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Website: www.jurnal.umj.ac.id/index.php/IJIPHE-mail: ijiph@umj.ac.id**ABLUTION BEFORE SLEEP AS A PREVENTIVE THERAPY FOR SLEEP DISORDERS****Masyitoh Chusnan¹, Fini Fajrini², Noor Latifah², Dailami Julis³, Nazarwin Saputra², Dadang Herdiansyah²**¹Faculty of Graduate School, University of Muhammadiyah Jakarta²Faculty of Public Health, University of Muhammadiyah Jakarta³Faculty of Educational Science Islamic State University of Sultan Thaha Jambi*Correspondence Author: masyithoh@umj.ac.id**ABSTRACT**

Sleep is an important component for maintaining individual health. Insomnia is a common sleep disorder characterized by difficulty initiating or maintaining sleep or both despite the opportunity to do so. In an Elderly Social Service in the Jombang area, 42.5% of respondents experienced sleep disturbances in the form of insomnia and even 2.5 of the total respondents experienced severe insomnia. This study used a literature review of various scientific articles in the last 10 years. There were four journals that stated there was a significant relationship between ablution therapy before going to sleep on sleep disorders. The movement in ablution written in the Book of Thaharah Tarjih Muhammadiyah directly gives calm to the limbs that are washed as well as a calming therapy for those who carry it out. The author suggests that Muslims carry out one of the prophetic traditions, namely ablution before going to bed because in health science it can have a good impact on sleep quality and prevent sleep disorders.

Keywords: *ablution, therapy, sleep disorders*

Background

Sleep is defined as a condition characterized by decreased awareness, but the activity of the liver still plays an extraordinary role in regulating various physiological, psychological and spiritual functions of humans.¹ Sleep is an important component for maintaining individual health. Without sleep, humans will experience disturbances in quality of life. Humans sleep for a third of their life. For most people, sleep is an easy thing, but for some people sleep is a very difficult thing to do.²

Research on groups of young children in Denpasar showed 30-40 percent of their activity to sleep.³ While a study conducted in Japan stated that 29% of respondents slept less than 6 hours, 23% felt lack of sleep, 6% used sleeping pills, then 21% had a prevalence of insomnia and 15% had severe drowsiness during the day.⁴ Insomnia is a common sleep disorder

characterized by difficulty initiating or maintaining sleep or both despite the opportunity to do so. Research conducted by Sathivel, et al (2018) stated that in sleep disorders among medical students, it can be concluded that as many as 20 (40%) of the respondents were on the insomnia sub-threshold, 28 (56%) of respondents suffered from clinical insomnia of moderate severity and 2 (4%) of the respondents clinically suffered from severe insomnia.⁵

A study conducted by Sayekti and Hendrati (2015) at an Elderly Social Service in Jombang, found that 42.5% of respondents experienced sleep disorders in the form of insomnia and even 2.5 total respondents experienced severe insomnia.⁶ Disorders in sleep quality can be overcome in various ways, including through relaxation therapy.⁷ Wudu is a form of therapy that is useful in cooling the nerve endings of the fingers and toes which will provide benefits in strengthening concentration and relaxing the body because the movement of ablution will have a massage effect on the limbs being washed that can encourage the body to secrete comfort-giving hormones.⁸ This study aims to conduct a literature review from various sources regarding ablution therapy before going to sleep which is considered to be a preventive effort for various sleep disorders and is expected to improve sleep quality.

Methods

Our research method is a literature review of various scientific articles in the last 10 years that examine ablution before bedtime as a preventive therapy for various sleep disorders at all ages. The data obtained from reference sources then draw specific conclusions and are linked to preventive therapy for various sleep disorders.

Table 1. Literature Review

No	Year of publication	Author's name	Title	Result
1	2015	Hamdan Hariawan	Wudu Improving Sleep Quality In Elderly With Insomnia	There is a significant relationship between ablution before bed and sleep quality
2	2012	Mey Rinawati	The Effect of Ablution Therapy Before Sleep Against the Incidence of Insomnia in the Elderly in Tilaman Wukirsari	There is a significant relationship between ablution therapy on the incidence of insomnia

No	Year of publication	Author's name	Title	Result
3	2018	Nina Dwi Lestari, Muhammad Rofiqul Minan	The Effectiveness of Ablution therapy at Ablution Therapy bedtime has been shown Before Sleep on The Quality of Adolescent Sleep	to be effective in improving the quality of sleep for adolescents
4	2017	Gusti Muhammad Gilvan Prastiyan, Kelana Kusuma Dharma, Arina Nurfianti	The Effect Of Hydrotherapy Warm Water Foot Hidroterapy In Elderly Sleep Quality That Experiencing Insomnia In Elders Nursing Home Mustika Dharma	There was no significant effect between foot hydrotherapy and sleep disturbances
5	2016	Annisa Rahmania	The Effect of Ablution Therapy before Bedtime on the Insomnia Scale in Adolescents at SMA Negeri 7 Prabumulih, South Sumatra	There is an effect of ablution therapy with the incidence of insomnia

Results and Discussions

According to research conducted by Hariawan (2017) regarding the effect of ablution on the sleep quality of the elderly. Insomnia at PSTW Puspakarma Mataram found that there was a significant relationship between ablution before bed and sleep quality. The research was made using a quasi experiment method, with a total sampling technique so that 20 elderly who experienced insomnia were obtained, which were divided into two groups, namely the control and experimental groups. The results of the study using the chi square test obtained p-value = 0.031, so it was concluded that there was a significant difference between the control and

experimental groups with $\alpha = 0.003$. Ablution for the elderly with insomnia can improve the quality of sleep in the elderly.⁹

According to research conducted by Rinawati (2012) regarding the effect of ablution before bedtime with the incidence of insomnia in Tilaman Wukirsari Imogiri Bantul, Yogyakarta, it was found that there was an effect of ablution before bed with the incidence of insomnia (sleep disorders). The study was conducted using a quasi experimental design method with a non-equivalent control group. The research subjects were elderly people over 60 years of age as many as 10 respondents from each group. The results showed that there were 7 respondents who did not experience insomnia and 3 still experienced insomnia. Through the t test, it was found that p value = 0.000, so it can be concluded that there is a significant relationship between ablution therapy before bedtime and the incidence of insomnia.¹⁰

According to research conducted by Lestari, et al (2018) regarding the effectiveness of ablution therapy before going to sleep on the quality of adolescent sleep, it is stated that indeed ablution therapy before going to sleep is effective in improving the quality of sleep in adolescents. This research is a Quasy-Experimental with pretest-posttest control group design on 60 adolescents. The sampling technique is simple random sampling. The results showed that the average PSQI values before and after being given ablution therapy were 6.04 and 3.94 (p value 0.000). The average PSQI value in the control group in the first measurement was 6.23 and 6.05 in the second measurement (p value 0.730). There was a significant difference in sleep quality between the control group and the experimental group after being given ablution therapy (p value 0.000, $p < 0.05$).⁸

According to research conducted by Prastiyan, et al. (2017) there is no relationship between foot hydrotherapy (a movement in ablution) before going to sleep and insomnia (sleep disorders). research Quasi Experiment Pre and Post Test Control Group Design. This study used a cross-sectional approach to 36 respondents by the Paired T Test. Results of Paired Sample T Test Hydrotherapy test using warm water p value = 0,000 and therapy using water with ordinary temperature (ablution) p value = 0,000. The results of the two-mean difference test did not manifest a difference of $p > 0.05$. So it can be concluded that there is no significant relationship between the two variables.¹¹

Another study was conducted by Rahmania (2016) on ablution therapy and insomnia scale. This research design used a quasi-experimental design (Quasi Experiment) with One - Group Pre test - post test design without a control group but the first observation (pretest) was carried out. This non-parametric test is used because when the data normality test is obtained, the p value is <0.05 , which is 0.000, which means that the data is not normally distributed, so

the Wilcoxon test results show that the p value <0.05 (0.000), which means that there is an effect of ablution therapy.¹²

Based on the five journals above, there are four journals that state there is a significant relationship between ablution therapy before going to sleep on sleep disorders and one journal states there is no relationship. From the research conducted in the five journals, there are 4 journals that discuss directly about ablution and sleep disorders in the form of insomnia, which of course affects sleep quality. However, there is one journal that discusses foot hydrotherapy which is a part of the ablution movement so that the five journals indirectly answer the author's hypothesis. Movement in ablution directly gives calm to the limbs that are washed as well as a calming therapy for those who carry it out.¹³ Therefore, to avoid poor sleep quality which will lead to sleep disturbances. Ablution before bed is believed to be an effective therapy to improve sleep quality to avoid various sleep disorders.⁹

Conclusion

Sleep is an important component for maintaining individual health. Insomnia is a common sleep disorder characterized by difficulty initiating or maintaining sleep or both. Disorders in sleep quality can be overcome in various ways, including through relaxation therapy. In ablution there are procedures for washing the limbs of ablution so that they can relax the limbs that are washed in ablution. Several journals that conduct research on the relationship between ablution and sleep disorders also state that there is a significant relationship between the two. The author advises all Muslims to carry out one of the prophetic sunnahs, namely ablution before bed because in health science it is proven to have a good impact on sleep quality and prevent sleep disturbances.

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