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APPLICATION OF SELF-MANAGEMENT TO REDUCE NIGHT SLEEPING
HABITS IN SURABAYA STATE UNIVERSITY STUDENTS

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ABSTRACT

Staying up late is the habit of sleeping late at night. Most people do this behavior because of overtime or urgent needs. However, without realizing this behavior can hurt health if done continuously. The purpose of this study is to help the counselee to change his night sleep pattern to be earlier because it has a bad impact on the counselee's body. This research is a type of qualitative research using the action research method based on the phenomena experienced by the counselee. The technique we use in data collection is observation and direct observation of the counselee. Based on the existing phenomenon, we held discussions with a counselee named Rima (pseudonym) who is a student of the Faculty of Education, at Surabaya State University. After a mutual agreement at the beginning of the meeting until the service delivery process, when viewed from the table of results of service delivery with self-management techniques, the counselee can sleep earlier even though it is not consistent. Because of its success, the counselee is entitled to receive a reward to strengthen his behavior.

Keywords: *Night Sleep, College Students, Self-Management*

INTRODUCTION

Staying up late is the habit of sleeping late at night. Most people do this behavior because of overtime or urgent needs. However, without realizing this behavior can hurt health if done continuously. In addition, people who are accustomed to sleeping late usually experience unwanted things such as waking up late or even a lack of sleep so that the body will become weak, tired, and feel discouraged.

Based on the existing phenomenon, we conducted a discussion with a counselee named Rima (pseudonym) who is a student of the Faculty of Education, at Surabaya State University. The counselee said that she felt sleep deprived because she only slept 3 hours every day. As we know, the behavior possessed by Rima is one of the behaviors that can adversely affect the health of the counselee. Because of this behavior, the counselee became easily tired and lazy to do homework, so she decided she wanted to change her staying up late behavior by sleeping earlier than usual so that the quality of sleep could be fulfilled and have a good impact on the body. Especially in his daily activities as a student who is certainly very busy with activities outside the home, which certainly requires more energy.

From the counselee's problem, we decided to use the Self-Management Technique followed by giving reinforcement in the form of rewards to the counselee if the counselee succeeded in changing his staying up late behavior to sleep early (Timm P.R. (1993). We decided to use the Self-Management Technique because this technique does not cause dependence on the counselee and can be used to help the counselee make changes independently. The purpose of this research is to help the counselee reduce his bad behavior which he feels is detrimental to himself, namely the habit of going to bed late into sleeping earlier by applying Self-Management behavior modification techniques.

Self-Management is a behavior change strategy in which the process of implementing services is carried out by the counselee himself. (Mochamad Cahyo, 2013). So the hypothesis of this research based on the journal belongs to Mochamad Cahyo (2013) in the title of 'Application of Self-Management Strategies to Reduce Insomnia in Class VIII A Students', explained that insomnia is a sleep disorder with symptoms of difficulty falling asleep. So from the hypothesis, it is concluded that the application of Self-Management Techniques is effective for reducing night sleep habits.

METHODOLOGY

To gather information relevant to the topic or problem to be discussed in this article, the author uses a type of qualitative research using the Single Subject Research (SSR), Single Subject Research (SSR) also known as single case research is a type of experimental design used in behavioral and social sciences to study the effects of interventions or treatments on an individual. It involves systematically measuring and analyzing the behavior of a single participant over time to determine whether a specific intervention has an effect.

The author uses the Single Subject Research (SSR) based on the phenomenon experienced by the counselee who is one of the students from the Faculty of Education, Surabaya State University. To support this research in data collection, we use observation techniques and direct observation of the counselee.

RESULT AND DISCUSSION

Sleep is a behavior that is very important and has a good impact on a person's body, both in terms of health, and the emotional, mental, and physical safety of an individual if the quality of sleep is good. It can be interpreted that the sleep done by someone every day is not less and not more. In a journal written by Anthony et al., n.d. (2019) It is explained that sleep is very important for restorative, conservative, and adaptive functions to run normally in an individual. However, in today's life, there are still some people who suffer from various sleep disorders, one of which is insomnia. Lots of people suffer from insomnia caused by various things. Someone who feels that they have symptoms of not being able to sleep, difficulty sleeping, waking up in the morning, and feeling uncomfortable when sleeping, causing the individual to feel tired during the day is someone who suffers from insomnia. (Morphy et al., 2007).

Sleeping at night is a behavior that exists in an individual where the person sleeps at midnight every day and is done repeatedly and continuously (Kharisma et al., 2020). Behavior that is done repeatedly can certainly become a habit. Habits are behaviors or actions of an individual that are repeatedly done in the same way. The habit of sleeping at night has a bad impact on the individual, both affecting health, work activities, and one's quality of life. A person must fulfill their sleep needs, the total sleep needs in each day in children and adults are certainly different. A baby needs a total of 16 hours of sleep per day, children aged 3-5 years need a total sleep duration of 11 hours, adolescents need 10 hours of sleep, adults need 8 hours of sleep, while 7 hours is the total sleep needed by the elderly. (Anthony et al., n.d.). In reality, students must be able to fulfill and understand what lecturers want at the university (Rosidin, 2013).

An individual who has sleep disorders for various reasons can hurt their daily activities. Not only does it affect one's health, but it can also have an impact on various fields of life, namely social, work, education, academic, behavioral, or other important functions. So that sleep disorders that occur, especially in adolescents need to be watched out for because they can affect their education (Kharisma et al., 2020). The higher a person's education, the higher the level of difficulty he faces. The difficulty of the level of education faced certainly requires more time in terms of learning, so a student may be willing to cut his sleep time to increase study hours. At the level of higher education, of course, it cannot be separated from the many assignments, there are so many assignments given by lecturers. This is one of the reasons for a student to sleep late because of studying and doing lecture assignments, this behavior will certainly be done repeatedly, causing a student to get used to sleeping at night and waking up in the morning. That way the total sleep duration needs are not met properly.

We encounter this phenomenon in our counselee named Rima (pseudonym). From the results we get, the counselee has a behavior that is quite bad for health if the behavior is carried out continuously in the long term. Where the counselee always sleeps more than 02.00 WIB every day and wakes up at 05.00 WIB. So that the counselee can be said to be sleep deprived because he only sleeps 3 hours every day. As a result of his behavior, the counselee often feels tired and unfocused when learning in class takes place. He is also often sleepy in the morning. The counselor realized that what he experienced and felt was due to the impact of his irregular sleeping behavior, namely the habit of sleeping late at night. Because he was worried about his physical health, the counselee wanted to change his sleeping pattern.

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According to Cormier (1985), Self-Management is a process where individuals direct changes in their behavior or behavior with one technique or a combination of techniques (Cormier, 1985). Thompson explained that self-management is one of the behavioral counseling techniques that focus more on the willingness and ability of the counselee to change and regulate his behavior (Astuti & Lestari, 2020). We decided to use the Self-Management Technique because this technique does not cause dependence on the counselee and can be used to help the counselee make changes independently (Astuti & Lestari, 2020).

Before providing services, we agree with the counselee regarding the implementation of this self-management technique. The service will be carried out for 7 times (7 sessions). If the counselee succeeds in obtaining his goal in each session, there will be a reward to reinforce the behavior.

The following are the results of providing Self-Management services followed by giving reinforcement in the form of rewards to Rima which have been carried out for 7 meetings as follows:

Session	Date	Times	Problems	Rewards	Results
1.	Thursday, 18 Mei 2023	00.00	Still had a lot of work to do so had to work on assignments until 23.00, and continued playing on cell phones until 00.00.	Tea (Teh Kota)	The counselee slept 1 hour earlier than usual, where usually the counselee played smartphones for more than 1 hour, at this first meeting the counselee only played cellphones for 1 hour, and when it showed 00.00 the counselee immediately took a position to sleep.
2.	Friday, 19 Mei 2023	23.30	The counselee worked on coursework until 23.00 and 30 minutes were used to play cell phones.	Pop ice	The counselee managed to sleep 30 minutes earlier than the first meeting and managed to reduce 30 minutes of playing on cell phones at night.
3.	Saturday, 20 Mei 2023	23.30	The number of counselee's recovery assignments so that at 23.30 the counselee already felt sleepy.	-	Because of the many tasks at 23.30, the counselee has taken a sleeping position and does not play cellphones before going to bed. Did not get a reward because there was no

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					change in sleep time from the previous meeting.
4.	Sunday, 21 Mei 2023	22.30	From 18.00 until 22.30 the counselee only hangs out and plays with his friends.	Strawberry juice	At 22.30 the counselee had taken a position to sleep and did not play cellphones because when he went out with his friend he had played cellphones longer.
5.	Monday, 22 Mei 2023	22.00	Since 21.00 the counselee took a position to sleep but could not sleep	Jus jambu merah	Finally, the counselee managed to sleep at around 21.00 so the counselee managed to sleep 30 minutes earlier than at the 4th meeting.
6.	Tuesday, 23 Mei 2023	22.00	At 21.00 the counselee was getting sleepy.	Refreshing	At 21.40 the counselee had taken a position to sleep, it did not take long for the counselee to fall asleep around 22.00. Take the counselee to the desired place.
7.	Wednesday, 24 Mei 2023	21.30	Just like the 6th meeting, at 21.00 the counselee was already sleepy.	Jalan-Jalan	At 21.23 the counselee decided to take a position to sleep, and it did not take long for the counselee to fall asleep. Invite the counselee to go somewhere for a vacation.

Based on the results we get in the table above, it can be concluded that the counselee has started to improve his sleeping patterns, where he usually sleeps late at night to do assignments or just play cellphones. After the provision of services with this self-management technique, the counselee can sleep earlier even though it is not consistent. In the table above it is also written that when the counselee succeeds in changing his sleep, there will be a reward to reinforce his behavior.

CONCLUSION

Staying up late is the habit of sleeping late at night. Most people do this behavior because of overtime or urgent needs. However, without realizing this behavior can hurt one's health, education, work activities, and quality of life. The purpose of this study is to help the counselee reduce his bad behavior which he feels is detrimental to himself, namely the habit of sleeping late at night to sleep earlier by applying Self-Management behavior modification techniques. Self-Management is a behavior change strategy in which the service implementation process is carried out by the counselee himself. (Mochamad Cahyo, 2013).

The results we get in this study are that the counselee has started to improve his sleeping patterns, where he usually sleeps late at night to do assignments or just play cellphones. After the provision of services with self-management techniques, the counselee can sleep earlier even though it is not consistent.

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