



## **Effect of Gestalt therapy in group among college students having insomnia and to improve their occupational performance**

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### **Abstract**

To determine the impact of gestalt therapy in group among college students having insomnia and to improve their occupational performance. The study design was a pre and post-test experimental design that took place in Saveetha college of occupational therapy. Insomnia severity index and Canadian occupational performance was used to find out their level of insomnia and their occupational performance in college students. The present study is a clinical trial of thirty students with insomnia who were allocated to control and experimental groups. The experimental group consisted of 15 students who received 24 sessions of gestalt therapy as intervention whereas the control group received conventional occupational therapy. The post-test values were taken to record the outcome of the intervention. The results showed that the comparison of pre and post-test mean of insomnia severity index and Canadian occupational performance measure scores of the experimental group were highly statistically significant, as compared to the control group because of the effectiveness of gestalt therapy intervention.

**Keywords:** Insomnia, Gestalt therapy, College Students, Occupational Performance.

## Introduction

Insomnia is also known as the Disorder of Initiation and/or Maintenance of Sleep which can include both Frequent awakenings during the night and Early morning awakening. Non-restorative sleep where despite an adequate duration of sleep, there is a feeling of not having rested fully. In Occupational Therapy theories, sleep is conceptualized as a restorative occupation with the goal of rest and recuperation, and good sleep and rest could support the formation of the occupation mix of self-care, work, and leisure during the day. The concepts of occupational balance focus on time use and suggest that the balance between rest/sleep and daytime activity is important in promoting function and well-being. Prof. Holzinger states that Gestalt Therapy is based on a foreground and background of perception. Sleep (or sleep problems), can sometimes be the manifestation of a problem (foreground) that needs to be solved (background).

Gestalt Therapy is a form of psychotherapy that is centred on increasing a person's awareness, freedom, and self-direction. It's a form of therapy that focuses on the present moment rather than past experiences. Gestalt Therapy is based on the idea that people are influenced by their present environment. Each individual works to achieve personal growth and balance. Gestalt Therapy focuses on the use of empathy and unconditional acceptance. This helps individuals get rid of distress by learning how to trust and accept what they feel. Gestalt Therapy is also based upon several approaches called the

**Experiential approach** – Experiencing one's problems rather than analysing them.

**Existentialistic approach** – Focusing on the here and now, not the past or future.

**Experimental approach** – Trying something new or what one usually wouldn't.

Gestalt Therapy has become a proven and effective therapeutic approach in addressing and treating different mental health conditions. Some

of these conditions include: sleep, anxiety, behavioural issues, relationship problems and other mental problems.

Prof. Holzinger states that Gestalt Therapy is based on a foreground and background of perception. Sleep (or sleep problems), can sometimes be the manifestation of a problem (foreground) that needs to be solved (background). Using Gestalt Therapy in combination with other treatment such as, Sleep Coaching and the Role Play Method, sleep disorders such as insomnia and nightmares can be effectively treated. For example, with insomnia, several psychiatric disorders, such as anxiety disorders and depression, have shown strong relationships with insomnia. By reducing anxiety and depression using Gestalt Therapy and to improve sleep quality among students having insomnia

The concepts of occupations focus on time Sleep has a significant impact on functional performance in self-care, work, and leisure. Thus, sleep and daytime functioning are closely interrelated, and excessive or insufficient sleep or daytime activities will contribute to occupational imbalance. Sleep problems also affect cognitive performance, including alertness, reaction, memory, and learning. Very often, sleep problems could impact on daily occupations such as work, daily activities, social performance, and well-being.

### Aim of the study

The aim of the study is to determine the effect of gestalt therapy in group among college students having insomnia and to improve their occupational performance

### Objective of the study

1. To determine the level of insomnia
2. To determine the effect of gestalt therapy
3. To Identify conventional occupational therapy for college students with insomnia
4. To identify conventional occupational therapy with Gestalt therapy for college students with insomnia

## Research hypnosis

There is a statistical difference between the pre and post test score of insomnia severity index and Canadian occupational performance measure in control and experimental group.

### Research design

- ) The present study was conducted on saveetha college of occupational therapy.
- ) The study was quantitative quasi-experimental study design.

### Duration & size

- ) Weekly 2 sessions, 45mins per session for 24 sessions
- ) The total size of the study includes 30 participants.

### Material used

1. Insomnia severity index
2. Canadian occupational performance measure
3. MS. Word, Excel.

## Data analysis and Results

**Table no 4.1: Statistical analysis of pre- test and post- test in control group**

		Mean	N	Z value	p value
Control	Pre_ISI	17.4	15	-3.482	0.000*
	Post_ISI	15.2	15		
	Pre_COPMP	47.8	15	-3.415	0.001*
	Post_COPMP	45.04	15		
	Pre_COPMS	33.6867	15	-3.111	0.002*
	Post_COPMS	18.9267	15		

**\*Significant at 5% alpha level**

Since the p value is lesser than 0.05 in all components (ISI, COPMP and COPMS), alternate hypothesis is accepted. Hence, there is statistically significant difference between pre-

## Source of data

The data collected from saveetha college of occupational therapy.

## Procedure

The sample were selected for the study from Saveetha college of occupational therapy. Total samples 30 subjects were selected under inclusion and exclusion criteria. Before intervention, subjects were assessed the level of insomnia by using insomnia severity index and occupational performance by using Canadian occupational performance measure. All 30 subjects were measured using insomnia severity index to get pre-Test value then divided equally as 15 samples in control group and 15 samples in experimental group. Experimental group underwent gestalt therapy. The therapy consists of totally 24 sessions, on the schedule of 2 meetings a week for 12 weeks. Each session was held in the morning and afternoon lasted approximately 45 minutes. After the session insomnia severity index and Canadian occupational performance to get the post-test values.

test and post test scores in the Control Group of both the scales (ISI and COPM). This suggests that the intervention received by the control group had significant improvement.

Figure no 4.1: Statistical analysis of pre- test and post- test in control group

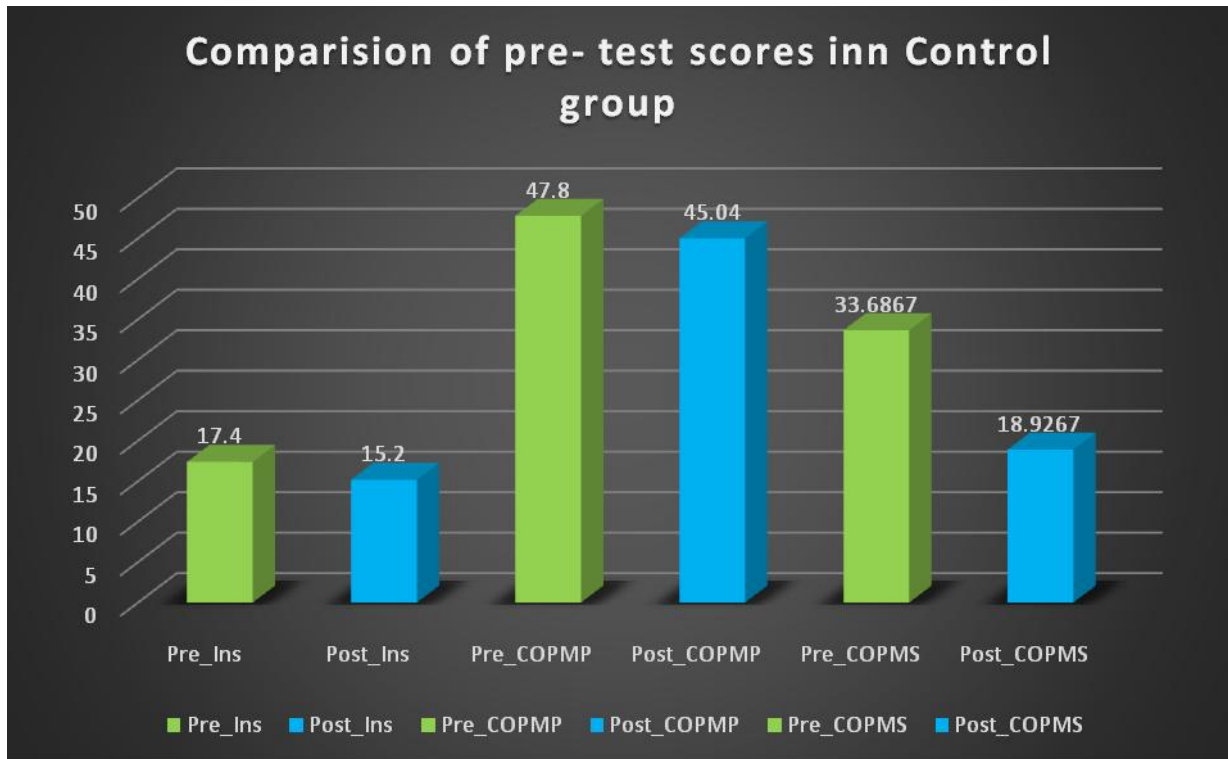


Table 4.2: Statistical analysis of pre- test and post- test in experimental group

		Mean	N	Z value	p value
Experimental	Pre_Ins	64	15	-3.11	0.002*
	Post_Ins	24.5	15		
	Pre_COPMP	9	15	-3.411	0.001*
	Post_COPMP	9.7	15		
	Pre_COPMS	9.2	15	-3.415	0.001*
	Post_COPMS	9.5	15		

\* Significant at 5% alpha level

In the Experimental group, since the p value is less than 0.05 in all components (ISI, COPMP and COPMS), alternate hypothesis is accepted. Hence, there is statistically significant difference

in Experimental Group between pre-test and post test scores of both the scales (ISI and COPM). This suggests that the intervention received by the experimental group had significant improvement.

Figure 4.2: Statistical analysis of pre- test and post- test in experimental group

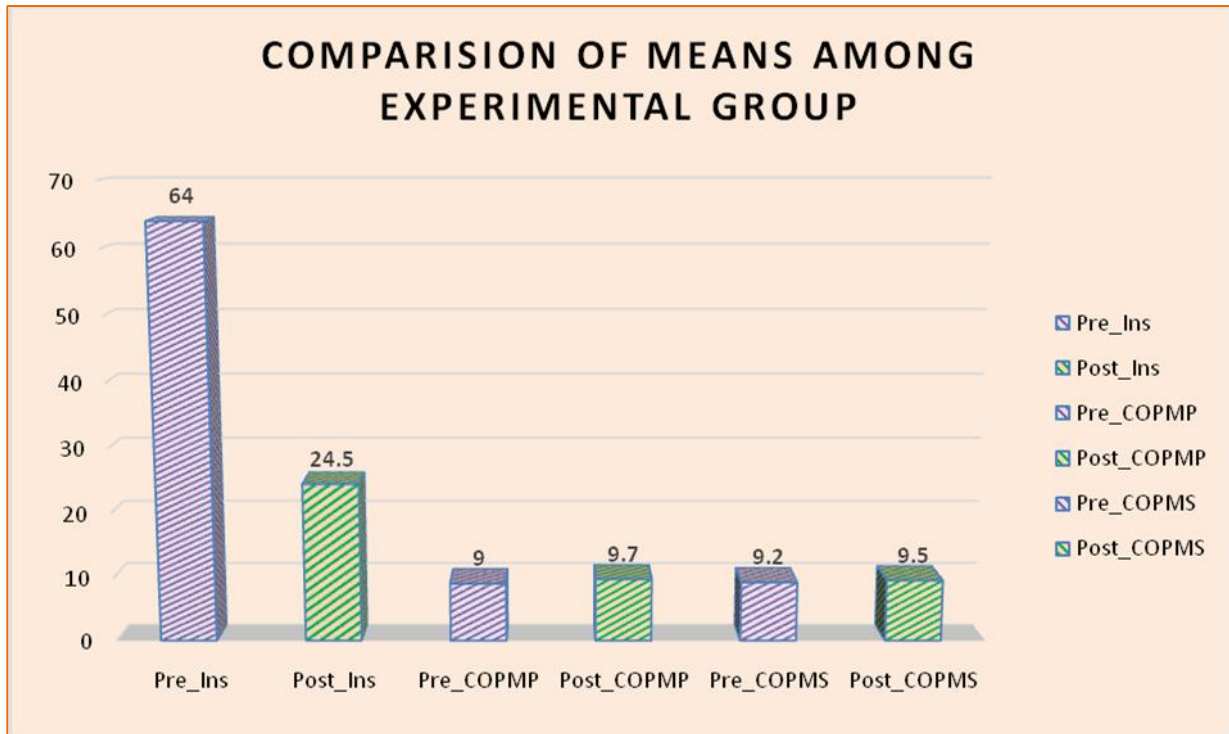


Table 4.3: Statistical analysis between the post- test scores of the control and experimental group

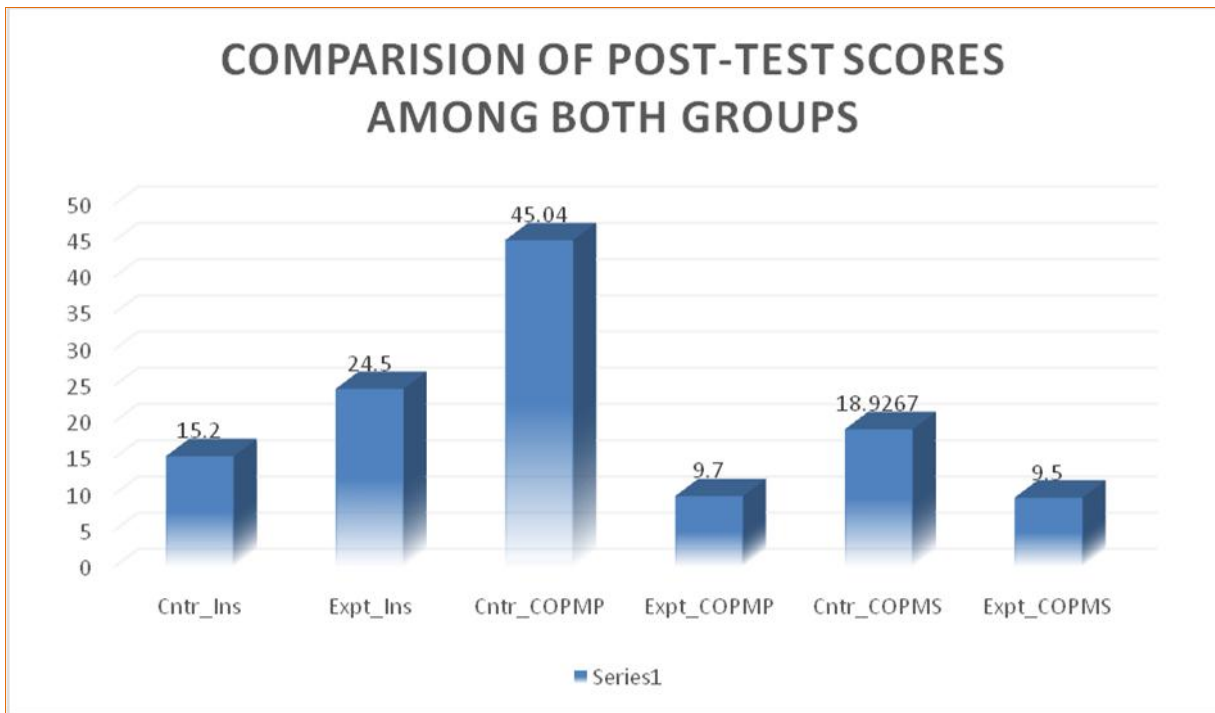
		Mean	N	Z value	p value
Post test	Cntr_Ins	15.2	15	-4.54185	0.000*
	Expt_Ins	24.5	15		
	Cntr_COPMP	45.04	15	4.64554	0.000*
	Expt_COPMP	9.7	15		
	Cntr_COPMS	18.9267	15	4.64554	0.000*
	Expt_COPMS	9.5	15		

\*Significant at 5% alpha level

Since the p value of 0.000 is lesser than 0.05 in all components (ISI, COPMP and COPMS), alternate hypothesis is accepted. Hence, there is statistically significant difference in post test scores between Experimental and Control Group

of both the scales (ISI and COPM). This suggests that the intervention received by the experimental group had more improvement when compared to the control group.

Figure 4.3: Statistical analysis between the post- test scores of the control and experimental group



## Discussion

The purpose of the study is to determine the effect of gestalt therapy in group among college students having insomnia and to improve their occupational performance. The aim of the study is to determine the effect of gestalt therapy in group among college students having insomnia and to improve their occupational performance. In this study, (insomnia severity index) is used to assess level of insomnia in college students and COPM (Canadian occupational performance measure) is used asses the occupational performance of college students having insomnia. Students with insomnia underwent therapy session, the therapy consist of totally 24 in 3 months, each session last to 45 minutes a total of thirty mild moderate and subthreshold level of insomnia students were selected using the selection criteria described in the methodology and convenient sampling technique were allocated to experimental and control in each 15 samples. The age of selected sample ranged between 18 to 23 years. In this study it includes only college students. Both experimental and the control group were

measured with insomnia severity index to identify the level of insomnia and COPM to identify the occupational performance. The experimental group alone underwent occupational therapy intervention and gestalt therapy. Whereas control group underwent conventional occupational therapy. the effectiveness of the intervention was analysed by comparing the pre-test and post-test values of control and experimental groups.

Table 4.1 and figure 4.1 showed the statistical analysis of pre- test and post- test of ISI and COPM in control group. The result indicated that there was improvement in sleep quality and occupational performance. The result was obtained with the conventional occupational therapy program.

Table 4.2 and figure 4.2 showed the statistical analysis of pre- test and post- test of ISI and COPM in experimental group. The result indicated that there was improvement in sleep quality and occupational performance. The result was obtained with the Gestalt Therapy in Group.

Table 4.3 and figure 4.3 showed the statistical analysis of pre- test and post- test of ISI and COPM in between control and experimental group. The result indicated that there was more improvement in sleep quality and occupational performance in experimental group when compared with control group. It proved the effect of gestalt therapy in sleep quality and occupational performance.

## Conclusion

This study proved the effect of gestalt therapy in improving sleep quality and occupational performance among students with insomnia.

## Limitation and recommendation

### Limitation

- ) study was done on a small sample size.
- ) Study was done by confined age group.
- ) Study was not done for other mental disorders.

### Recommendation

- ) Study can be done with larger sample size.
- ) Study can be done with gender differences.
- ) This type of intervention can also use for other mental disorders.

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