

## DESCRIPTION OF LONELINESS IN EARLY ADULT WOMEN WHO HAVE TENDENCIES TO HYPERSOMNIA

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### ABSTRACT

*Hypersomnia is a sleep disorder characterized by long sleep duration. Hypersomnia is generally experienced by the elderly or someone who has a chronic disease. This sleep disorder is rarely experienced by someone who is in a productive or early adulthood. In this study, the sleep disorder hypersomnia was experienced by early adult women. The subject is an early adult woman aged 21 years who has a tendency to hypersomnia which has been felt since 2020. The subject's sleep duration is 10 to 12 hours a day. Loneliness or loneliness is one of the factors in subjects experiencing hypersomnia. Loneliness is divided into two dimensions, namely emotional loneliness and social loneliness. Emotional loneliness can be caused by a lack of intimate relationships with people closest to you and social loneliness can occur because individuals have difficulty getting along and don't have many people they can trust. In researching subject problems, this research uses qualitative research methods with data collection techniques of semi-structured interviews and observation. The significant other in this study is the subject's close friend who has known the subject since elementary school. The results obtained from this research tend to be hypersomnia experienced by subjects caused by emotional and social loneliness, but the social dimension of loneliness dominates. The subject tends to experience social loneliness because the subject is an individual who has difficulty getting along, does not join organizations, and is silent when in a new environment. Sleeping became the subject's strategy to reduce the loneliness he experienced.*

**Keywords:** Hypersomnia, Loneliness, Dimensions of Loneliness