The Influence of Future Anxiety on Students' Tendency to Experience Insomnia

Nurul Fitriana Ahmad[*1], **Sitti Murdiana** [2], **Haffiza Nur**
[1] Psychology, Universitas Negeri Makassar, Indonesia
Email: nurulfitriana027s@gmail.com
[2] Psychology, Universitas Negeri Makassar, Indonesia
Email: st.murdiana@unm.ac.id
[3] Counseling Intervention, Universiti Pertahanan Nasional Malaysia, Malaysia
Email: haffizanur@upnm.edu.my

Article info	
	Abstract. The study aims to determine the influence of future anxiety on the tendency of Makassar State University students to experience insomnia. A quantitative regression approach was employed. Respondents were 70 Makassar State University students. The sampling method was non-probability using accidental techniques. The results showed that future anxiety significantly influenced the tendency of Makassar State University students to experience insomnia, which means that future anxiety influences the tendency of insomnia. This study is expected to be a foundation for further researchers who examine similar variables.
	Coresponden author: **Nurul Fitriana Ahmad** Jalan: Dini dg Siantang, Takalar, Sulawesi Selatan Email: nurulfitriana027@gmail.com

INTRODUCTION

Sleep is a basic need for every individual. Adequate sleep helps a person to concentrate, make decisions, and carry out activities well. (Agustin, 2012). Inappropriate sleep time reduces sleep quality, disrupts physical and psychological health, and increases the risk of obesity (Huda, 2016). The Diagnostic and Statistical Manual of Mental Disorder V-TR (DSM V-TR) explains that dissatisfaction with the quantity and quality of sleep is related to insomnia.

The National Sleep Foundation survey (2018) showed that the global insomnia rate reached 67% of 1,508 people in Southeast Asia and 7.3% of insomnia was experienced by students. In Indonesia, the number of insomnia sufferers is estimated to reach 10%, which means it is experienced by 28 million of the total 238 million Indonesian population (Cable News Network Indonesia, 2017). Students who experience insomnia in Indonesia are 67% (Gunawan, Nurgahayu, & Haeruddin, 2022). The high rate of insomnia is related to the increasing problems that occur in life, such as anxiety and depression (Life & Style, 2017).

Research conducted by Tudu, Tira, and Landi (2023) on FKM students of Nusa Cendana University class of 2020 and 2021 explained that out of 155 students, 95 students

experienced insomnia. This condition is triggered by the use of cell phones and caffeine consumption. Research conducted by Gunawan, et al. (2022) on 70 final-year students of the Faculty of Public Health UMI explained that 25 students experienced severe insomnia, 33 students experienced mild insomnia, and 12 students admitted to having no complaints. These cases were caused by gadget addiction, stress, activity, nicotine consumption, and complaints of illness. Another study conducted by Aprilini (2018) explained that out of 110 students of the Faculty of Psychology, Makassar State University, 44 of them were free from insomnia while 66 experienced it. This condition is characterized by a feeling of restlessness when about to go to sleep, doing assignments, watching television, and accessing social media.

Based on the survey and previous research described above, it can be concluded that insomnia is experienced by various groups of people. The group of people who most often experience insomnia are students. This condition is triggered by various factors such as anxiety, fatigue, drug use, caffeine consumption, addiction to gadgets and social media, and diseases.

The questionnaire for initial data collection was distributed via Google Forms to 55 Makassar State University students and 15 students from other campuses. Of the 70 respondents, 47 experienced insomnia for 3 consecutive months. Initial research data were obtained from 21 men and 26 women. 47.1% often experience insomnia due to anxiety about the future. They think about the future and activities that have been done. 27.5% experience insomnia due to environmental disturbances such as noise, naps, and doing other activities such as using mobile phones. 17% experience insomnia due to doing assignments. 4.2% experience insomnia due to consuming caffeine. 4.2% experience insomnia due to stress.

This is supported by Kasiati and Rosmalawati (2016) that anxiety can increase norepinephrine levels: a condition that causes disruption of the sleep cycle such as frequent waking up during sleep. Another study by Lestari, Irawati, and Maria (2017) explains that the higher the level of anxiety, the higher the sleep disturbance. Anxiety can be a psychological response to tension that causes

anxiety the inability to face problems and the emergence of feelings of insecurity. Another supporting study carried out by Hamilton, Gallagher, Preacher, Stevens, Nelson, Karlson, and McCurdy (2007) indicated that insomnia is influenced by psychological and physical well-being. Researchers can conclude that insomnia is caused by anxiety that causes anxiety and disruption of physical well-being.

Preliminary data suggests that one of the causes of insomnia is psychosocial factors. Morin and Espie (2004) suggest that sleep is very sensitive to stress and other emotional pressures. Atkinson (2009) explains that individuals often experience unpleasant emotions characterized by worry, concern and fear known as anxiety. Durand and Barlow (2003) state that anxiety is a feeling response characterized by physical symptoms such as physical tension and worries about the future. Maharani, Karmiyati, and Widyasari (2021) suggest that students are often anxious because they often connect their present life with the future such as an uncertain career.

Hammad (2016) stated that an unclear future leads to feelings of helplessness and anxiety, especially when individuals feel confused and unable to control their future, this causes individuals to be unable to plan for the future which then leads to ongoing future anxiety. Future anxiety is a condition when individuals feel afraid and worried about unexpected events in the future. This causes individuals to think, act, and express their emotions negatively, constantly fixate on current events, and take certain actions to overcome fear.

Previous studies only linked anxiety with insomnia and have not specifically explained the future anxiety experienced by respondents from Makassar State University. Therefore, this study focuses on future anxiety as a variable that influences the tendency of insomnia with the title "The Effect of Future Anxiety on the Tendency of Insomnia in Students at Makassar State University".

METHOD

This study aims to determine the effect of future anxiety on the tendency of insomnia in students at Makassar State University. Respondents are active students of the 2017-2022 intake of Makassar State University who have difficulty sleeping. The subjects of the

study were 70 respondents who were students of Makassar State University, consisting of the Faculty of Psychology (FPsi), Faculty of Language and Literature (FBS), Faculty of Mathematics and Natural Sciences (FMIPA), Faculty of Sports and Health Sciences (FIKK), Faculty of Social Sciences and Law (FIS-H), Faculty of Engineering (FT), Faculty of Education (FIP), and Faculty of Economics (FE). The number of women was 52 while the number of men was 18. The age of the subjects was in the range of 18 - 23 years with the largest number being 21 years old while the smallest number was 23 years old.

This study employed a quantitative approach. The independent variable is future anxiety while the dependent variable is the tendency for insomnia. The sample was determined using non-probability sampling with accidental sampling techniques. Future anxiety was measured using a scale developed by Syams, Hamid, and Akmal (2023). This scale consists of 25 questions with five options (score 1 for "very inappropriate" to score 5 for the answer "very appropriate". This scale has a reliability level of Cronbach's alpha score = 0.839, classified as reliable. The insomnia variable is measured using the Insomnia Rating Scale (KSPBJ - IRS) adapted from Majdi and Mulyana (2023). This scale consists of eight questions with four options (score 0 for the condition "no complaints" and score 3 for the condition "serious complaints"). This scale has a reliability level with a Cronbach's alpha score = 0.71 and is classified as reliable. The data of this study were analyzed descriptively through hypothesis testing to describe sample data without generalizing conclusions. Subjects were divided into three categories, namely high, medium, and low. The hypothesis was tested using a simple linear regression technique to determine whether future anxiety affects the tendency of insomnia. To determine the strength of the influence or contribution of the future anxiety variable to the insomnia variable, we conducted a determination coefficient test.

RESULTS AND DISCUSSION

The research data is described by categorizing variables through hypothetical statistics based on the future anxiety scale with 25 questions with a score range from 1 (strongly disagree) to 5 (strongly agree). Hypothetical variable data shows that the lowest score is 31 while the highest score is 105, while the hypothetical mean is 75 and the standard deviation is 17.42. The future anxiety score categories are presented in the table 1.

Table 1. Future Anxiety Score Categorization

Intervals	Categories	f	%
< 58	Low	10	14.29
58 - 92	Medium	48	68.57
>92	High	12	17.14
Total		**70**	**100%**

The data in the table 1 above shows that most subjects are in the medium category, namely 48 subjects (68.57%) and the fewest subjects are in the low category, namely 10 subjects (14.29%). Based on the categorization results, the dominant subjects who experience future anxiety are in the medium category.

The research data is described by categorizing the variables using hypothetical statistics. The insomnia scale has 8 statements with a score range from 0 to 3, 0 indicates "condition without complaints", while 3 means "condition with severe complaints". The data shows that the lowest score = 6 while the highest score = 19. Furthermore, the hypothetical mean = 10.98 and standard deviation = 3.05. The grouping of insomnia scores is presented in the table 2.

The table 2 data above shows that most subjects (64) are in the medium category (91.43%) while the least (2) were at the low category (2.86%). Based on the categorization, most subjects experience medium insomnia.

The research hypothesis was tested using simple linear regression analysis and determination coefficient tests with the help of IBM Statistics SPSS (Statistical Package for Social Science) 25 for Windows application. This study hypothesizes that future anxiety triggers insomnia in students at Makassar State

University. The results of the hypothesis test are presented in the table 3.

Table 2. Future Anxiety Score Categorization

Intervals	Categories	f	%
< 8	Low	2	2,86
8 - 16	Medium	64	91,43
>16	High	4	5,71
Total		**70**	**100%**

Table 3. Future Anxiety Score Categorization

Variables	R	R *Square*	p	B	Constants	Description
Future Anxiety – Insomniac Tendencies	0.386	0.149	0.001	0.068	5.895	Significance

The results of the analysis presented in the table report that the p-value of 0.001 (p < 0.05) indicates that the data is significant. Based on the results, the hypothesis stating that future anxiety affects the tendency of insomnia in students at Makassar State University is accepted. The strength of the influence of the future anxiety variable on insomnia is represented by the R square value = 0.149 (14.9%) while the rest is caused by other factors.

The direction of the influence of the independent variable on the dependent variable is shown by the linear regression coefficient B = 0.068 depicting a positive value. The more serious the future anxiety, the more likely students are to experience insomnia. Conversely, the lower the future anxiety, the lower the tendency of students to have insomnia. The results of the determination coefficient test are presented in the table 4.

Table 4. *Results of the determination coefficient test of future anxiety on insomnia*

Aspects	R	R *Square*
Negative thoughts about the future	0.203	0.041
Career anxiety	0.265	0.070
Psychosomatic manifestations of anxiety	0.459	0.211
Anxiety about life pressures	0.350	0.123

The data in the table shows that based on the determination coefficient test, negative thoughts about the future show a value of 0.041. This means that 4.1% of insomnia experienced by students is influenced by their negative thoughts about the future. 95.9% is influenced by other variables that were not tested in the study.

Based on the coefficient test of the anxiety toward a career, the value is 0.070. This means that 7% of insomnia experienced by students is influenced by anxiety about career, while 93% is influenced by other variables that were not tested in the study.

The test of psychosomatic manifestation coefficient due to anxiety shows a value of 0.211. This means that 21.1% of insomnia experienced by students is influenced by manifestations originating from psychosomatics due to anxiety. 78.9% is influenced by other variables not tested in the study.

Based on the test of the anxiety coefficient against life stress, we obtained a score of 0.123. This means that 12.3% of insomnia experienced by students is influenced by anxiety against life stress. 87.7% is influenced by other variables not tested in the study.

Discussion

Descriptive Overview of Future Anxiety

The results show that most respondents in the moderate category experience symptoms of future anxiety triggered by life stress. Respondents admitted to feeling anxious because of the tight competition in the social

environment, the high cost of living in the future, demands and expectations from family and the environment, and economic demands in the future. Meanwhile, symptoms of anxiety that rarely appear are manifestations originating from psychosomatics due to anxiety such as stomach aches, difficulty breathing, headaches, sweating, and body aches/discomfort when trying to fall asleep when thinking about the future.

In addition, the present study found that most respondents with high and low insomnia experience symptoms of future anxiety triggered by life stress. They worry about the high cost of living in the future, the tight competition in the social environment, demands from family and the environment, and economic demands. However, they tend not to worry about job opportunities, failing with future jobs, and dealing with jobs that do not meet expectations.

Several older studies describe individuals who experience moderate levels of future anxiety. Setyananda, Indraswari, and Prabamurti (2021) stated that moderate anxiety levels are caused by focusing on important issues in a focused manner. This is usually characterized by a level of fatigue, limited perception, suboptimal ability to learn, decreased concentration, a tendency to focus on threats, increased sensitivity, low patience, difficulty remembering, emotional reactions such as anger and crying easily, and feelings of insecurity.

Putri and Septiawan (2020) found that anxiety can trigger attention focus. Pradnyaswari and Budisetyani (2018) stated that anxiety with ideal proportions encourages individuals to be more productive, but if it is excessive, it will become a problem. Future anxiety experienced by students is the fear of potentials that is not in line with the desired expectations for the future, which are based on personal experiences and current circumstances (Siregar, Kamila, and Tasaufi, 2021).

Future anxiety can be experienced by students when they are worried or afraid of the uncertainty of the future that may not be in accordance with their expectations (Zaleski, 1996). These concerns include career, education, relationships, health, and finances in the future. Anxiety about the future at a reasonable or moderate intensity is considered motivational, but if the intensity is high, it will

have a negative impact (Aldriani and Widyastuti, 2021).

Descriptive Overview of Insomnia Tendency

The results showed that respondents with moderate anxiety mostly felt symptoms of insomnia due to lack of delta sleep. Respondents did not fully fall asleep and were easily awakened, and the deep sleep time they experienced tended to be less than 4 hours 30 minutes. Meanwhile, respondents in the moderate category experienced symptoms of insomnia that made them wake up earlier. This means that respondents have a shorter sleep duration. They woke up half an hour earlier than their normal wake-up time and could not fall back asleep.

The results of this study also showed that respondents in the low and high categories generally experienced a lack of delta sleep. Meanwhile, low insomnia symptoms were experienced by respondents in the low and high categories Where they had difficulty falling asleep (it took 15-30 minutes).

Insomnia experienced by students results in irregularity in managing time, difficulty concentrating and decreased quality of life. Moderate insomnia is caused by the inability to meet sleep needs, both in quality and quantity (Fernando and Hidayat, 2020). Insomnia experienced by students is triggered by various activities on campus, including academic assignments and membership in organizations. Other problems are interpersonal relationships and living far from parents. These conditions can trigger stress, anxiety, and depression which lead to suboptimal sleep quality (Surtianingsih, Putri, Ani, 2018).

The Effect of Future Anxiety on Insomnia

Hypothesis testing with linear regression analysis shows that H0 is rejected while Ha is accepted. This means that future anxiety affects insomnia. This finding confirms Nisenson, Pepper, Schwenk, and Coyne (1998) that anxiety is related to somatization disorder, individuals who suffer from higher anxiety tend to experience somatization disorder. Individuals with excessive anxiety will be more sensitive to their own body sensations, so they tend to pay more attention or interpret physical symptoms more intensely. Symptoms that are identical to anxiety and somatization are stomachache, disturbed

digestion, chest pain, fatigue, dizziness, and headache (Katon & Walker, 1998).

The coefficient of determination test shows that one aspect of future anxiety that has the highest influence on insomnia is manifested by psychosomatics due to anxiety, which is 21.1% higher than other aspects. Meanwhile, the aspect that contributes the least to insomnia is anxiety about a career (7%). This indicates that psychosomatic manifestations due to anxiety are more strongly related to insomnia tendencies than anxiety about a career..

In this study, based on the results of the percentage analysis of the categorization score, the respondents' future anxiety is dominated by the moderate category. If this study shows future anxiety that shows a low or high category, it could increase the percentage score of the influence of future anxiety on the tendency of insomnia. This shows that the higher the future anxiety, the higher the tendency to insomnia. Conversely, the lower the future anxiety, the lower the potential for insomnia.

Morin and Espie (2004) argued that insomnia is often associated with psychological conditions such as anxiety and stress. Anxiety can trigger physiological responses that disrupt sleep patterns, such as increased sympathetic nervous system activity, release of stress hormones, and increased alertness. Individuals suffering from insomnia often over-perceive their symptoms. Excessive anxiety and concern about sleep problems can worsen the condition.

These results support Andiarna, Widayati, Hidayati, and Agustina (2020) who also found that anxiety is positively related to insomnia. This study is also in line with Hidayaah and Alif (2016) that the higher the anxiety, the higher the level of insomnia. Another similar finding was by Li, Starr, and Wray-Lake (2018) that anxiety affects the likelihood of future depression through insomnia. This indicates that the level of anxiety triggers insomnia.

CONCLUSION AND SUGGESTIONS

Based on the results presented above, it can be concluded that future anxiety affects the tendency of insomnia in students at Makassar State University. The insomnia experienced is predominantly caused by psychosomatic manifestations due to anxiety. In this case, the higher the future anxiety, the higher the insomnia. Conversely, the lower the future anxiety, the lower the insomnia. Students must understand that if they worry about the future, they can experience insomnia, so they must prevent and overcome future anxiety. Furthermore, subsequent researchers should pay attention to other factors that can affect the variables in this study and involve more populations for other regression analyses to test the psychological aspects of each variable.

REFERENCES

Agustin, D. (2012). *Faktor-Faktor yang Memengaruhi Kualitas Tidur pada Pekerja Shift di PT Krakatau Tirta Industri Cilegon.* (Skripsi). Universitas Indonesia.

Aldriani, N., & Widyastuti, A. (2021). Kecerdasan Adversity dan Kecemasan Menghadapi Masa Pensiun. *Psikobuletin: Buletin Ilmiah Psikologi, 2*(2), 154-163, doi: 10.24014/pib.v2i2.10339.

American Psychiatric Association. (2022). *DSM V-TR (Diagnostic and Statistical Manual of Mental Disorders V Edition Text Revision).* Washington, DC: American Psychiatric Association Press.

Andiarna, F., Widayanti, L. P., Hidayati, I., & Agustina, E. (2020). Analisis Penggunaan Media Sosial Terhadap Kejadian Insomnia Pada Mahasiswa. *PROFESI: Media Publikasi Penelitian, 17*(2), 37-42.

Aprilini, M, Mansyur, A. Y., & Ridfah, A. (2019). Efektivitas Mendengarkan Murottal Al-Quran Dalam Menurunkan Tingkat Insomnia Pada Mahasiswa. *Psikis: Jurnal Psikologi Islami, 5*(2), 146-154.

Atkinson R. (2009). *Pengantar psikologi jilid I.* Batam : Interaksara.

Cable News Network Indonesia. 2017. Prevalensi Insomnia (Online). Diakses tanggal 6 july 2020. https://m.cnnindonesia.com.

Durand, V. M., & Barlow, D. H. (2003). *Essentials of abnormal psychology (3rd ed.).* Wadsworth:Thomson Learning.

Fernando, R. & Hidayat, R. (2020). Hubungan Lama Penggunaan Media Sosial dengan Kejadian Insomnia Pada Mahasiswa

Fakultas Ilmu Kesehatan Universitas pahlawan Tuanku Tambusai Tahun 2020. *Jurnal Ners, 4*(2), 83-89.

Gunawan, I., Nurgahayu, Haeruddin. (2022). Faktor Determinan Kejadian Insomnia Pada Mahasoswa Tingkat Akhir Fakultas Kesehatan masyarakat Universitas Muslim Indonesia. *Window of Public Health Journal, 3*(3), 488-501. E-ISSN 2721-2920.

Hamilton, N. A., Gallagher, M. W., Preacher, K. J., Stevens, N., Nelson, C. A., Karlson, C., & McCurdy, D. (2007). Insomnia and well-being. *Journal of Consulting and Clinical Psychology, 75*(6), 939–946. https://doi.org/10.1037/0022-006X.75.6.939.

Hammad, M. A. (2016). Future anxiety and its relationship tostudents' attitude toward academic specialization. *Journal of Education and Practice, 7*(15), 54-65.

Hidaayah, N., & Alif, H. (2016). Hubungan Tingkat Kecemasan Dengan Terjadinya Insomnia Pada Wanita Premenopause Di Dusun Ngablak Desa Kedungrukem Kecamatan Benjeng Kabupaten Gresik. *Jurnal Ilmiah Kesehatan, 9*(1), 69-76.

Huda, N. (2016). *100 Fakta Seputar Tidur Yang Perlu Anda Tahu.* Jakarta: PT Elex Media Komputindo.

Kasiati, & Rosmalawati, N. W. D. (2016). *Kebutuhan Dasar Manusia 1. (Suparmi & N. Suwarno, Eds.).* Jakarta: Kementerian Kesehatan Republik Indonesia.

Katon, W., J. & Walker, E., A. (1998). Medically unexplained symptoms in primary care. *Journal of Clinical Psychiatry, 59* (20), 15-21.

Kementerian Kesehatan RI. (2023). Menyegarkan Diri dengan Tidur yang Berkualitas. Diakses pada 11 Desember 2023. https://yankes.kemkes.go.id/view_artikel /2048/menyegarkan-diri-dengan-tidur-yang-berkualitas.

Lestari, T., B., Irawaty, D., & Maria, R. (2017). Hubungan kecemasan, depresi dengan insomnia pada klien kanker payudara. *Jurnal kesehatan masyarakat dan lingkungan hidup, 2* (2), 42-48.

Li, L. Z., Starr, L. R., & Wray-Lake, L. (2018). Examining pathways of influence from anxiety to depression in adolescence: A longitudinal study. *Journal of Abnormal Child Psychology, 46*(5), 915-927. https://doi.org/10.1007/s10802-017-0336-5.

Life & Style. (2017). Penderita Insomnia di Indonesia Mencapai 28 juta. Diakses 11 Desember 2023. https://lifestyle.bisnis.com/read/2017120 4/106/714937/penderita-insomnia-diindonesia-mencapai-28-juta-orang.

Maharani, F., P., Karmiyati, D., & Widyasari, D., C. (2021). Kecemasan Masa Depan Dan Sikap Mahasiswa Terhadap Jurusan Akademik. *Cognicia, 9*(1), 11-16. DOI:10.22219/cognicia.v9i1.15292.

Majdi, M., Z., Z., & Mulyana, S. (2023). Hubungan antara Kecemasan dan Kecanduan Internet dengan Insomnia pada Mahasiswa Yang Sedang Skripsi. *Edu Consilium: Jurnal BK Pendidikan Islam, 4*(1), 53-64. Doi: 10.19105/ec.vlil. 1808.

Morin, C, m., & Espie, C. A. (2004). *Insomnia; A clinical guide to assessment and treatment.* New York:Plenum Publisher.

National Sleep Foundation. (2018). Insomnia sebuah gangguan tidur yang perlu dipahami. Diakses pada 11 Desember 2023. https://nsd.co.id/posts/insomnia-sebuah-gangguan-tidur-yang-perlu-dipahami.html.

Nisenson, L., G., Pepper, C., M., Schwenk, T., L., & Coyne, J., C. (1998). The nature and prevalence of anxiety disorders in primary care. *General hospital psychiatry, 20*(1), 21-28.

Pradnyaswari, A. A., & Budisetyani, I. G. P. W. (2018). Hubungan Kecerdasan Emosional dengan Kecemasan Bertanding Pada Atlet Softball Remaja Putri di Bali. *Jurnal Psikologi Udayana, 5*(1), 218-225.

Putri, A. P., & Septiawan, A. (2020). Manajemen Kecemasan Masyarakat dalam Menghadapi Covid-19. *Academica: Journal of Multidisciplinary Studies,4*(2), 199-216.

Setyananda, T. R., Indraswari, R., dan Prabamurti, P. N. (2021). Tingkat Kecemasan (State-Trait Anxiety) Masyarakat dalam Menghadapi Pandemi COVID-19 di Kota Semarang. *Jurnal Media Kesehatan Masyarakat Indonesia, 20*(4), 251–

263.

Siregar, T. K., Kamila, A. T., & Tasaufi, M. N. F. (2021). Kebersyukuran dan Kecemasan akan Masa Depan pada Mahasiswa Tingkat Akhir di Masa Pandemi Covid-19. *Borobudur Psychology Review, 1*(1), doi: 10.31603/bpsr.4881.

Suartiningsih, N. M., Putri, W. C. W. S., & Ani, L. S. (2018). Depresi, Cemas, dan Konsumsi Kopi Berhubungan dengan Kejadian Insomnia pada mahasiswa PSPD FK UNUD Angkatan 2016. *E-Jurnal Medika, 7*(8), 1-6.

Syams, A., U., N., A., Hamid, H., & Akmal, N. (2023). Kontribusi Penerimaan Diri Terhadap Kecemasan Menghadapi Masa Depan Pada Mahasiswa Universitas Negeri Makassar. *Jurnal Psikologi Talenta Mahasiswa, 2*(3), 18-25. E-ISSN: 2807-789X.

Tudu, F., N., B., Tira, D., S., & landi, S. (2023). Analisis Faktor yang Berhubungan dengan Kejadian Insomnia pada Mahasiswa FKM UNDANA Angkatan 2020 dan 2021. *Jurnal kesehatan, 12*(1), 12-19. doi 10.37048/kesehatan.v12i1.22.

Zaleski, Z. (1996). Future Anxiety: Concept, Measurement, and Preliminary Research. *Pergamon, 21*(2), 165-174. Doi: https://doi.org/10.1016/0191-8869(96)00070-0.