defines health care needs as a need for comfort, resulting from stressful health care situations, which cannot be met by recipients of traditional support systems. These needs include physical, psychospiritual, social and environmental needs, comfort theory itself comes from the United States. Likewise, the environmental theory was developed by Florence who came from Italy. Where this theory positions the environment as the focus of nursing care, and nurses do not need to understand the entire disease process of this concept model in an effort to separate the nursing and medical professions. The orientation of providing nursing care/nursing action is more oriented towards providing air, light, environmental comfort, cleanliness, tranquility and adequate nutrition (sufficient amount of vitamins or minerals). Both theories come from different countries and different environments, Indonesia itself has a variety of cultures and the environment is very different from other countries. Indonesian people, especially the coastal areas of Sibolga City, where the average citizen has a fishing job, even there are still many fishermen who have entered the category of elderly (elderly) to the category of young elderly (young old). Therefore, researchers want to combine the two theories so that the desired concepts emerge to overcome insomnia in the elderly in Indonesia. Sobriety and adequate nutrition (sufficient amounts of vitamins or minerals). Both theories come from different countries and different environments, Indonesia itself has a variety of cultures and the environment is very different from other countries. Indonesian people, especially the coastal areas of Sibolga City, where the average citizen has a fishing job, even there are still many fishermen who have entered the category of elderly (elderly) to the category of young elderly (young old). Therefore, researchers want to combine the two theories so that the desired concepts emerge to overcome insomnia in the elderly in Indonesia. sobriety and adequate nutrition (sufficient amounts of vitamins or minerals). Both theories come from different countries and different environments, Indonesia itself has a variety of cultures and the environment is very different from other countries. Indonesian people, especially the coastal areas of Sibolga City, where the average citizen has a fishing job, even there are still many fishermen who have entered the category of elderly (elderly) to the category of young elderly (young old). Therefore, researchers want to combine the two theories so that the desired concepts emerge to overcome insomnia in the elderly in Indonesia. Indonesia itself has a variety of cultures and the environment is very different from other countries. Indonesian people, especially the coastal areas of Sibolga City, where the average citizen has a fishing job, even there are still many fishermen who have entered the category of elderly (elderly) to the category of young elderly (young old). Therefore, researchers want to combine the two theories so that the desired concepts emerge to overcome insomnia in the elderly in Indonesia. Indonesia itself has a variety of cultures and the environment is very different from other countries. Indonesian people, especially the coastal areas of Sibolga City, where the average citizen has a fishing job, even there are still many fishermen who have entered the category of elderly (elderly) to the category of young elderly (young old). Therefore, researchers want to combine the two theories so that the desired concepts emerge to overcome insomnia in the elderly in Indonesia.

OBJECTIVE

The purpose of this study was to explore the elderly who experience insomnia in meeting the quantity and quality of sleep.

METHODS

The type of research used in this study is qualitative with a theoretical approach to triangulation methods by comparing information or data in different ways. In qualitative research, the researcher uses interview, observation, and Focus Group Discuss (FGD) methods.

RESULTS

Table 4.1 Characteristics of Participants

Participants	Age	Gender	Profession	Level of education	Ethnic group	Religion
P1	71	L	Retired	junior high school	field	Muslim
P2	68	P	Housewife	junior high school	field	Muslim
P3	58	P	Seamstress	primary school	Batak	Muslim
P4	59	P	Housewife	primary school	Batak	Muslim
P5	60	L	Fisherman	primary school	Malay	Muslim
P6	68	P	Housewife	high school	Batak	Muslim
P7	56	P	Sales	junior high school	Batak	Muslim
P8	61	P	Housewife	primary school	Batak	Muslim
P9	68	P	Housewife	primary school	Batak	Muslim
P10	68	L	Pedicab	high school	field	Muslim
P11	69	P	Housewife	primary school	Batak	Muslim
P12	58	P	Sales	primary school	Batak	Muslim
P13	61	P	Sales	primary school	Batak	Muslim
P14	60	P	Housewife	junior high school	Batak	Muslim
P15	61	L	Fisherman	junior high school	Malay	Muslim

Table 4.2. Theme

DISCUSSION

Theme 1: Physical

Theme	Subtheme	Indicator
Physical	Health condition	1. Painful 2. Congested 3. Cough
	Lifestyle	1. Activity 2. Drinking coffee
Psychology	Depression	1. Health problems 2. Live dead 3. Afraid
	Worried	1. Thoughts 2. Worried
Religion	Worship	1. Invoke 2. Remembrance 3. Pray
	Spiritual	1. Sincere
	Religious activity	1. Pray together 2. Tak'ziyah 3. recitation
Social	Interpersonal Relations	1. Husband and wife
	Family relationship	1. Information 2. Family support
	Social Relations	1. Neighbor 2. Peers
Environment	Room temperature	1. Temperature 20-23 °C
	Bed cleanliness	1. Room scent 2. Organizing the room
	Ventilation	1. Boven Ventilation 2. Noka Glass Ventilation
	Light	1. There is light 2. No light

The physical condition described by the participants has a characteristic that is experiencing a decrease in body functions as a complication of the insomnia they experience, it is due to health conditions and an unhealthy lifestyle, giving rise to various problems that can interfere with sleep comfort such as pain, shortness of breath, and coughing. Participants who have an unhealthy lifestyle such as working at night, and are also addicted to drinking coffee often can disrupt sleep patterns so that in the morning it can interfere with their daily activities.

Sleep problems in the elderly can arise due to aging, but it can also be due to psychological and biological factors (Hartono et al. 2019). Insomnia can be classified as transient insomnia (occurring within a week or so due to changes in the sleeping environment, major depression, or stress); acute insomnia (due to physical illness). ; and chronic insomnia (due to psychological illnesses such as hallucinations) (Bhasin, 2016). This condition causes an elderly person to be more susceptible to experiencing various health problems including sleep disorders (Scott et al. 2019). Insomnia is a sleep disorder that is most often found in the elderly. Each year it is estimated that about 20% _ 50% of adults report sleep disturbances and about 17% experience serious sleep disturbances.

Theme 2: Psychology

Psychological problems described by participants in the form of depression and anxiety, depression arises due to feeling useless for people around, living in death by loved ones, and fear of something that does not want to happen to the participant's family. Likewise with anxiety, participants have the intensity that at the beginning they experience feelings of worry and anxiety about their health conditions getting worse, in conditions like these participants are very disturbed in starting sleep and during sleep.

A person can experience sleep disorders due to several factors, including: physical illness, lifestyle, an uncomfortable environment, physical exercise & fatigue, treatment effects and emotional stress (Setiati et al. 2019). One of the factors that most often causes insomnia is emotional stress. Older people often experience loss that leads to emotional stress. Retirees, physical disorders (Utomo et al. 2018). Anxiety experienced by the elderly triggers other negative responses such as depression.

Theme 3: Religion

The way to overcome insomnia was conveyed by participants by carrying out religious activities, such as worship, spirituality, and carrying out religious activities. Lack of worship, especially sincere gratitude, is one of the factors that influence mindsets and has the potential to cause depression conditions that can disrupt participants' sleep. By doing worship activities such as praying, praying, and remembrance, it can increase the calmness in the hearts of participants and also get closer to the creator, where as we know the elderly are a final phase that must prepare themselves both in terms of faith and piety.

The elderly are more interested in activities related to religion. This is because in old age a person is no longer burdened with family and work responsibilities (Herlina, 2019). The elderly are more interested in activities related to socio-religious. Religion can meet some important psychological needs in the elderly in the face of death, find and maintain feelings of worth and importance in life, And can accept the shortcomings of old age. Activities in the religious field is one of the activities that can be followed by the elderly. This activity tends to be non-binding, carried out voluntarily, without coercion, filled with compassion for others and most importantly, bringing the elderly closer to the creator (Setiati et al. 2019), In addition to worship activities,

Theme 4: Social

Social support from people around becomes very valuable for participants in living their daily lives, especially husband/wife participant pairs in providing support both in terms of moral and material. Family support also has an important role in providing comfort for participants, especially in cleaning the bed, changing bed linen, and providing health information for participants. In addition to family, the surrounding environment also has an important role in providing comfort during sleep, for example neighbors who are not noisy when participants are resting, and health workers who provide information and education about

complaints experienced by participants.

With the occurrence of insomnia in the elderly, it will have an impact on the elderly themselves, such as obesity, heart problems, diabetes, unstable emotions, less fresh body and face, and others. This impact is very detrimental for the elderly, especially for physical health, psychological health, life in society, finances, and death (Nozoe et al. 2019).

Theme 5: Environment

Participants described how their environmental conditions, both inside and outside the home, in meeting the quality and quantity of participants' sleep, a healthy and safe environment was needed, especially the bed. The area and height of the bed placement should give participants flexibility to do activities as well as the distance from the bed. Bed to the bathroom, room temperature is also very important in increasing the comfort of participants, room ventilation also plays an important role in providing fresh air (Hu et al. 2018),

Environmental conditions also affect the sleep quality of the elderly where some elderly complain that their roommates are noisy before starting to sleep and changes in room temperature such as in the rainy season cause the elderly to often wake up at night to urinate. A good room temperature accompanied by a clean room will create comfort for the elderly in meeting the quality and quantity of sleep (Barreto 2018).

CONCLUSION

This study aims to explore the fulfillment of sleep in the elderly who experience insomnia by using the theory of comfort and the environment. Theoretically, comfort and the environment starts from the process of identifying the participants' physical, psychological, religious, social, and environmental factors that can interfere with their sleep. Participants had different physical disorders, some experienced joint pain, shortness of breath, and coughing at night. In this condition, participants have their own way of dealing with it, for example by giving a warm compress or applying warm cream to the painful area, half sitting if the shortness of breath recurs, and drinking warm water when the cough hits. Not only that, psychological problems also often occur in participants, especially depression and anxiety problems. Participants also have their own way of dealing with it, namely by doing remembrance, reciting the Qur'an, and reciting the verses of the Qur'an through their cellphones at bedtime. Support from the people around is also necessary in establishing a clean and desirable environment for participants, so that participants' sleep comfort can be fulfilled.

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