

The Role of Daily Hassles and Loneliness Toward Sleep Quality

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Abstract. The improvement of sleep quality is a personal condition. Physical and mental health may be impacted by poor sleep quality. Individual sleep quality can be disturbed in those who feel stress owing to problems with their daily lives (Daily Hassles) as well as the conditions of loneliness they encounter. The goal of this study is to determine how factors like daily loneliness and deep loneliness affect sleep quality. In this study, 152 people participated as respondents. This study employs a multivariate regression analysis approach to quantitative research. According to studies, (Daily Hassles) and loneliness can accurately predict 35.2% of people's sleep quality. While loneliness has a 14.2% impact on sleep quality, daily lack of money plays a part in 31.6% of the relationship. In the implementation of the research, it is necessary to make efforts to reduce the amount of (Daily Hassles) and loneliness by implementing sleep hygiene, promoting good health, and enhancing the function of social support.

Keywords: Adolescence; Adulthood; Daily Hassles; Loneliness; Sleep Quality.

1. Introduction

Sleep is one of the important activities for humans to survive. Sleep has the goal of maintaining biological health and well-being in children, adolescents or adults (1). It is interesting to find that sleep also has a positive impact on the physical and mental. The vital functions of the body within the individual will experience a reduction, activity in the body's metabolism will also decrease, various types of cells in the body will experience improvement, and the energy possessed by the individual will experience recovery after sleep (2). In a psychological review, sleep quality has a very important role in maintaining individual emotional health (3).

However, not everyone has quality sleep activities, so the benefits of sleep are not achieved. A person's sleep quality is said to be good; according to Arnis (4), when he has the quantity or hours of sleep according to age, he can fall asleep calmly and comfortably. When he wakes up, he feels refreshed and energized. Conversely, poor sleep quality in individuals can lead to physical disturbances such as feeling unrefreshed when you wake up, losing your ability to concentrate, and starting to experience health problems (5).

The results of previous research also stated that low sleep quality in individuals is related to stress, both general stress due to daily problems (daily hassles) and academic stress in students (6). When individuals experience stress, according to research by Noveni et al. (6), there is an increase in the hormones epinephrine, norepinephrine and cortisol, which affect the central nervous system and cause individuals to be in a state of wakefulness. This can also increase alertness in the central

nervous system, which affects the quality of individual sleep (Noveni et al., 2022). Individuals will also often have nightmares or wake up in the middle of the night due to changes in these hormones, which affect Nonrapid Eye Movement (NREM) and Rapid Eye Movement (REM) (7). One group that is vulnerable to stress is students. Often, the stress experienced by students is academic stress. According to Noveni et al. (6), academic stress is a type of stress caused by the perceptions that individuals have regarding academic issues. Students with a low level of sleep quality will have a high level of academic stress (6). Another reason that can trigger poor sleep quality in individuals is the existence of Daily Hassles or what can be called daily problems. Yang et al. (8) revealed that Daily Hassles is one of the triggers that can make individuals experience insomnia. Daily Hassles, according to Yang et al. (8), is a problem that occurs in everyday life and can cause feelings of annoyance, frustration and stress.

Apart from potentially experiencing academic stress, students also have the potential to experience daily stress due to Daily Hassles. The forms of Daily Hassles experienced by students include demands for academic grades, academic assignments, college life (campus schedules or policies, attitudes of lecturers or friends and so on), campus activities (internship, organizations, etc.), financial worries, concern for physical and mental health, worries about the job that will be obtained after graduating from college, concerns about further education and travel problems in everyday life such as the distance that must be travelled from home to campus with congested road conditions (9). This means that the problem of low sleep quality is not only related to academic stress alone, as in previous research. Another group that often experiences the Daily Troubles in early adulthood is the workers. The form of Daily Hassles experienced by workers can be in the form of problems that occur in the office, both small and big problems. Another form of Daily Hassles for workers is the existence of various demands that must be met. Daily Hassles experienced by workers will greatly affect the performance they have. This will certainly affect the results or output (10).

Based on the background of the problems that have been submitted, this study aims to determine the amount of role that Daily Hassles and Loneliness contribute to a person's Sleep Quality. Therefore, the hypothesis proposed by this study is "The Role of Daily Hassles and Loneliness Toward Sleep Quality". The hope of this study is to be concerned that there are several things that can affect sleep quality, namely problems that are being faced daily and loneliness that is being felt by both students and adults.

2. Literature Review

2.1. Sleep Quality

Based on the Big Indonesian Dictionary (Kamus Besar Bahasa Indonesia), quality is defined as the good and bad levels of something, while sleep is defined as a state of stopping the body and consciousness (by closing the eyes). Another definition of sleep quality is individual satisfaction with sleep so that they don't feel any significant disturbances (11). According to Yi et al. (12), sleep is a personal experience based on various factors such as age, gender, food, physical and psychological health. The quality of sleep is considered capable of influencing the overall quality of life. This can happen because when an individual has poor sleep quality, the body's sleep-wake cycle can be easily disrupted, which can also disrupt the brain's work system and can cause various kinds of health problems (13). Lohitashwa et al. (14) expressed their opinion regarding the range

of sleep quality, such as duration or length of sleep time, to subjectivity to the depth of sleep one has and the feeling of freshness felt by individuals when they wake up from sleep.

2.2. Loneliness

According to the Big Indonesian Dictionary (KBBI), loneliness is a lonely feeling without friends. However, increasingly loneliness is becoming a common phenomenon (15). Individuals who experience loneliness feel that no one can understand them well, so they feel isolated and feel they have no one when they need someone to escape (16). Research conducted by Victor & Yang (17) found it interesting that loneliness is high in adolescence, then decreases in adulthood and increases again in old age.

When associated with a person's health condition, according to Holt-Lunstad et al. (18), loneliness correlates with poor physical and mental conditions and can increase the risk of death. If loneliness is not handled properly and even left alone, it is possible that it will have a negative impact (19). Another thing that has also been found is that individuals who experience loneliness have health problems in the form of sleep disturbances that affect sleep quality (20).

2.3. Daily Hassles

Daily Hassles is defined by Thoits (21) as a number of small problems that commonly occur in everyday life, where it only takes one day to carry out an action or solution in order to overcome the existing problems. Daily Troubles are only temporary, meaning that various kinds of problems or difficulties experienced by individuals will not be sustainable on an ongoing basis. Thoits (21) and Serido et al. (22) mention several forms of Daily Hassles that are commonly encountered in everyday life, including traffic jams, unexpected guests, arguments with children, and assignment deadlines, from sudden and unpredictable to the oven not working properly. Some of these problems or difficulties can cause negative impacts on individuals, such as feelings of frustration. Daily Hassles can also cause mild stress to individuals who experience it (23). This shows that Daily Hassles is a type of stressor.

Apart from being a stressor, Yang et al. (8) state that Daily Hassles can also be a trigger or a factor causing insomnia in individuals. Insomnia is a sleep disorder that affects individuals who experience difficulty sleeping repeatedly. Individuals who experience insomnia will have problems with the quantity and quality of sleep (24). This can cause individuals to have poor sleep quality. Nilifda et al. (25) revealed that the quality of sleep possessed by individuals can be said to be good if there are no signs of sleep deprivation and various kinds of sleep problems.

3. Method

This study involved 152 participants aged 18-40 years. This study used a quantitative method with three scales, namely Sleep Quality (12), Daily Hassles (26), and the Indonesian language UCLA Loneliness Scale (ULS-20) (27).

This study uses quantitative research methods with multiple regression analysis techniques. The instrument used in the study was the Sleep Quality Scale, which consisted of 28 items. The measurement uses a Likert scale with answer choices (1 = Rarely, 2 = Sometimes, 3 = Often, 4 = Almost always), the Daily Hassles Scale of 18 items with answer choices (1 = Not at all, 2 = A little, 3 = Adequate, 4 = Very) and a Loneliness Scale of 20 items with a choice of answers (1 =

Never, 2 = Rarely, 3 = Usually, 4 = Often). On the Sleep Quality scale and the Daily Hassles Scale, researchers have translated the language translation from English to Indonesian using two translators who have backgrounds in psychology as well as language, as well as synthesizing the results and back-translating into English. Sleep quality has a reliability scale of 0,904, and daily hassles have a reliability scale of 0,816.

The loneliness scale used in this study consists of 20 items with answers provided in the form of a Likert. Number 1 represents the answer "Never", and number 4 represents the answer "Often". The loneliness scale used in this study has been translated into Indonesian by Hudiyan et al. (27), and the reliability of this loneliness scale is 0,811.

4. Result

In addition to testing the hypothesis, this study also categorizes data based on the research variables used. Incoming data is categorized based on low, medium, and high based on the hypothetical scale. Detailed information regarding categorization can be seen in Table 1.

Table 1.
Data Categorization

Variable	Category	Total	Percentage (%)
<i>Daily Hassles</i>	Low	0	0
	Average	121	81.21
	High	28	18.79
Sleep Quality	Low	0	0
	Average	126	84.56
	High	23	25.44
Loneliness	Low	0	0
	Average	51	34.23
	High	98	65.77

Based on Table 1 above, it can be seen that for all the variables used in this study, no subjects were in the low categorization. For the sleep quality variable, most subjects were in the average category (N=126; 84.56%), and the subjects in the high category were 23 people (15.44%). Different conditions were found in the lonely variable, with the highest number of subjects in the high categorization (N=98; 65.77%), while in the moderate categorization, there were 51 subjects (34.23%).

After categorizing the data, it is followed by a reliability test on each scale used in this study. For the reliability test on the Daily Hassles scale, a score of 0.82 was obtained, the Sleep Quality Scale was 0.90, and the UCLA Loneliness Scale had a reliability of 0.81. Then, proceed with analyzing research data with Multiple Regression with the results of the hypothesis being accepted. The significance value based on the hypothesis test found $p = 0.000$ with an R Square of 35.2%.

5. Discussion

Based on the hypothesis testing that has been carried out in this study, it was found that daily hassles have a role in sleep quality by 31.6%. Meanwhile, the role of loneliness on sleep quality

is smaller, namely 3.6%. That is, Daily Hassles and Loneliness have a role in predicting sleep quality in late adolescents and early adults. If taken literally, daily hassles can be interpreted as daily hassles, and one of the hassles faced every day is stress. Based on the results of the study, it can be said that late adolescents and the most dominant participants as students are students not only experiencing academic stress. In particular, psychological research involving the daily hassles variable is rare and difficult to find. So, there is no previous research that can support this research. When associated with the results of previous studies using stress variables in general and stress specifically, the findings of this study add to the evidence that stress does have a role in the quality of a person's sleep. Several studies that have proven that stress plays a role in the quality of a person's sleep were found by Noveni et al. (6), which state that stress, especially academic stress, has a role in the quality of student sleep. Other findings also state that there is a correlation between stress and sleep quality in the final year (28). These findings confirm that stress, both general and specific stress, has a role in the quality of one's sleep.

Besides daily hassles, another variable that is also studied is loneliness. Even though it's low, loneliness still has a role in the quality of one's sleep. There have been many previous studies examining the role of loneliness on a person's sleep quality, but these studies tend to involve the elderly as subjects. Based on the results of the categorization, it was shown that the research respondents experienced high levels of stress. However, interestingly, the variable on sleep quality is not significant. Although together, they can play a role in the sleep quality variable. Some things that can be supporting evidence why the role of loneliness in this research model has a small role is the influence of Indonesian culture, which is on the collective culture so that the role of loneliness is not so significant on the quality of one's sleep. Based on the results of the study. Based on the results of research about collective culture and loneliness showed negative and insignificant regression results for the horizontal collectivism type (29). This shows that collective culture does not support loneliness in some countries, one of which is Indonesia. In Indonesians, many consider themselves equal to others and part of a community, so it does not support feelings of loneliness that interfere with the quality of one's sleep. Another point was also conveyed by Lykes and Kemmelmeier (30), who stated that loneliness in collectivistic societies, such as Indonesia, considers loneliness to be the absence of ties with collective groups, including families.

Based on the results of the study, respondents had moderate and high levels of sleep quality; this needs to be anticipated by making efforts to overcome poor sleep quality. Applying Sleep Hygiene can help improve sleep quality. Unfortunately, in Indonesia, health promotion about the importance of quality sleep has not really been implemented. The results of previous research only mentioned handling poor sleep quality, namely by carrying out health promotion. Previous research showed that sleep quality can be improved through health promotion through outreach activities using booklets and audiovisual media (31). Sleep Hygiene is a form of health promotion that focuses on the context of improving sleep quality. The form can be in the form of conditioning the bedroom and making habits before going to bed that support good quality sleep. Revealed the results of research that had been conducted previously, poor sleep hygiene can lead to poor sleep quality, and good sleep hygiene can help create good quality sleep as well (32). In addition to the application of Sleep Hygiene, the role of social support in reducing high rates of loneliness in categorization results is also important. Social support can play a role in reducing loneliness. In addition, adequate social support can also reduce loneliness that is felt so that it has a good impact on the quality of one's sleep. This is supported by the results of research, which show that there is a significant relationship between social support and loneliness (33). The results

of research conducted by Stafford et al. (34) also show a relationship between social support and sleep quality. Positive social support can improve sleep quality for the better, and sleep quality will decrease for the worse if there is negative social support.

6. Conclusion

The results of the study stated that Daily Hassles and Loneliness played a role in predicting Sleep Quality at 35.2%. Partially, the role of daily Hassles on Sleep Quality is 31.6%, while the role of Loneliness on Sleep Quality is 3.6%. Problems found in research regarding sleep quality. Individuals who experience poor/low sleep quality can be caused by daily problems they face and feel lonely. Low sleep quality for a long time in a row can interfere with health, both physically and psychologically. Therefore, in addition to promoting health and implementing sleep hygiene to get quality sleep. Individuals need to develop adequate psychological skills to deal with the problems they face on a daily basis. So, the advice that can be given for further research is to include psychological skills to deal with the problem of low sleep quality in individuals as a research variable, such as using a psychological variable, namely social support. For future researchers, this could be an interesting research idea by including external factors that help overcome poor sleep quality in individuals. Therefore, improving the quality of sleep can help improve health.

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