BEHAVIOUR MODIFICATION OF STAYING UP LATE THROUGH SELF-MANAGEMENT SELF-MONITORING STRATEGIES

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ABSTRACT

Sleep is a complex and dynamic process that affects almost every type of tissue and system in the body. A behavior that often occurs among college students is the habit of sleeping above 12 o'clock at night. This behavior certainly has a negative impact that results in lowering the immune system, so it can be at high risk of various diseases, ranging from mild to deadly. From this, the habit of sleeping above 12 o'clock at night must be avoided in order to avoid various kinds of diseases caused. The purpose of this study was to modify sleep behavior above 12 pm that occurred in a student at the Faculty of Education, Surabaya State University. The research was conducted using observation and interview methods as well as through Self-management techniques Self-monitoring strategies. Where Self-monitoring is an effort made by individuals to present themselves in front of others by using the clues that are on him or the clues around him. The results of this study showed that service delivery with self-management techniques through self-monitoring strategies was able to modify the behavior of sleep habits above 12 pm in a student at the Faculty of Education, Surabaya State University.

Keywords: Sleep, Habit, Self-monitoring strategies

INTRODUCTION

A healthy lifestyle is the most important part that must be applied by everyone when carrying out processes in their daily lives. This healthy lifestyle is an activity carried out by a person in order to maintain his body in order to avoid all diseases. This healthy behavior pattern must be applied by everyone, both parents and adolescents. This healthy lifestyle is useful to avoid all kinds of diseases, therefore it must be applied by students (Karlina & Fitriani, 2022). Students are a group of people who often do activities outside the home which results in being easily exposed to all kinds of diseases (Fitriansyah, 2022).

How to maintain a healthy lifestyle is to consume nutritious foods. Or often referred to as four healthy five perfect. Four healthy five perfect foods are foods that have complete nutritional content in them. The content starts from protein, carbohydrates, fats, vitamins and minerals. Healthy four foods are of several types. Namely staple foods, side dishes, vegetables and fruits. While the perfect five is milk which becomes additional nutrition.

In maintaining a healthy lifestyle, not only by consuming four healthy five perfect foods. But also by maintaining good sleep quality. Sleep quality is a condition where a person's ability to sleep is able to fulfill the NREM (Non Rapid Eye Movement) and REM (Rapid Eye Movement) phases. Good quality sleep is about 7-8 hours every day (Kedokteran et al., n.d.).

Sleep is a state that occurs repeatedly, changes in the state of consciousness that occur over a certain period. Obtaining the best quality sleep is essential to promoting good health and recovery of sick individuals. If people get enough sleep, they will feel that their energy has recovered. Sleep quality is a condition lived by a person so that he gets freshness and fitness when he wakes up from sleep. Sleep quality includes quantitative aspects of sleep, such as sleep latency, sleep efficiency, sleep fragmentation, as well as more subjective aspects, such as sleep depth or calmness (Kedokteran et al., n.d.).

Staying up late has become a tradition / habit in general among the community, especially people who have jobs as employees and students. Various kinds of tasks that must be completed require them to keep working, which is one of the main causes of them staying up late so that they lack hours of sleep.

Based on the results of observations and interviews of researchers with several FIP UNESA students, they still often do bad habits, namely staying up late. This is a bad habit that occurs among students in general. With the bad habit of staying up late, it will certainly interfere with student activities the next day because of insufficient sleep. When sleep is lacking, it definitely affects the wake of students who if they wake up late, they are forced to not take classes in lectures which results in missing material.

In behavior modification, there are several techniques that foam is used, one of which is self-management techniques. According to Sukadji, self-management is a procedure by which individuals regulate their own behavior. In this technique individuals are involved in some or all of the basic components, namely: determining target behavior, monitoring that behavior, choosing procedures to be applied, implementing those procedures and evaluating the effectiveness of those procedures.

Group counseling with self-management techniques aims to obtain or produce desired behavior changes and replace them with more appropriate behavior patterns through learning processes and tasks performed between counseling sessions allow counseling to modify, apply and test behavior in real or real life circumstances.

From this explanation, we used Self-Management Self-Monitoring Techniques to modify the behavior of staying up late that occurred in one of the FIP UNESA students.

METHODOLOGY

This research is a quantitative research using Single subject research. Where Single subject research is research conducted to see a behavior and provide certain treatment for the behavior of a single subject with assessments that are carried out repeatedly in a certain period of time. In this study, data are also needed on identifying the relationship between antecedent – behavior – consequences (A-B-C), so that behavior modification service programs can be implemented effectively.

RESULT AND DISCUSSION

Sleep quality is a condition in which a person's ability to sleep is able to fulfill the NREM (Non Rapid Eye Movement) and REM (Rapid Eye Movement) phases. Good quality sleep is about 7-8 hours every day (Kedokteran et al., n.d.).

The need for sleep during the neonatal phase is about 18 hours a day, shrinking to 13 hours a day when they are one year old. Reduced to nine hours when you are 12 years old, eight hours when you are 20 years old, reduced to six hours and thirty minutes when you are 60 years old, and the last six hours after 80 years. (Mawo, 2019).

The quality of this sleep depends on the length of sleep that a person does but based on the interests of the needs that must be fulfilled by an individual. The need for adequate sleep has a parameter, namely when an individual wakes up from sleep, if the quality of sleep needs is fulfilled, a person will feel refreshed when he wakes up from his sleeping position. Aspects that have an influence on the quality of a person's sleep are seen from two sides, namely the bad and the good aspects. The bad sleep aspect is due to tiredness, too much thinking, taking drugs to do. If from the good side with good sleep patterns, and doing regular exercise.

Sleep has many positive effects if it is done correctly and the sleep pattern is done properly. With a good sleep pattern, a person can avoid anxiety. Sleep disturbances, depression and anxiety symptoms are prevalent among frontline nurses caring for patients with COVID-19 in Wuhan, China (Garcia-Morales et al., 2020) .

Behavioral counseling has a basic principle that every action can be changed; old behavior can be replaced with new behavior and humans could behave either or bad, right, or wrong. In addition, humans are considered as individuals who can introspect on their own behavior, regulate and control their behavior, and can learn new behaviors or be influenced by the behavior of others.

Self-management is a technique in behavior counseling, which examines (human) behavior and its main goal is to change maladaptive behavior so that it can work adaptively. Self-management is a procedure in which humans regulate their own behavior. In its application, the success of this self-management technique is determined by the counselee himself. The counselor acts like an idea generator, facilitator, and motivator for counselees. Self-management is a process in which a person controls his own

behavior. Self-management is an essential skill for an effective manager. This will help you in your job role and will therefore help you grow and benefit the organization you work for. It is important to remember that as a manager you have an important role to play, which supports the work of the organization, so if you have a weakness, this can translate into a weakness for the organization as a whole, creating a barrier to efficiency. (*HNC Management Management: Developing Self Management Skills [DV86 34]*, 2007) .

Cormier 1985 (dalam Nurzaakiyah & Budiman, 2005) states self-management or self-management as a strategy for changing behavior in which the counselee directs changes in his own behavior with a technique or a combination of therapeutic techniques. In self-management there are strategies that include self-monitoring, positive reinforcement (self-reward), self-contracting, and stimulus-control. (Gunarsa, 1996).

Self-management is a process in which counselees direct changes in their own behavior, using a strategy or a combination of strategies. The counselee must actively move internal and external variables to make the desired changes (Nursalim, 2014).

Self-monitoring, is the act of recording everything about oneself when interacting with the surrounding environment. Self-monitoring is very important for evaluating problems because observational data can be used to check or change the counselee's verbal reports of problem behavior. In carrying out self-monitoring, the counselee usually records problem behavior, controls the causes of the problem (antecedent), and evaluates the consequences.

Self-monitoring is the counselee's attempt to observe himself, record certain behaviors (thoughts, feelings, and actions) about himself and his interactions with environmental events. At this stage, the counselee consciously observes and records his own behavior (Nursalim, 2014).

Self-monitoring is the first and foremost step in the behavior modification stage. Self-monitoring is usually used to collect base line data in a treatment process. Counselees are asked to find out what is happening before implementing a self-change strategy, while the counselor must know what is going on before carrying out treatment. The counselee collects and records data about the behavior to be changed, the antecedents of the behavior, the consequences of the behavior, the frequency of occurrence of the behavior.

Self-monitoring is also very useful for evaluation. When the counselee conducts self-monitoring of the target's behavior before and during the treatment program (Nurzaakiyah & Budiman, 2005). Experts prove that self-monitoring can make changes when the counselee collects data about himself, this data can further influence his behavior.

In practice, self-monitoring is carried out through six stages:

1. Explain the rationale for self-monitoring.

    The counselor provides a rational explanation to the counselee regarding the self-monitoring strategy to be implemented.

2. Discriminating responses

    Discriminating responses means identifying responses about what should be monitored. The counselee will be assisted by the counselor to decide what to monitor.

3. Record responses.

The counselor helps the counselee to make systematic recording which is very important for the success of self-monitoring. Therefore, it is imperative for the counselee to understand and be aware of the importance of recording responses.

In recording responses, there are two types of recording, namely:

a. Pre-behavior monitoring, in which the counselor records the intention or urgency of the behavior before carrying out the target behavior.

b. Post-behavior monitoring, in which the counselor records after carrying out the desired target behavior.

4. Map Responses

The recorded data by the counselee needs to be transferred to a more permanent recording system graphically or on a map that allows the counselee to see his self-monitoring data visually.

5. View data

After the chart is made, the counselor will encourage the counselee to show the graph in full. When data is displayed openly, it can provide environmental reinforcement, a very important part of effective self-management.

6. Data Analysis

In analyzing the data, the counselor encourages the counselee to compare his behavior data with the expected goals or standards at the beginning of the meeting.

Self Management with a self-monitoring strategy can be a tool and media for behavioral counseling in changing one's behavior. The problems that have been presented previously will be the focus of this research to change the behavior of staying up late into normal sleep using self-monitoring.

Research Result

Base line

The analysis of the A-B-C (Antecedent-Behavior-Consequence) function is used as a base line to find out the causes of the behavior that appears, as well as the consequences resulting from that behavior. This will be a basis in the behavior modification program that is carried out.

The following analysis is obtained:

(A) Antecedent	(B) Behavior	(C) Consequence
There are hanging out activities to drink coffee	Staying up late	Waking up late that interferes with morning activities

Procedure Performed

After knowing the base line of the counselee's problem, the researcher determines the technique to be given to the counselee. The technique chosen and which is deemed appropriate here is one of the strategies of self-management technique, namely self-monitoring.

The stages carried out by the counselor are as follows:

1. Explain the rationale for self-monitoring

The counselor provides an explanation or rationale to the counselee regarding the self-monitoring strategy to be implemented.

2. Discriminate responses.

The counselor encourages the counselee to identify responses or things about what should be monitored for the success of the self-monitoring program. The things that are obtained by the counselee include:

a. When I do coffee activities after 12 at night I have to call the counselor to remind me.

b. When I'm invited to drink coffee until after 12 o'clock, I have to go home before that so I don't overdo it until morning.

c. c. When I feel sleepy under 12 o'clock I have to go home immediately.

3. Record responses.

At this stage the counselor helps the counselee to make systematic recording which is very important for the success of self-monitoring.

The results of monitoring conducted by the counselee:

a. Prebehavior monitoring (prebehavior monitoring)

Date and Time	Target Behavior Frequency	Incident	Internal Dialogue	behavioral factors	boost level	Situation Overcoming Ability
Monday, 15 May 2023 00:30	I sleep late past 12pm	Starting from my friend who invited me for coffee.	In the morning I woke up late and my body felt weak.	Invite friends for coffee.	4	2
Tuesday, May 16, 2023 01:00	I sleep late past 12pm	I was invited to have coffee by my friend.	In the morning I woke up late and there was no spirit.	Invite friends for coffee.	4	2
Wednesday, 17 May 2023 01:20	I sleep late past 12pm	I was invited to have coffee by my friend.	In the morning I wake up late and lethargic.	Invite friends for coffee.	4	2
Thursday, 18 May 2023 02.30	I sleep late past 12pm	I invited my friend to drink coffee.	In the morning I woke up late and felt a little hot.	It has become a habit, when there is no invitation to change invites.	4	2
Friday, 19 May 2023	I sleep after dawn	I was invited to have	I wake up during the day	It becomes a habit to invite	4	1

02:20		coffee by my friend.	and sleep again.	friends over for coffee.		
Saturday, 20 May 2023 02:45	I sleep after dawn	I invited my friend to drink coffee.	I wake up during the day and sleep again.	It has become a habit, when there is no invitation to change invites.	4	1
Sunday, May 21, 2023 02:45	I sleep over 12 at night	I invited my friend to drink coffee.	In the morning I woke up late and there was no spirit.	Habit of drinking coffee until staying up late.	4	1

    b.   Post-behavior monitoring (post-behavior monitoring)

| Date and Time	Target Behavior Frequency	Incident	Internal Dialogue	behavioral factors	boost level	Situation Overcoming Ability
Monday, 22 May 2023 00:30	I was sleepy and decided to sleep	Today's activities are very tiring so I don't want to drink coffee.	It feels like being able to sleep at normal hours makes my mood good, and ready for morning activities.	There are other activities that make you not want to drink coffee.	4	3
Tuesday, 23 May 2023 11:30 p.m	I drink coffee with my friends	I was invited to coffee by my friends but chose to go home first.	I think tomorrow there will be a lecture and I have to be fresh.	There is a desire to go home first.	3	3
Wednesday, May 24, 2023 23:00	I don't drink coffee	I have a meeting with organizational colleagues	I feel tired from a day of meetings	There are meeting activities	3	4
Thursday, 25 May 2023 10:30 p.m	I drink coffee with my friends	I was invited to have coffee by my friend	I decided to go home earlier than usual because there is a work	Invited to have coffee with friends, but there are	4	4

			program on Friday	activities that make going home faster		
Friday, May 26, 2023 10:30 p.m	I drink coffee	I decided to go home early because it was starting to become a habit	Due to exhaustion after carrying out work programs and also having become a habit, I decided to go home at 22.30	Due to fatigue and a new habit to sleep normally	3	4
Saturday, 27 May 2023 10:30 p.m	I go on a trip to pacet with friends	I left at 16.00 to pacet and at 21.00 decided to go home	I sleep at 10:30 p.m. because it's become a habit	It has become a new habit to sleep normally	4	4
Sunday, May 28, 2023 10:30 p.m	I don't drink coffee	I'm doing my final project	I sleep at 10:30 p.m. because it's become a habit	It has become a new habit to sleep normally	4	4

4. Map responses.

   Furthermore, at this stage the counselee is assisted by the counselor to create a more permanent recording system graphically that allows the counselee to see his self-monitoring data visually.
   The results of the visualization of the counselee's response:
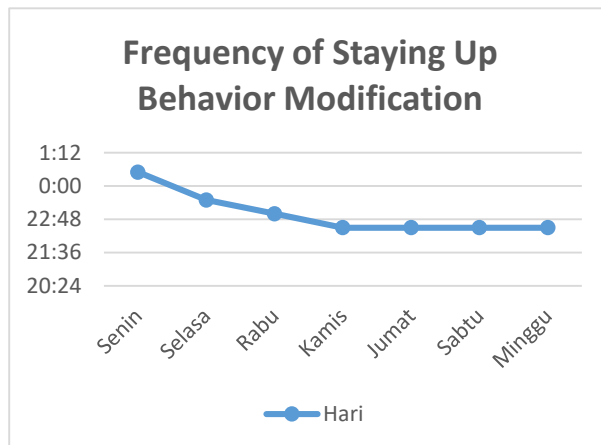   a. Pre-behavior

Frequency of staying up late
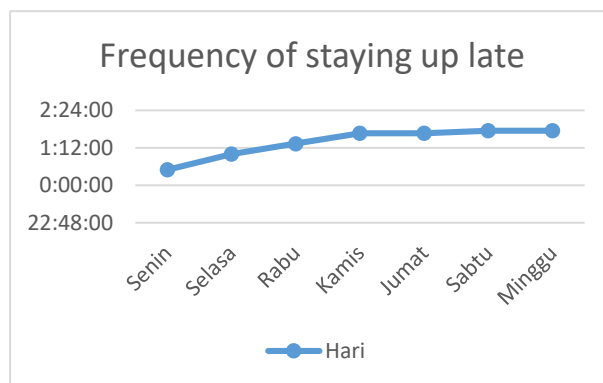
Based on the pre-test graph, it can be seen that the counselee has a habit of staying up late. This can be seen from the frequency of the counselee's daily sleep behavior which is stable above 12 at night.

b. Post-behavior

It is known that after giving treatment or a self-monitoring program the frequency of the counselee's staying up late has decreased and has stabilized within the normal limits of ordinary people sleeping, namely stable under 12 o'clock at night.

5. View data.

After the graph is made, at the next meeting the counselor will encourage the counselee to display the graph in full. By presenting data to the counselor, and the counselor's response that provides reinforcement or accepts the counselee as it is can be an environmental support for the counselee. This part is essential to effective self-management.

6. Data Analysis

At this session the counselor together with the counselee analyzes the results of the pre-test and post-test that the counselee has done. This analysis is in the form of comparing the initial data with the data after the treatment.

Discussion

The results obtained are a counselee with the initials SG who has experienced irregularities in the form of staying up late. The habit of staying up late is a bad behavior that often occurs among students. The counselee often stays up late and even almost every night he always does that activity. His staying up late caused him to wake up late in the morning, and felt his body not fresh enough.

This behavior is influenced by friends who often invite the counselee to hang out for coffee every day, as a result the counselee is addicted to coffee until morning. The activities that the counselee does while having coffee are playing games and chatting until he can't remember the time. Because playing games with friends makes the counselee happy and relieves feelings of stress while in college, besides that the counselee often chats with his friends discussing global conspiracies which are clearly pointless. In fact, when none of his friends asked him to have coffee, the counselee himself invited his friends to have coffee.

Before carrying out the process of modifying the counselee's behavior within a week his sleeping behavior was stable above 12 at night. On Monday, May 15, 2023, it will be 00.30 WIB. Tuesday, 16 May

2023 is 01.00 WIB. Wednesday, 17 May 2023 is 01.20 WIB. Thursday, 18 May 2023 is 02.30 WIB. Friday, 19 May 2023 is 02.20 WIB. Saturday, 20 May 2023 is 02:45 WIB. Sunday, May 21, 2023 is 02:45. So from this, behavior modification must be carried out so that the pattern of staying up late can change.

After the behavior modification process was carried out for the counselee, within a week his sleep was stable under 12 at night. On Monday, 22 May 2023 it is 00.30 WIB. On Tuesday, May 23, 2023, it will be 23.30 WIB. On Wednesday, May 24, 2023 is 23.00 WIB. On Thursday, 25 May 2023 it is 22.30 WIB. On Friday, 26 May 2023 it is 22.30 WIB. On Saturday, May 27 2023 it is 22.30 WIB. On Sunday, May 28 is 22.30 WIB.

So you can see the difference when before the behavior modification of sleep patterns that has become a habit, that is after 12 at night. Becoming changed with a new sleep pattern that is under 12 at night. The new behavior pattern has become a habit that is stable for one week consistently.

Obstacle

Obstacles that occur during the behavior modification process are counselees who already have a habit of sleeping more than 12 o'clock for a long time. At first it was still difficult to carry out the new behavior pattern, namely sleeping under 12 at night. The counselee also thinks that too much sleep makes time wasted when not doing activities to meet other people. Because thinking like that makes behavior modification difficult at first. Invitations from friends that are difficult to refuse and when you want to go home first make the change in new sleep behavior patterns a little disturbed.

CONCLUSION

Conclusion

Sleep is a necessity for everyone with the aim of maintaining health. But what happens among students is the lack of normal sleep, this is due to many factors. One of the factors found was the reason they did coffee activities until morning. The thing a student does when drinking coffee is to play games, to discuss something. With a pattern of sleeping behavior above 12 o'clock at night, it causes a person when he wakes up to be less fresh and not ready to carry out daily activities.

Therefore, it is necessary to hold behavior modification so that the habit of sleeping above 12 o'clock at night turns into normal sleep. This is because normal sleep makes a person's body fresher to carry out daily activities. One way used to modify behavior is by using self-management self-monitoring. The results of the study show that a behavior modification service program with a self-monitoring strategy can modify a person's behavior. This is proven because there is a change or decrease in counselee's sleep hours with a stable frequency after being measured for one week. The technique succeeded in changing sleep behavior above 12 o'clock at night which has become a habit. Changed to a new behavior that is stable normal sleep under 12 pm.

Suggestion

This research article is definitely not perfect, therefore we really hope for constructive criticism and suggestions for researchers from readers. We hope that this article can help provide knowledge to readers and other researchers regarding self-modification strategies used as an effort to modify individual behavior.

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