

THE EFFECT OF AUDIO HYPNOTHERAPY ON SLEEP QUALITY

Rut Eli Hadadsha & Angelina Enny Yulyanti
Faculty of Psychology
Program Study Masters of Psychology Profession
Persada Indonesia University Y.A.I. Street Jakarta INDONESIA

ABSTRACT

This study aims to evaluate the effect of hypnotherapy audio on sleep quality. Hypnotherapy is a therapeutic technique that uses suggestions to achieve a state of deep relaxation, which is expected to improve sleep quality. The research method used was an experiment with a pretest-posttest design. Participants in this study were 30 individuals with sleep disorders, who were divided into two groups: an experimental group that received hypnotherapy audio and a control group that did not receive intervention. Sleep quality was measured using the Pittsburgh Sleep Quality Index (PSQI) before and after the intervention. The results showed that there was a significant increase in sleep quality in the experimental group compared to the control group. These findings indicate that hypnotherapy audio can be an effective intervention to improve sleep quality. Further research is needed to confirm these findings and explore the mechanisms behind the effects of hypnotherapy on sleep.

Keywords: Hypnotherapy Audio, Sleep Quality, Pittsburgh Sleep Quality Index (PSQI), Relaxation, Sleep Disorders.