

**THE RELATIONSHIP BETWEEN STRESS AND INSOMNIA
IN YOUNG ADULT AT BUKIT HARAPAN CHURCH,
IN SURABAYA, EAST JAVA, INDONESIA**

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ABSTRACT

Background: Insomnia is defined as the complaint of difficulty initiating or maintaining sleep, early awakening, and interrupted or non-restorative sleep. Stressful life events are closely associated with the onset of chronic insomnia and are mediated by certain predisposing personality factors. The purpose of this study was to determine the correlation between stress and insomnia in young adults.

Subjects and Method: This was a cross-sectional study carried out at Bukit Harapan Church in Surabaya, East Java, in February 2020. A sample of 32 young adults was selected randomly. The dependent variable was insomnia. The independent variable was stress. Insomnia in young adults was measured using the Jakarta Center for Biology Study Group questionnaire-Insomnia Rating Scale (KSPBJ-IRS). Stress was measured using Perceived Stress Scale (PSS). The data were analyzed using Chi square test.

Results: Stress increased the risk of insomnia in young adults, but it was statistically non-significant (OR= 2.69; 95% CI= 0.46 to 15.88; p= 0.264).

Conclusion: Stress increases the risk of insomnia in young adults, but it is statistically non-significant.

Keyword: stress level, insomnia, young adults

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