

CHAPTER V CONCLUSION AND SUGGESTION

A. Conclusion

The characteristics of respondents in the intervention group and the majority control group were 23 years old and had already undergone 9 semesters of lectures. Based on the research results described in the previous chapter, there is a significant difference in *Al Jarol Miyyah* audio therapy to the decrease in sleep disorder scores for students living in Purwokerto Islamic boarding schools. Based on the results of the Mann-Whitney test showed a p-value of 0.000 ($p\text{-value} < 0.05$) which showed a difference in sleep quality scores in the two groups after being given *Al Jarol Miyyah* audio intervention in the intervention group and observation in the control group.

The results of the Mann-Whitney test obtained a p-value of 0.000 ($p < 0.05$) which showed differences in sleep quality scores before and after the *Al Jarol Miyyah* audio intervention in the intervention group. So it can be concluded that H_0 was rejected, which means that "*Al Jarol Miyyah*" therapy influences sleep disturbance in students living in *pondok pesantren* Purwokerto.

B. Suggestion

Respondents hope to use *Al Jarol Miyyah* audio as a therapy that is used to reduce sleep disturbances. This research institution can be used as a reference source in providing lecture materials related to complementary therapy in the form of *Al Jarol Miyyah* audio to improve sleep quality in early adulthood and can be published. Researchers are further expected to examine other personal characteristics that can affect sleep disorders, such as gender, and can examine *Al Jarol Miyyah* audio therapy as another alternative to help treat other physical and psychic disorders.