

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh tritmen perilaku singkat dalam menurunkan tingkat gangguan insomnia, yang diadaptasi dari BBTI (*Brief Behavioral Treatment of Insomnia*). Subjek penelitian berjumlah 4 orang dewasa berusia 20 – 29 tahun, dengan gangguan insomnia klinis sedang, yang diukur menggunakan skala ISI (*Insomnia Severity Index*) yang telah diadaptasi dalam bahasa Indonesia oleh Jaya (2012). Desain penelitian menggunakan *one group pretest-posttest* dengan *analysis within group*, dimana seluruh subjek menerima perlakuan serupa, dan dilakukan pengukuran terhadap perubahan tingkat keparahan insomnia masing-masing subjek. Metode analisa data dalam penelitian ini menggunakan uji non-parametrik, yakni *Wilcoxon Signed Rank Test*. Hasil uji dengan *Wilcoxon Signed Rank Test* diperoleh nilai $Z = 1,826$, dengan $p = 0,034$ ($p < 0,05$), yang menunjukkan adanya perbedaan tingkat gangguan insomnia pada seluruh subjek penelitian setelah proses intervensi. Perbandingan rata-rata skor perubahan tingkat keparahan insomnia pada subjek menunjukkan bahwa pada skor *pretest* didapatkan $\bar{x} = 17$, dan pada *posttest* didapatkan $\bar{x} = 6,5$. Hal tersebut mengindikasikan bahwa tritmen perilaku singkat dalam penelitian ini efektif dalam menurunkan tingkat insomnia yang menjadi gangguan tidur pada subjek.

Kata kunci : Gangguan tidur, Insomnia, Tritmen Perilaku Singkat, BBTI (*Brief Behavioral Treatment of Insomnia*).

ABSTRACT

This research was aimed to find out the effect of brief behavioral treatment to decrease insomnia disorder level, which was adapted from BBTI (Brief Behavioral Treatment of Insomnia). The research subject were 4 adults within 20 – 29 years old age range, with moderate clinical insomnia measured with ISI (Insomnia Severity Index) in which already adapted in Indonesian language by Jaya (2012). The research design used was one group pretest-posttest with analysis within group, in which all subjects received the same treatment, and the measurement were based from the change in insomnia severity levels by each subjects. The data analysis method in this research were non-parametric tests, specifically Wilcoxon Signed Rank Test. The result of Wilcoxon Signed Rank Test obtained Z value = 1,826, p-value = 0,034 ($p < 0,05$), which shows the difference between the level of insomnia in all research subjects after intervention process. The comparation of the mean values from the change of severity levels by each subjects shows the pretest score of $\bar{x} = 17$, and the posttest score of $\bar{x} = 6,5$. This results indicates that the brief behavioral treatment in this research effectively decreased insomnia level as sleep disorder in each subjects.

Keywords: *Sleep disorder, Insomnia, Brief Behavioral Treatment, BBTI (Brief Behavioral Treatment of Insomnia).*