

ARTICLE INFO*Article History:*

Received MM, DD, YYYY

Accepted MM, DD, YYYY

Revised from MM, DD, YYYY

Published online MM, DD, YYYY

ISSN :**E-ISSN :****INDONESIAN JOURNAL OF ISLAM AND PUBLIC HEALTH**

Volume 1, No 1 (2021)

Website: www.jurnal.umj.ac.id/index.php/IJIPHE-mail: ijiph@umj.ac.id**EFFECT OF ABLUTION ON THE INCIDENCE OF INSOMNIA IN THE ELDERLY****M. Farid Hamzens¹, Raghil Filhaq², Aragar Putri³, Nazarwin Saputra³, Muklasin⁴**¹Faculty of Public Health, Syarif Hidayatullah Islamic State University²Faculty of Educational Science, University of Muhammadiyah Jakarta³Faculty of Public Health, University of Muhammadiyah Jakarta⁴Faculty of Health Science, University of Falatehan*Correspondence Author: fr_sayoon@yahoo.co.id**ABSTRACT**

Elderly people are very susceptible to insomnia, and if left untreated will cause problems such as excessive daytime drowsiness, attention and memory problems, depressed mood, frequent falls, improper use of hypnotics, emotions become unstable, body and face less fresh and decreased quality of life. So that the right handling is needed to overcome it with one way to use ablution therapy. This study aimed to determine the influence of ablution with insomnia on the elderly. This article is a type of literature review article which reviewing journals about the effect of ablution on the incidence of insomnia in the elderly downloaded via the journal portal. Based on the results of research conducted by researchers, it can be concluded that the influence or relationship of ablution with the incidence of insomnia in the elderly, this is because ablution can reduce muscle tension and become more relaxed, so that the elderly can have good quality sleep. There is the effect of ablution with the incidence of insomnia in the elderly. It is recommended to continue interventions for ablution before going to bed independently and supervised by nurses if they are in the institution for a long period of time to improve the health of the elderly and prevent stress, depression and other illnesses.

Keywords: *ablution, insomnia, elderly*

Background

Islam teaches its followers to maintain health in any case, both physical and mental health.¹ One example is through ablution. Ablution is a very important Islamic teaching and is a legal requirement for praying.² Besides, the harmonious and sunnahs of ablution provide very important benefits for the health of the human body.³ Just as ablution will also make a Muslim clean, likable, and accepted by his environment. So, when he does daily activities, he has enthusiasm, productivity, and even optimism for the future.⁴

Insomnia is a condition where a person has difficulty starting to sleep (falling asleep) is difficult to maintain a state of sleep and wakes up too early.⁵ The case of insomnia in the elderly will have a serious impact,⁶ such as excessive daytime sleepiness, attention and memory

disorders, depressed mood, frequent falls, improper use of hypnosis, unstable emotions, body, and less fresh face, and decreased quality of life. This impact can be very detrimental to the elderly, especially for psychological health, social life, and finances. Physiologically, if a person does not get enough sleep to maintain a healthy body, there can be effects such as forgetfulness, confusion and especially if sleep deprivation occurs for a long time.⁷

Each year it is estimated that about 20-50% of adults report sleep disturbances and about 17% experience serious sleep disorders.⁸ The prevalence of sleep disorders in the elderly is quite high, around 67%.⁹ Sleep disturbances affect 50% of people aged 65 years and older who live at home. The prevalence that occurs in America reaches 60-70 adult cases. Meanwhile, in Indonesia, it reaches 10% of the total population of 238 million Indonesia.⁸

Ablution therapy is a relaxation method that is easy for the elderly to do because they do this every time they pray. In essence, ablution is not only a means of cleansing oneself but also provides extraordinary therapy for peace of mind. The sprinkling of ablution water on several parts of the body brings a sense of peace and serenity. So that the mind will submit with a sense of peace so that it becomes relaxed, and can provide peace of mind and comfort before going to sleep so that the elderly will easily enter a state of sleep.¹⁰ The purpose of this literature review is to determine the effect of ablution with insomnia in the elderly.

Methods

This article is a type of literature review article by examining journals about the effect of ablution on the incidence of insomnia in the elderly which is downloaded through the journal portal. The keywords used in the search, namely ablution and the incidence of insomnia. The inclusion criteria used in searching for articles were research articles published over a period of 10 years lastly, both international and Indonesian articles, with English or Indonesian language. The articles then sorted accordingly with the topic so that collected 5 research articles which was considered to represent the entire research article on ablution and the incidence of insomnia.

Result and Discussion

Based on research by Pereire et al in 2019 in Tlogomas Village, Lowokwaru District, Malang City, almost all spiritual activities of respondents were categorized as good, most of the respondents' quality was categorized as good and there was a relationship between spiritual activity and sleep quality in the elderly in RT / RW 05/06 Kelurahan Tlogomas District Lowokwaru Malang City with a p-value of 0.017.¹¹

Another study conducted by Irfan Hidayat in 2016 at Posyandu Elderly Cempaka Pontianak resulted in differences in insomnia levels before and after ablution therapy interventions for the elderly at Posyandu Elderly Cempaka Pontianak with a p-value of 0.001. Researchers hope that this research can provide a solution for the elderly who experience insomnia and can apply ablution therapy before bed to reduce the use of pharmacological drugs.¹²

Research conducted by Dian Adi Saputro in 2015 had similar results, however, several groups stated that there was no relationship. Researchers researched the Pstw Unit Budhi Luhur Yogyakarta shows the results of the level of insomnia in the experimental group before the ablution therapy shows insomnia is divided into 3 categories, namely low as many as 2 respondents (20%), moderate 6 respondents (60%) and high there are 2 respondents (20%) as well as in the group control showed insomnia into 3 categories, namely low 3 respondents (30%), moderate 6 respondents (60%) and high 1 respondent (10%). Then the level of insomnia in the experimental group after performing ablution therapy mostly experienced a decrease in insomnia as a whole even though it had not completely disappeared, divided into 3 categories, namely no insomnia by 1 respondent (10%), low by 5 respondents (50%), and moderate by 4 respondents (40%). However, the level of insomnia in the control group did not affect ablution therapy. Some respondents said that they still had difficulty starting to sleep. Because the control group did not provide ablution therapy interventions.¹³

Likewise, research conducted by Mey Rinawati in 2012 in Tilaman Wukirsari Imogiri Bantul Hamlet, Yogyakarta showed that the incidence of insomnia in the experimental group before ablution therapy showed insomnia, as well as the control group, showed insomnia. While the incidence of insomnia in the experimental group after performing ablution therapy mostly decreased insomnia and 7 respondents in the category did not experience insomnia, while in the control group all respondents still experienced insomnia incidents. So, there is an effect of ablution therapy before going to bed on the incidence of insomnia in the elderly with a p-value of 0.000.¹⁴

Similarly, research conducted by Puspasari et al in 2018 showed that the results of 3 days of implementation showed that the first day Mrs. M got a score of 9, namely mild insomnia, after ablution therapy the score dropped to 3, namely no insomnia. On the first day, Mrs. S got a score of 12 namely mild insomnia after ablution therapy the score fell to 3, namely no insomnia. On the first day, Mr. T got a score of 10, namely mild insomnia after ablution therapy the score fell to 4, namely no insomnia. So, giving ablution therapy with warm water before going to bed is useful for reducing insomnia sleep disorders in the elderly.¹⁵

So, it can be concluded from some of the studies above that there is an influence or relationship between ablution and the incidence of insomnia in the elderly, this is because when a person experiences sleep disorders, there is tension in the brain and muscles so that by activating the parasympathetic nerves with relaxation techniques automatically the tension is reduced so that a person will easy to sleep. It is recommended to perform ablution therapy because the splashing of ablution water will feel peaceful and serene so that some massage or rubbing during ablution will reduce muscle tension and become more relaxed. With a relaxed mind and condition, the elderly can have good quality sleep.

Fiqh Perspective

Requirements for the validity of prayer include the sacredness of large and small hadast. Cleansing oneself from a small hadast can be done by doing ablution with clean and holy water, which does not contain dirt that can cause disease. Eliminating small hadast can also be done with tayamum if there is no water, because of illness, or in an emergency.

The methods of ablution according to the Muhammadiyah tarjih are as follows:

1. Saying "bismillahirrahmannirrahim" and the intention in your heart to clean small hadast because of Allah alone and hope that Allah will forgive your sins.
2. Wash your palms three times while cleaning between your fingers
3. Gargle while sucking water into the nose (if not fasting) three times. Use the palm of your right hand to put water into your mouth/nose. When rinsing, it should be while cleaning your teeth (brushing your teeth)
4. Wash your face three times while cleaning the dirt in the corners of your eyes and beard (if you have a beard). It is a good thing to over-wash the face.
5. Wash your hands to the elbows. Start right hand three times then left hand three times
6. Wipe the head with water three times, starting from the crown from the nape to the crown
7. Wash both outer and inner ears
8. Wash both feet at least to ankles. Start by washing your right foot three times then your left foot three times. Try to clean between the toes, as well as the nails of the toes
9. Pray: Asyhadu anal ilaha illallah. Wahdahu la syarikalah. Waasyhadu anna Muhammadan abduhu Warasuluhu.

Conclusion

Based on the results of research conducted by researchers, it can be concluded that there is an influence or relationship between ablution and the incidence of insomnia in the elderly, this is because ablution can reduce muscle tension and become more relaxed so that the elderly

can have good sleep quality. The results of this literature review can be used as a reference to improve the health of the elderly, especially in nursing homes. The elderly are expected to continue the intervention of ablution before going to sleep independently and be supervised by nurses if they are in the home for a long period to improve the health status of the elderly and prevent stress, depression, and other diseases.

References

1. Mehraki B. Physical and mental health in Islam. *Middle East J Fam Med*. 2017;15(9):142–8.
2. Kiani MA, Saedi M, Anbarani MA. Personal Hygiene in Islam. *J Patient Saf*. 2015;3(2):87.
3. Sulaemang, Zulkifli, Kuraedah S, Zubaidah S. Ablution and Different Kinds of Diseases' Prevention in Hadits Perspective. *Int J Sci Basic Appl Res [Internet]*. 2016;28(3):254–65. Available from: <http://gssrr.org/index.php?journal=JournalOfBasicAndApplied>
4. World Health Organization. Health as a Human Right in Islam. *Right Path to Heal Heal Educ through Relig*. 2004;9(92):1–42.
5. Roth T. Insomnia: Definition, prevalence, etiology, and consequences. *J Clin Sleep Med*. 2007;3(5 SUPPL.):3–6.
6. Allah ESA, Abdel-aziz HR, El-seoud ARA. Insomnia : Prevalence , risk factors , and its effect on quality of life among elderly in Zagazig City , Egypt. *J Nurs Educ Pract*. 2014;4(8):52–69.
7. Jaussent I, Bouyer J, Ancelin ML, Akbaraly T, Pérès K, Ritchie K, et al. Insomnia and daytime sleepiness are risk factors for depressive symptoms in the elderly. *Sleep*. 2011;34(8):1103–10.
8. Miner B, Kryger MH. Sleep in the Aging Population. *Sleep Med Clin*. 2017;12(1):31–28.
9. Riyadi S, Sari NR. The Improvement of Sleep Quality in Elderly With Dzikir Therapy : Literature Review. *J Kesehat Madani Med*. 2020;11(02):218–25.
10. Kamran G. Physical benefits of (Salah) prayer - Strengthen the faith & fitness. *J Nov Physiother Rehabil*. 2018;2:43–53.
11. Antonia P castro, Joko W, Erlisa C. Hubungan Aktivitas Spiritual Dengan Kualitas Tidur Lansia Di Kelurahan Tlogomas Kecamatan Lowokwaru Kota Malang (The Relationship Between Spiritual Activity And Sleep Quality In The Elderly In Tlogomas Village,

- Lowokwaru District, Malang City Abstract). Nurs News (Meriden). 2019;4(1):318–28.
12. Hidayat I. Pengaruh Terapi Wudhu Sebelum Tidur Terhadap Tingkat Insomnia Lanjut Usia di Posyandu Lansia Cempaka Pontianak (Impact Of Wudhu Therapy Before Bed Time Towards Insomnia Level Of Elderly At Cempaka Elderly Integrated Health Pos Pontianak). Pontianak; 2016.
 13. Saputro DA, Sudyasih T. Pengaruh Terapi Wudhu Sebelum Tidur Terhadap Tingkat Insomnia pada Lanjut Usia di PSTW Unit Budhi Luhur Yogyakarta (The Effect of Ablution Therapy Before Sleep on Insomnia Levels in the Elderly at PSTW Unit Budhi Luhur Yogyakarta) [Internet]. Thesis. Yogyakarta; 2015. Available from: http://digilib.unisayogya.ac.id/845/1/NASKAH_PUBLIKASI_MEY_RINAWATI.pdf
 14. Rinawati M. The Effect of Ablution Therapy Before Sleeping on the Incidence of Insomnia in the Elderly in Tilaman Wukirsari Imogiri Bantul Yogyakarta [Internet]. 2012. Available from: http://digilib.unisayogya.ac.id/845/1/NASKAH_PUBLIKASI_MEY_RINAWATI.pdf
 15. Puspasari S, Belladonna M, Wardani ND. Korelasi Kualitas Tidur Dengan Kapasitas Memori Kerja Pada Mahasiswa Tingkat Akhir (Correlation of Sleep Quality with Working Memory Capacity at Final Level Students). Diponegoro Med J (Jurnal Kedokt Diponegoro). 2019;8(1):482–91.