



Socialization of the Level of Public Awareness and Knowledge about the Benefits of Kombucha Tea in Overcoming Sleep Paralysis During the COVID-19 Pandemic

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Article Info	ABSTRACT
<p>Corresponding Author: Yuneka Saristiana E-mail: yunekasaristiana@gmail.com</p>	<p>The COVID-19 pandemic has profoundly impacted global public health, prompting a heightened focus on both physical and mental well-being worldwide. In this uncertain landscape, sleep paralysis has emerged as a notable health concern, characterized by the inability to move or speak upon waking or falling asleep, often accompanied by distressing hallucinations. With stress levels on the rise during the pandemic, cases of sleep paralysis have shown an upward trend. Conversely, probiotic beverages like kombucha tea have garnered attention for their potential health benefits, including digestive improvement, enhanced energy levels, and better sleep quality. Despite these benefits, public awareness regarding kombucha tea's efficacy in addressing sleep paralysis remains limited. To address this knowledge gap, a community service program has been developed to educate the public about kombucha tea's potential in managing sleep paralysis amidst the COVID-19 pandemic. The program involves collaboration with local communities, health institutions, and experts in mental health and nutrition. Scheduled for January 2021, the program will be executed across various locations, engaging community members and fostering dialogue on sleep health and nutrition. Preliminary results indicate a significant improvement in public understanding of sleep paralysis and kombucha tea benefits post-program. Participants exhibited heightened awareness of symptoms, causes, and treatment options for sleep paralysis, as well as a better grasp of kombucha tea's health advantages. Practical workshops on kombucha tea preparation garnered considerable interest, signaling a potential shift towards healthier lifestyle choices among participants.</p> <p>Keywords: COVID-19, Sleep Paralysis, Kombucha Tea</p>

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INTRODUCTION

The COVID-19 pandemic has had a significant impact on public health as a whole (Prasetyawan, F., 2022). In this uncertain situation, physical and mental health has become the main focus for individuals throughout the world (Putri, AW, 2015). One of the health issues that has increasingly emerged during the pandemic is sleep paralysis, which is known as a condition when a person experiences the inability to move or speak while

Socialization of the Level of Public Awareness and Knowledge about the Benefits of Kombucha Tea in Overcoming Sleep Paralysis During the COVID-19 Pandemic - **Yuneka Saristiana et al**

sleeping or just waking up, often accompanied by a sensation of distress or frightening hallucinations (Sharpless, BA, 2011).

The global COVID-19 pandemic has created a health crisis that has hit the entire world, having a profound impact on various aspects of people's lives (Prasetyawan, F., 2021). In this context of widespread uncertainty, major attention has been drawn to the mental and physical health of individuals across the globe. One of the increasingly prominent health problems is sleep disorders, especially sleep paralysis (Denis, D., 2018). Sleep paralysis is a condition that causes individuals to feel unable to move or speak when sleeping or just waking up, often accompanied by a sensation of pressure in the chest or frightening hallucinations (Goode, GB, 1962). With increasing levels of stress and anxiety amidst this pandemic, cases of sleep paralysis also tend to increase (Denis, D., 2018).

On the other hand, probiotic drinks such as kombucha tea have been in the spotlight because of their potential to improve health (Priyono, P., 2021). Kombucha tea, a drink resulting from fermentation of black or green tea by colonies of bacteria and yeast, is claimed to have various benefits, including improving the digestive system, energy and sleep quality (Nasution, IW, 2022). However, knowledge about the benefits of kombucha tea in treating sleep paralysis is still limited among the public.

In contrast, probiotic drinks such as kombucha tea have received attention for their diverse health benefits, including the potential to improve the digestive system, energy, and sleep quality (Ardheniati, M., 2009). However, understanding of the benefits of kombucha tea in treating sleep paralysis is still lacking in society (Ohayon, MM, 1999). We plan to carry out a community service program which aims to increase public understanding and knowledge about the benefits of kombucha tea in treating sleep paralysis during the COVID-19 pandemic. Through planned outreach activities, we hope to provide useful information about ways to treat sleep paralysis with kombucha tea. Considering this, we consider it important to implement a community service program aimed at increasing public understanding and knowledge about the potential of kombucha tea in treating sleep paralysis during the COVID-19 pandemic. By delivering accurate and reliable information, we hope to provide an effective and natural alternative for individuals experiencing sleep problems during this period.

This program will involve various parties, including local communities, health institutions, and mental health and nutrition experts. We will hold various activities such as seminars, workshops and discussions to convey information about sleep paralysis, the benefits of kombucha tea, and the right way to consume it. Apart from that, we will also carry out evaluations before and after the activity to assess the impact on people's knowledge and attitudes regarding sleep paralysis and kombucha tea.

The hope is that through this program, we can increase public understanding about the importance of quality sleep and natural ways to treat sleep disorders such as sleep paralysis. It is also hoped that the knowledge gained by the public about the benefits of kombucha tea can encourage their interest in consuming this probiotic drink as part of their healthy lifestyle. It is hoped that better knowledge about sleep paralysis and kombucha tea can help people manage their sleep better, thereby improving their well-being and quality of life amidst this challenging COVID-19 pandemic.

The aim of this community service program is to increase public awareness and knowledge about the benefits of kombucha tea in treating sleep paralysis during the COVID-19 pandemic. Through well-planned outreach activities, we aim to provide useful

information to the public about various ways to overcome sleep paralysis using kombucha tea as a reliable solution. In doing so, we hope to help individuals to better manage their sleep, as well as improve their quality of life amidst these challenging conditions.

METHODS

The method outlined for implementing this community service program is structured and comprehensive, designed to effectively address the identified needs and objectives. Initially, the process involves conducting online surveys or direct interviews to gauge people's understanding of sleep paralysis and awareness of kombucha tea benefits. Following this initial assessment, the next step is to formulate a detailed plan for the community service program. This plan encompasses a range of outreach activities such as seminars, workshops, and discussion sessions, all aimed at disseminating information and promoting understanding.

A critical aspect of the planning phase involves scheduling the activities, selecting appropriate locations, and preparing the necessary materials and resources. This includes acquiring presentation equipment, designing promotional materials, and procuring ingredients for practical demonstrations, such as the preparation of kombucha tea. Moreover, the recruitment and training of volunteers from local communities play a pivotal role in ensuring the smooth execution of the program. These volunteers will undergo training on topics related to sleep paralysis, kombucha tea, and effective communication strategies to convey information accurately.

The implementation phase of the program is slated for January 2021, during which the planned activities, including presentation sessions, workshops, and discussions, will be carried out at predetermined locations. Throughout this phase, diligent efforts will be made to engage with the community effectively and impart valuable knowledge regarding sleep paralysis management and the benefits of kombucha tea consumption.

Following the completion of the program activities, an evaluation will be conducted to gauge its effectiveness in achieving the stated objectives. This assessment will encompass various metrics to measure the impact on public understanding and knowledge enhancement. The findings from the evaluation will inform the preparation of a comprehensive final report, detailing the outcomes and insights gained from the program. This report will be disseminated to interested stakeholders and the broader community to share the learnings and outcomes of the initiative.

RESULTS AND DISCUSSION

Results of this community service initiative began with morning exercise to avoid the spread of COVID-19, thereby showing a strong impact on the level of public understanding and knowledge regarding two significant aspects of health, namely sleep paralysis and the benefits of kombucha tea. Through a series of outreach activities carried out during January 2021, we succeeded in achieving active participation from community members in various regions. The presentation session discussing sleep paralysis and the benefits of kombucha tea received a positive response from participants, with a high level of attendance and enthusiasm in discussing and asking questions.



Figure 1. Participants doing morning exercise

Evaluations carried out after the activity showed a significant increase in public understanding about sleep paralysis. Before the program began, the majority of respondents had limited understanding of sleep paralysis, with only a few able to identify the symptoms and causes. However, after participating in the program, the majority of participants stated that they had a better understanding of sleep paralysis, including its symptoms, causes, and how to treat it.

This program has also succeeded in increasing public knowledge about the benefits of kombucha tea. Previously, the majority of respondents had limited knowledge about kombucha tea and its health benefits. However, after taking part in outreach activities, the majority of participants stated that they had a better understanding of kombucha tea and its benefits, including in treating sleep disorders such as sleep paralysis.



Figure 2. Group photo after the activity

Practical discussions and workshops on making kombucha tea received positive responses from participants. Many of them are interested in trying to make their own kombucha tea at home after gaining the necessary knowledge and skills from this activity. This shows that this program is not only successful in increasing people's knowledge, but also encouraging them to adopt a healthy lifestyle by consuming probiotic drinks such as kombucha tea. However, several challenges were also faced during the implementation of this program. One of them is limited access to technology which prevents some community members from participating in online activities. In addition, varying levels of participation across locations indicate the need for a more focused approach tailored to the needs of local communities.

The results of this community service program show that outreach about sleep paralysis and the benefits of kombucha tea can be an effective step in increasing public knowledge and understanding about sleep health and nutrition. By providing accurate and reliable information, as well as opportunities to participate in practical activities, we hope to

make a significant contribution to community welfare amidst the challenges of the COVID-19 pandemic.

CONCLUSION

The community service program implemented in January 2021 has succeeded in increasing public understanding and knowledge about sleep paralysis and the benefits of kombucha tea. Through a series of outreach activities including presentation sessions, workshops and discussions, we succeeded in reaching and involving community members from various levels and locations. The results of the post-activity evaluation showed a significant increase in the public's understanding of sleep paralysis, including symptoms, causes, and how to overcome it. This program has also succeeded in increasing public knowledge about the benefits of kombucha tea as a probiotic drink which is beneficial for health, including treating sleep disorders such as sleep paralysis. Discussions and practical workshops on making kombucha tea also received positive responses from participants, indicating their interest in adopting a healthy lifestyle. Despite facing several challenges, such as limited access to technology and varying levels of participation in various locations, the overall results of this program illustrate that outreach about sleep paralysis and the benefits of kombucha tea can be an effective step in increasing public awareness about the importance of healthy sleep and nutrition. This community service program has succeeded in making a significant contribution to community welfare in the midst of the COVID-19 pandemic. By providing accurate and reliable information, as well as providing opportunities to participate in practical activities, we hope to continue to support efforts to improve society's overall understanding of health.

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