

## Energy Psychology Research Studies Published in Non-English Speaking Journals

*More than 50 clinical trials reporting investigations of energy psychology have been published in foreign language journals. These studies report encouraging outcomes with a wide range of issues, such as anxiety disorders, aggression, drug addiction, dementia, depression, post-traumatic symptoms, post-operative pain, and insulin levels in diabetes. However, these studies have not been translated, and so have not been reviewed for methodological rigor.*

*Simple citations of studies are listed first, followed by citations with abstracts, in reverse chronological order.*

*Updated August 2020*

Ardan, M. Zulkifli, A., Jafar, N. (2020). Therapy SEFT for controlling the level of depression in people with HIV and AIDS. *Enfermeria Clinica*, 30(4). doi: [10.1016/j.enfcli.2019.10.119](https://doi.org/10.1016/j.enfcli.2019.10.119)

Dewi, I. & Fitri, S. (2020). Utilization of SEFT as a community therapy model (TC) for mental and spiritual health of drug addicts. *Jurnal Pengabdian Untuk Munege RI*, 4(1).  
<https://doi.org/10.37859/jpumri.v4i1.1895>

Fitri, R. (2020). The effectiveness of EFT to reduce anxiety in the face of degenerative disease in the elderly viewed from social support. *Al Ulya: Journal of Islamic Education* , 5 (1), 52-66. <https://doi.org/10.36840/ulya.v5i1.240>

Lataima, N., Kurniawati, N., Astuti, P. (2020). Benefits of Emotional Freedom Technique (EFT) for patients with anxiety disorders. *Jurnal Penelitian Kesehatan Suara Forikes*, 11(2).  
<http://dx.doi.org/10.33846/sf1120>

Muliani, R., Abidin, I, Adawiyah, R. (2020). The effect of Emotional Freedom Technique on aggressive levels of risk behavior. *Jurnal Keperawatan, 'Aisyiyah*, 6(2).  
<https://doi.org/10.33867/jka.v6i2.128>

Rahmadanti, D. & Widyarani, N. (2020). The effectiveness of Hypno-EFT (Emotional Freedom Technique) to reduce negative emotions in women victims of violence. *International Journal of Research Publications*, 46(1). <http://ijrp.org/paper-detail/965>. doi: 10046122020964

- Setiyowati, E. & Rahman, A. (2020). Application of spiritual freedom emotional technique (SEFT) therapy for tuberculosis patients with nursing problems at the Sawahan Health Center. *Journal of Health Science*, 13(1). <https://doi.org/10.33086/jhs.v13i01.1287>
- Susanto, M. (2020). Effectiveness of SEFT Therapy on post op laparotomy pain in the operating room at RSI Agung Semarang. *Medicalia Hospitalia* 7(1), 59-63. <https://doi.org/10.36408/mhjcm.v7i1.429>
- Ali SA- e-Z, Loona M. (2019). Effectiveness of Tapping Therapy for the Treatment of Anxiety among University Students. *Pak J Physiol*, 15(2), 80-3. <http://pjp.pps.org.pk/index.php/PJP/article/view/1037>
- Aminuddin, M., Samsugito, I., Nopriyanto, D. & Puspasari, R. (2019). SEFT therapy reduces the intensity of smoking habits in Kelurahan of Sambutan, Samarinda City. *JPPM, Journal of Community Service and Empowerment*, 3(2). doi: [10.30595 / jppm.v3i2.3899](https://doi.org/10.30595/jppm.v3i2.3899)
- Ardan., M., Zulkifli, A., Jafar, N. (2019). The combination between Spiritual Therapy and Emotional Freedom Technique to control the depression level in people with HIV and AIDS at Samarinda City. *European Journal of Research in Medical Science* 7(1), 28-35.
- Fatmasari, D., Widyana, R., & Budiyan, K. (2019). Spiritual Emotional Freedom Technique to reduce stress in hypertensive patients. *Jurnal Psikologi*, 15(1), 10-19. <https://ejournal.up45.ac.id/index.php/psikologi/article/download/595/466>
- Hidayatullah, R., Noviekayati, I., Saragih, S. (2019). The effectiveness of Spiritual Emotional Freedom Technique to reduce new santri anxiety reviewed from the personality type. *PSIKOSAINS (Journal of Psychology Research and Thought)* 13(2); 144-156. <http://dx.doi.org/10.30587/psikosains.v13i2.769>
- Isnadiya, A., Risca, F., Taufiq, R., Utomo, P. (2019). The effect of Emotional Freedom Technique (EFT) on anxiety levels of pre percutaneous coronary intervention (PCI) patients. *Jurnal Ilmu Keperawatan Medikal Bedah*, 1(2). doi: [10.32584/jikmb.v1i2.187](https://doi.org/10.32584/jikmb.v1i2.187)
- Isworo, A., Anam, A., Indrawati, N. (2019). Effects of Emotional Freedom Technique therapy on reducing blood pressure in elderly hypertension. *Gaster Jurnal Kesehatan*, 17(2). <https://doi.org/10.30787/gaster.v17i2.438>
- Krishnamurthy D., Sharma A. (2019). Effectiveness of Emotional Freedom Techniques: A pilot study. *Indian Journal of Public Health Research & Development*, 10(10). doi: [10.5958/0976-5506.2019.02836](https://doi.org/10.5958/0976-5506.2019.02836).

- Lina, L., Sabriyanti, H., Sartika, A. (2019). Decreased the anxiety scale of hemodialysis patients with the Sprititual Emotional Freedom Technique (SEFT) and Autogenic Relaxation. *Southeast Asia Nursing Research*, 1(3). 142-47. <https://doi.org/10.26714/seanr.1.3.2019.142-147>
- Lismayanti, L., Hidayatulloh, B. (2019). Spiritual Emotional Freedom Technique (SEFT) Therapy Reduces Blood Pressure in Hypertension Patients. *Journal of Nursing and Health* 2(1), 15-26. doi: 10.25099 / jnh.Vol2.Iss1.23
- Marwing, A. (2019). Effectiveness of SEFT (Spiritual Emotional Freedom Technique) Therapy against the decreased aggressiveness of adolescents fostered by Special Child Development Institutions (LPKA). *Jurnal Psikologi dan Psikologi Islam (JPPI)*, 16(1). <http://dx.doi.org/10.18860/psi.v16i1.7510>
- Prabowo, R. (2019). Effectiveness of Spiritual Emotional Freedom Technique emergency on anxiety levels in heart surgery pre-patients. *Indonesian Journal of Health Development* , 1 (2). Retrieved from <https://ijhd.upnvj.ac.id/index.php/ijhd/article/view/17>
- Prabowo, R., Nurachmah, E., & Dahlia, D. (2019). Influence of Spiritual Emotional Freedom Technique (SEFT) on anxiety levels in congestive heart failure (CHF) patients. *Journal of Indra Husada Health*, 6 (2), 8. <https://doi.org/10.36973/jkih.v6i2.138>
- Rosyanti, L., Hadi, I., Tanra, J., Islam, A., Natzir, R., Massi, M., Idrus, F. & Bahar, B. (2019). Change of Brief Psychiatric Rating Scale (BPRS) Value with Spiritual Qur'anic Emotional Freedom Technique (SQEFT) Therapy on Mental Disorder Patient. *Indian Journal of Public Health Research and Development*, 10(1); 374-78.
- Sonhaji, S., Lekatompessy, R. (2019). The effectiveness of the Spiritual Emotional Freedom Technique (SEFT) and singing to the blood pressure of the elderly. *Health Sciences and Pharmacy Journal*, 3(1), 14-20. <https://doi.org/10.32504/hspj.v3i1.93>.
- Susilowati, T., Pramana, N., & Muis, S. (2019). Nonpharmacological intervention of anxiety in Primigravida. *Permas Scientific Journal: Kendal STIKES Scientific Journal*, 9 (3), 181-86. <https://doi.org/10.32583/pskm.9.3.2019.181-186>
- Warni, M., & Hayana, H. (2019). Description of the Success of SEFT Therapy in Patients with Hypertension in Pandau Jaya Village Kec. Siak Hulu Kab. Kampar. *Photon: Journal of Science and Health* , 10 (1), 24-30. <https://doi.org/10.37859/jp.v10i1.1452>
- Wati, N., Mirayanti, N., Juanamasta, G. (2019). The effect of Emotional Freedom Technique Therapy on nurse burnout. *JMMR (Jurnal Medicoeticolegal dan Manajemen Rumah Sakit)*, 8(3): 173-178, doi: 10.18196/jmmr.83104.

- Attrinanto, Z., Hayati, E., Urbayatun, S. (2018). Spiritual EFT to improve the quality of life with women who have landslides. *Jurnal Studia Insania*, 6(1). doi: 10.18592/jsi.v6i1.2006
- Afriyanti, E., Wenni, B. (2018). The Effect of Spiritual Therapy Emotional Freedom Technique (SEFT) on the self-concept of breast cancer patients with mastectomy. *Jurnal Keperawatan Padjajaran, Padjajaran Nursing Journal*, 6(3), 2018. <https://doi.org/10.24198/jkp.v6i3.733>
- Hamidiyah, A., Jannah, F. (2018). Intensity of primary dismenorhea pain before and after Spiritual Emotional Freedom Technique Therapy. *Oksitosin: Jurnal Ilmiah Kebidanan*, 5(1), 58-66. <https://doi.org/10.35316/oksitosin.v5i1.361>
- Huda, S., Alvita, G. (2018). The influence of SEFT therapy (Spiritual Emotional Freedom Technique) on reduction of blood pressure in hypertension patients in annual Puskesmas area. *Journal of Nursing and Public Health, (Jurnal Keperawatan dan Kesehatan Masyarakat Cendekia Utama)*, 7(2). <https://doi.org/10.31596/jcu.v7i2.256>.
- Kasron & Susiliwati. (2018). Comparison of Spiritual Emotional Freedom Technique and progressive muscle relaxation on sleep quality of hypertension patients in South Cilacap. *Jurnal Kesehatan Poltekkes Kemenkes RI Pangkalpinang*, 6(1). <https://doi.org/10.32922/jkp.v6i1.46>
- Khoeriyah, S., Lubis, D., Lubis, U., Istichomah. (2018). Effect of Emotional Freedom Technique for Emotional Stability in Adolescent Prisoners. *Indonesian Nursing Journal of Education and Clinic*, 3(1); 15-21. doi:10.24990/injec.v3i1.169
- Komang, N., Gandari, M., Ngurah, I., Sentana, A. (2018). The Effect of Emotional Freedom Techniques therapy on learning concentration level of students. *Indonesian Journal of Health Research*, 1(2). <https://doi.org/10.32805/ijhr.2018.1.2.12>
- Lismayanti, L. (2018). Effectiveness of Spiritual Emotional Freedom Therapy (SEFT) in reducing blood pressure in the elderly who have hypertension. *Proceedings of the National Seminar and Health Research*, 1(1).
- Madoni, R., Wibowo, M., Japar, M. (2018). Group counselling with systematic desensitization and Emotional Freedom Techniques to reduce public speaking anxiety. *Journal of Guidance for Counseling*, 7(1) 2018, 28 – 35. doi: 10.15294/JUBK.V7I1.22679
- Mardjan, M., Prabandari, Y., Hakimi, M., & Marchira, C. (2018). Emotional Freedom Techniques for Reducing Anxiety and Cortisol Level in Pregnant Adolescent Primiparous. *Unnes Journal of Public Health*, 7(1), 1-6. <https://doi.org/10.15294/ujph.v7i1.19212>
- Ma'rifah, A., Handayani, R. & Dewi, P. (2018). The effectiveness of fingerhold relaxation technique and Spiritual Emotional Freedom Technique(SEFT) on the pain intensity scale of

- patients with post Caesarean Section. *Journal of Maternity Care and Reproductive Health*, 1(2). <https://doi.org/10.36780/jmcrh.v1i2.28>
- Navianti, D., Garini, A., & Karneli, K. (2018). The reduction of anxiety and pain during venous blood sampling using Hypno-EFT (Emotional Freedom Techniques) Method. *Public Health of Indonesia*, 4(2), 67-72. <https://doi.org/10.36685/phi.v4i2.154>
- Novitriani, A., Hidayati, F. (2018). The Spiritual Emotional Freedom Technique's influence on self-acceptance of inmates in women's penitentiaries. *Psymphatic : Jurnal Ilmiah Psikologi*, 5(1), 1-12. doi: 10.15575/psy.v5i1.2322
- Patriyani, R. & Rahayu, S. (2018). The effect of Spiritual Emotional Freedom Technique (SEFT) on the reduction of blood sugar levels in diabetes in diabetes mellitus Type 2 in Rsd Kota Surakarta. *Journal of Health Sciences*, 7(2).
- Puspita, E. (2018). Spiritual effects of Emotional Freedom Technique (SEFT) against decreased primary dysmenorrhea in young women. *Quality Journal of Health*, 1(1);14-19.
- Rosyanti L., Hadi I., Tanra J., Islam A., (2018). The Effectiveness of Spiritual Qur'anic Emotional Freedom Technique (SQEFT) Intervention against the change of Brief Psychiatric Rating Scale (BPRS) on patients with schizophrenia. *Health Notions*, 2(8).
- Sahlia, M., Wantiyah, W., Hakam, N. (2018). The Effect of Emotional Freedom Technique (EFT) Therapy on Depression in Hypertensive Clients. *Health Library*, 6(3), 446 – 452. <https://jurnal.unej.ac.id/index.php/JPK/article/view/11687> >.
- Etika, A., Haryuni, S., & Sulistya, W. (2017). Differences in the Effectiveness of SEFT Therapy (Spiritual Emotional Freedom Technique) and Keroncong Music Therapy on Depression Levels in the Elderly. *Jurnal Ilmiah Keperawatan*, 12(2).
- Jhansi, S., Rajeswari, H. Indira, S. (2017). Effectiveness of emotional freedom techniques on anxiety. *International Journal of Applied Research*, 3(3): 82-83. doi: 10.13140/RG.2.2.14027.03360
- Kartikasari, B., Handini, F., Putri, M. (2017). Effect of Emotional Freedom Technique (EFT) on fulfilling sleep needs in the elderly. *Malang Nursing Journal (JKM)*, 2(1); 18-21. <https://doi.org/10.36916/jkm.v2i1.21>
- Kusnanto, K., Pradanie, R., Karima, I. (2017). Spiritual Emotional Freedom Technique (SEFT) on the quality of life of lung tuberculosis patients. *Jurnal Keperawatan Padjadjaran*, 4(3). <https://doi.org/10.24198/jkp.v4i3.284>.
- Lee, S., Jeong, B., Chae, H., Lim, J. (2017). Emotional Freedom Techniques (EFT) for Students' Mental Health: A Systematic Review. *Journal of Oriental Neuropsychiatry*, 28(3), 165-182. <https://doi.org/10.7231/jon.2017.28.3.165>

- Liu, J., Yang, L., Chen, J. (2017). Effect of emotional freedom technique on perceived stress, anxiety and depression in cancer patients: a preliminary experiment. *Modern Clinical Nursing* 2017;16(10):34-38. doi: 10.3969/j.issn.1671-8283.2017.10.008
- Sutiarysih, E., Sri, F. (2017). Effectiveness of Emotional Freedom Technique (EFT) Against Depression in the Elderly. *Journal of Health Sciences*, 6(1).  
<https://ejurnaladhkdr.com/index.php/jik/article/view/145> <https://doi.org/10.32831/jik.v6i1.145>
- Yuswinda, K. (2017). Evidence Base Practice SEFT Effect (Spiritual Emotional Freedom Technique) Therapy on Preoperative Patient Anxiety. *Medica Hospitalia*, 4(2).  
doi: 10.36408/mhjcm.v4i2.321
- Faridah, V.N. (2016). Changes in spiritual perception and domain to blood pressure hypertension patients resulting from Spiritual Emotional Freedom Technique (SEFT). *Surya*, 8(1), 60-71.
- Kim, H-K, Lee, Y-H, Koo, C-D, Sik, YP. (2016). Effects of Emotional Freedom Technique (EFT) as a forest healing program on menopausal symptoms and quality of life in middle-aged women. *Korean Forest Recreation Society*, 20(3); 83-95. doi 10.34272/forest.2016.20.3.008
- Ningsih, Santi F., et al. (2016). "The Effectiveness of Emotional Freedom Technique (Eft) Therapy on the Anxiety of Patients with Stage II and III Breast Cancer." *Online Journal of Nursing Science Study Program Students at Riau University*, 2(2),1501-1509.
- Sastra, L. & Sari, G. (2016). The influence of Emotional Freedom Technique (EFT) on the decrease of dismenorrhea pain in adolescents. *Research in Applied Science and Education* 8(1), 34-39. doi: [10.22216/jit.2014.v8i1.451](https://doi.org/10.22216/jit.2014.v8i1.451)
- Wahyuliarmy, A. (2016). Effectiveness of SEFT (Spiritual Emotional Freedom Technique) on drug addiction syndrome in the elderly. *Jurnal Psikologi Islam*, 31(1).  
<http://dx.doi.org/10.18860/psi.v13i1.6409>
- Abdi, M., Abolmaali, K. (2015). The effect of emotional freedom technique (EFT) therapy on the reduction of aggression in single mothers. *Applied mathematics in Engineering, Management and Technology* 3(2) 2015:476-483.
- Astuti, R., Yosep, I., Susanti, R.D. (2015). Effect of spiritual intervention Emotional Freedom Technique toward decrease the level of depression housewives with HIV. *Jurnal Keperawatan Padjadjaran*, (Padjadjaran Nursing Journal), 3(1).  
doi:<https://doi.org/10.24198/jkp.v3i1.98>.
- Etika, A., Wijaya, D. (2015). The influence of Spiritual Emotional Freedom Technique (SEFT) on smoking intensity in students. *Care: Jurnal Ilmiah Ilmu Kesehatan (Scientific Journal of Health Sciences)*, 3(3), 12-18. <http://dx.doi.org/10.33366/cr.v3i3.603>.

- Ghamsari, M., Lavasani, M. (2015). Effectiveness of Emotional Freedom Technique on pregnant women's perceived stress and resilience. *Journal of Education and Sociology*, 6(2). doi: 10.7813/jes.2015/6-2/26
- Hermanwan, C., Sobarningsih, N. Rahayu, Y. (2015). Use of Emotional Freedom Technique (EFT) to Improve Student Learning Outcomes. *Jurnal Analisa* 2(1), 1-10. <https://doi.org/10.15575/ja.v2i1.5371>
- Kartikodaru, P., Hartoyo, M. & Wulandari, M. (2015). The effect of Spiritual Emotional Freedom Technique (SEFT) on decrease on chemotherapy patients' anxiety. *Scientific Work of Stikes Telogorejo*, 4.
- Putra, A. (2015). Spiritual Emotional Freedom Technique (SEFT) to reduce anxiety in parents when children are become sexual previous victims. *Jurnal Intervensi Psikologi*, 7(1). <https://doi.org/10.20885/intervensipsikologi.vol7.iss1.art4>
- Rofacky, H., & Aini, F. (2015). The Effects of Spiritual Emotional Freedom Technique (SEFT) Therapy on Blood Pressure in Hypertension Patients. *Jurnal Keperawatan Soedirman*, 10(1), 41-52. <http://dx.doi.org/10.20884/1.jks.2015.10.1.591>
- Sabathy, M. (2015). Proposition for the implementation of coping strategies (SE and EFT) into secondary classrooms based up on the analysis of emotional reactivity and its effects on adolescent resiliency. Unpublished Master's Thesis. <https://doi.org/10.13140/RG.2.1.1959.5288>
- Susanti, D. (2015). The effect of Spiritual Emotional Freedom Technique (SEFT) on reduction of blood pressure in hypertension patients in Puhkesmas Puhang Padang Working Area. Master's thesis, Universitas Andalas. <http://repo.unand.ac.id/128/>
- Desmanianti, Z., & Avianti, N. (2014). Spiritual Emotional Freedom Technique (SEFT) decreasing stress in patients with cervical cancer. *Jurnal Ners*, 9(1), 91–96. doi: [10.20473/jn.v9i1.3233](https://doi.org/10.20473/jn.v9i1.3233)
- Latifah, L., Ramawati, D. (2014). Emotional intervention of Emotional Freedom Technique to reduce post operation pain of Caesarian section. *Indonesian Nursing Journal of Education and Clinic*, 1(1). doi: 10.24990/injec.v1i1.52
- Lee, S-W., Lee, Y-J., Yoo, S-W., Lee, R-D., Park, S-J. (2014). Case series of panic disorder patients treated with Oriental Medical treatments and EFT. *Journal of Oriental Neuropsychiatry*, 25(1), 13-28. doi:10.7231/jon.2014.25.1.013.
- MacKinnon, L. (2014). Deactivating the buttons: Integrating radical exposure tapping within a family therapy framework. *Australian and New Zealand Journal of Family Therapy*, 35, 244–260.

- Shari, W. W., Suryani, S., & Emaliyawati, E. (2014). Emotional Freedom Techniques and anxiety level of patients undergoing percutaneous coronary intervention. *Jurnal Keperawatan Padjadjaran (Padjadjaran Nursing Journal)*, 2(3), 133-145. <https://doi.org/10.24198/jkp.v2i3.83>
- Song, S-Y., Lee, J-H., Suh, J-W., Kwon, C-Y., & Kim, J-W. (2014). Qualitative analysis of the influence of an Emotion Freedom Techniques (EFT) group treatment program for Hwa-Byung (suppressed anger) patients. *Journal of Oriental Neuropsychiatry*, 25(1), 29-38. doi: 10.7231/jon.2014.25.1.029.
- Alwan, N. S., & Nawajha, Z. E. (2013). The effectiveness of a training program based on Emotional Freedom Technique in upgrading feelings of happiness for diabetics in Gaza. *Research on Humanities and Social Sciences*, 3(18), 6–17.
- Bakara, D., Ibrahim, K. & Sriati, A. (2013). Effects of Spiritual Emotional Freedom Technique on anxiety and depression, acute coronary syndrome. *Jurnal Keperawatan Padjadjaran*, 1(1). <https://doi.org/10.24198/jkp.v1i1.51>
- Mariyati, L, Habibah, N. (2013). SEFT® Therapy (Spiritual Emotional Freedom Technique) To Reduce Smoking Tendency in Early Adolescents. *Psikologia Jurnal Psikologi*, 2(1). <https://doi.org/10.21070/psikologia.v2i1.142>.
- Safitri, R. & Sadif, R. (2013). Spiritual Emotional Freedom Technique (SEFT) to Reduce Depression for Chronic Renal Failure Patients are in Cilacap Hospital to Undergo Hemodialysis. *Int Journal of Social Science and Humanity*, 3(3). doi: 10.7763/IJSSH.2013.V3.249
- Sang Young, K. , Chang Shik, Y. , In Won, C. , & Jong-Woo, K. ( 2013). Trends of Meridian-Based Psychotherapy - Review of Researches on Emotional Freedom Technique (EFT). *Journal of Oriental Neuropsychiatry*, 24. doi:10.7231/jon.2013.24.Spc1.089
- Ulfa, E. (2013). Spiritual Emotional Freedom Technique intervention to reduce stress disorders after the Mount Merapi eruption trauma. *Journal of Educational, Health and Community Psychology*, 2(1). <http://dx.doi.org/10.12928/jehcp.v2i1.3743>
- Lee, Jung-Hwan, Suh, Hynu-Uk, Chung, Sun-Yong, & Kim, Jong-Woo. (2011). A Preliminary study for the evaluation of the effects of EFT for insomnia in the elderly. *Journal of Oriental Neuropsychiatry*. 22(4),101-109.
- Hakam, M., Yetti, K. Hariyati, T. (2009). Spiritual Emotional Freedom Technique (SEFT) intervention to reduce the pain of cancer patients. *Makara, Health*, 13(2): 95-99.
-

## Citations of Studies with Abstracts

Ardan, M. Zulkifli, A., Jafar, N. (2020). Therapy SEFT for controlling the level of depression in people with HIV and AIDS. *Enfermeria Clinica*, 30(4). doi: 10.1016/j.enfcli.2019.10.119

**Objective:** This study aims to assess the effect of SEFT combination therapy on controlling depression levels in PLWHA (People Living With HIV/AIDS).

**Methods:** The design of this study used a quasi-experimental method with a nonrandomized one group pretest posttest design. Samples taken by purposive sampling were 16 ODHA and analyzed dependent *t*-test.

**Results:** Respondents' characteristics of the two research groups with male sex were 62.5%, female 37.5%, average age 26–35 years 50.0% and education level of high school graduates. There was a decrease in the average score of depression before and after the SEFT intervention with the value of each  $p = 0.001$ ,  $p = 0.000$  and  $p = 0.000$ .

**Conclusion:** Peer Damping groups are expected to provide support, motivation and assistance as well as being able to actively provide SEFT therapy to be able to control the level of depression in PLWHA as a non-pharmacological therapy effort.

Dewi, I. & Fitri, S. (2020). Utilization of SEFT as a community therapy model (TC) for mental and spiritual health of drug addicts. *Jurnal Pengabdian Untuk Munege RI*, 4(1).  
<https://doi.org/10.37859/jpumri.v4i1.1895>

National Narcotics Agency (BNN) of Bandung records that there are 25,000 young people in Bandung who are drug users. Based on the results of interviews with ten prisoners said they often feel bored, stressed, depressed, sad and hopeless. Based on this phenomenon it is necessary to support rehabilitation programs for drug addictions through therapy with a spiritual approach. A spiritual approach is Spiritual Emotional Freedom Technique (SEFT) therapy, which is a combination of Spiritual Power and Energy. The results of the activity showed that the participants were able to do self-healing using the SEFT method, which was felt to be effective in helping participants manage emotional and spiritual problems during the prison, evidenced by an increase in the percentage of self-control ability and a positive effect, while anxiety and depression decrease. Participants also experienced an increase in the percentage of positive religious coping. Therefore, prisons are advised to keep monitoring self-healing activities with SEFT which is recommended to be routinely carried out by rehabilitation participants even though the program has finished, because at any time the participants' mental and spiritual health conditions may change.

Fitri, R. (2020). The Effectiveness of EFT to Reduce Anxiety in the Face of Degenerative Disease in the Elderly Viewed from Social Support. *Al Ulya: Journal of Islamic Education*, 5 (1), 52-66. <https://doi.org/10.36840/ulya.v5i1.240>

Elderly is a phase of reduced physical ability and the emergence of various diseases that affect psychological conditions, one of which is anxiety. The same thing is experienced by Further age who has low social support. Lack of attention and affection can increase anxiety. One therapy that can be used is the Emotional freedom technique (EFT). This study uses an experimental approach with the pretest-posttest control group design technique. The random sampling method is used to select 20 subjects based on several criteria. Based on the results of identification conducted by researchers found that 20 participants experienced high and moderate anxiety where 10 participants had moderate to high social support, while 10 participants had low social support. Subjects were divided into two groups: the experimental group and the control group. The results showed that there was a very significant correlation between EF and Anxiety which meant that the higher the EF value, the anxiety would decrease. The results of the second hypothesis are concluded that there is no difference in anxiety both of those who have high or low social support. Social support is also influenced by each individual's perception.

Inangil, D., Vural, P., Dogan, S. Korpe, G. (2020). Effectiveness of music therapy and Emotional Freedom Technique on test anxiety in Turkish nursing students: A randomised controlled trial. *European Journal of Integrative Medicine*, 33. <https://doi.org/10.1016/j.eujim.2019.101041>

**Introduction:** Test anxiety, one of the forms of situational anxiety, is a crucial biopsychological factor negatively affecting the wellbeing and academic performance of students throughout their education. The study aimed to determine the effects of music therapy and EFT (Emotional Freedom Technique) on situational anxiety and vital signs in nursing students before they took an OSCE (Objective Structured Clinical Exam).

**Methods:** This study was conducted with 90 volunteer students. A computer-based random number generator was used to randomly assign the students into three groups (Music, EFT, and control), each group consisted of 30 students. Data was collected using a Student Identification Form, the Situational Anxiety Scale, and the Vital Signs Form.

**Results:** Before the interventions, the mean anxiety scores of the students were similar. After the interventions, however, the mean anxiety scores of those in both experimental groups were significantly lower ( $p < .05$ ). The difference between the mean vital signs of the groups was not statistically significant, except the pulse rate in the EFT and peripheral capillary oxygen saturation (SpO<sub>2</sub>) in the music group.

**Conclusions:** According to the results of the study, both music therapy and EFT led to a decrease in the nursing students' average scores before the OSCE, as measured by the Situational Anxiety Scale.

Lataima, N., Kurniawati, N., Astuti, P. (2020). Benefits of Emotional Freedom Technique (EFT) for patients with anxiety disorders. *Jurnal Penelitian Kesehatan Suara Forikes*, 11(2). <http://dx.doi.org/10.33846/sf11204>

**Background:** Psychological problems such as anxiety are one of the most common problems in the world. Handling for this anxiety problem is not adequate and requires a lot of money. Psychological intervention is needed to help patients overcome the anxiety they experience.

**Objective:** To outline some of the benefits of the Emotional Freedom Technique (EFT) intervention that can help patients reduce anxiety

**Method:** The database used in this study was Scopus, Google Scholar and Pubmed was limited to the last 5 years from 2015 to 2020, full text article in English. The keywords used were "Emotional Freedom Technique", "OR", "AND", "Anxiety", "AND", "Tapping". This systematic review used 11 articles that fit the inclusion criteria.

**Result:** The EFT intervention was an easy, inexpensive and effective intervention. The benefits of the EFT intervention were reductions in depression, anxiety, stress, increase immunological levels, reduce levels of cortisol in the blood and improve quality of life.

**Conclusion:** EFT intervention has many benefits in helping patients who experience various psychological illnesses.

**Suggestion:** EFT can be applied in health services or applied independently.

Muliani, R., Abidin, I, Adawiyah, R. (2020). The effect of Emotional Freedom Technique on aggressive levels of risk behavior. *Jurnal Keperawatan, 'Aisyiyah*, 6(2). <https://doi.org/10.33867/jka.v6i2.128>

Mental disorders are abnormal conditions that are either physical or mental. Out of these neuropsychiatric conditions are recorded patients with different nursing issues, one of which is violent behavior. Aggression is a form of behavior that is intended to harm someone physically and mentally to violent behavior patients. Emotional Freedom Technique (EFT) is one of the therapies to address the problem of aggression in patients at risk for violent behavior, where EFT helps balance the energy in the body causing emotional disturbance. The purpose of this study was to find out the influence of EFT on the aggressiveness of patients' risk of violent behavior at West Java Provincial Hospital. The type of research used is pre-experiment with the design of One Group Pretest Posttest. The sample size was 19 with a purposive sampling technique. Data collection for aggression level using the Aggression Questionnaire, whereas for EFT implementation using EFT therapy implementation guide. EFT is performed for 5 days, 1 day for 7 minutes. Data were analyzed using the Paired T-test. The results showed that aggressiveness before EFT was nearly complete (89.5%) of high-risk patients with high levels of aggression, whereas aggressive levels after partial EFT (52.6%) of high-risk violence patients had high levels of aggression. The results showed p-value = 0.000 and it was concluded that there is an influence of the Emotional Freedom Technique on the level of aggression of patients at risk of violent behavior. Based on the results of this

research it is recommended that the Emotional Freedom Technique (EFT) can be an alternative therapy in helping to deal with issues of aggression.

Rahmadanti, D. & Widyarini, N. (2020). The effectiveness of Hypno-EFT (Emotional Freedom Technique) to reduce negative emotions in women victims of violence. *International Journal of Research Publications*, 46(1). <http://ijrp.org/paper-detail/965>. doi: 10046122020964

This study aims to determine whether there is an influence of Hypno-EFT (Emotional Freedom Technique) therapy on women victims of violence. This type of research uses one group pretest-posttest experiment. The study was conducted on 2 - 12 April 2018. The population in this study were social fostered citizens at Panti Sosial Perlindungan Bhakti Kasih. The number of samples in this study were 11 WBS who had quite high negative emotions. The results of this study indicate that Hypno-EFT (Emotional Freedom Technique) therapy can reduce the negative emotions that exist in women victims of violence.

Setiyowati, E. & Rahman, A. (2020). Application of spiritual freedom emotional technique (SEFT) therapy for tuberculosis patients with nursing problems at the Sawahan Health Center. *Journal of Health Science*, 13(1). <https://doi.org/10.33086/jhs.v13i01.1287>

Pulmonary tuberculosis (TB) is an infectious disease, the caused by rod-shaped bacteria (bacilli) known as *Mycobacterium tuberculosis*. This tubercle basil will cause respiratory problems. In addition, the disease process and long-term treatment often causes anxiety in people with tuberculosis. The purpose of this study was the application of SEFT therapy in Tuberculosis patients to reduce anxiety in Sawahan Surabaya Health Center. The method used was descriptive with a case study approach through nursing care with anxiety nursing problems in Tuberculosis patients. Data collection is done using the method of interviews, direct observation, and medical records. The results of the application of SEFT therapy were carried out once / day for 3 days at Mr. B. There was a decrease in anxiety which was resolved gradually after SEFT therapy. The application of SEFT therapy is effective in reducing anxiety felt by Tuberculosis patients. Therefore nurses are expected to be able to teach SEFT therapy according to standard operating procedures (SOP) so that patients and families can practice it again at home.

Susanto, M. (2020). Effectiveness of SEFT Therapy on post op laparotomy pain in the operating room at RSI Agung Semarang. *Medicalia Hospitalia* 7(1), 59-63. <https://doi.org/10.36408/mhjcm.v7i1.429>

**Background:** Pain is a major problem in perioperative patients who cancausing severe pain sensations. Pain management is done to reduce weakness due to pain. This study aims to compare the effect Spiritual Emotional Freedom Technique (SEFT) intervention on decreasing intensity pain of post op patients who received SEFT therapy and did not receive SEFT therapy.

**Method:** The research design used was a quasi experimental pre post test design with control group with consecutive sampling techniques. Subjects involved as much 36 post-op patients in the operating room at Sultan Agung Islamic Hospital Semarang were divided into two namely the SEFT and spiritual intervention group as a control group. The instrument used was a numeric rating scale . Data were analyzed using Mann Whitney U Test and Independent t Test with a significance level of 5%.

**Results:** The results showed the mean pain before the intervention was 5.7 (SD: 1.11) in the intervention group and 5.61 (SD: 1.19) in the control group. Average pain after the intervention were 3.61 (SD: 0.97) in the intervention group and 4.77 (SD: 1.06) in the control group. Difference in mean pain results in the treatment group with the control group is 1.32. There is a significant difference in the average reduction in pain between the intervention and control groups (  $p = 0,0003$ ).

**Conclusion:** SEFT intervention may be helpful to reduce the intensity of post op pain. This intervention should be applied by inpatient nurses so they can work together interdisciplinary to overcome these problems.

Ali SA- e-Z, Loona M. (2019). Effectiveness of Tapping Therapy for the Treatment of Anxiety among University Students. *Pak J Physiol*, 15(2), 80-3.  
<http://pjp.pps.org.pk/index.php/PJP/article/view/1037>

**Background:** Anxiety is one of the most recurrent mental illnesses with 10–44% prevalence in developing nations and is the 4<sup>th</sup> supreme cause of morbidity. Studies have shown that rate of anxiety are 29 to 66% higher in females as compared to their male counterparts. The important step is to treat anxiety by using therapeutic techniques. Emotional Freedom Technique (EFT), called tapping, is a developing psychological treatment based on tapping therapy that has been utilized to treat an assortment of conditions, including anxiety. This study aimed to investigate the effectiveness of emotional freedom technique as a tapping therapy for treatment of anxiety among female university students.

**Method:** Quasi experimental design was used. The study was conducted at International Islamic University, from Oct to Dec 2018. Following convenience sampling, a sample of 70 female university students (n=70) with age range 18–25 years, was selected. Following a one group pre-test and post-test design, State-Trait Anxiety Inventory was administered before and after implementation of emotional freedom technique in order to determine the anxiety, i.e., State-Anxiety and Trait-Anxiety. For data analysis, paired sample *t*-test was used in SPSS-23.

**Results:** Paired sample *t*-test indicated significant pre- and post-test differences in the state and trait anxiety levels in female university students ( $p < 0.000$ ).

**Conclusion:** Using the emotional freedom technique as a tapping therapy, one can decrease the incidence of state and trait anxieties among university students.

Aminuddin, M., Samsugito, I., Nopriyanto, D. & Puspasari, R. (2019). SEFT therapy reduces the intensity of smoking habits in Kelurahan of Sambutan, Samarinda City. *JPPM, Journal of Community Service and Empowerment*, 3(2). doi: [10.30595 / jppm.v3i2.3899](https://doi.org/10.30595/jppm.v3i2.3899)

The number of smokers from year to year is increasing. Indonesia ranks third in the world based on the high number of smokers after China and India. Spiritual Emotional Freedom Technique (SEFT) is a therapy that combines spiritual strength and psychology energy, and obtained an amplifying effect and can reduce the intensity of smoking habits. The objectives of this activity are (1) to increase public knowledge about the dangers of smoking and increase awareness to stop smoking, (2) to reduce the intensity of people's smoking habits with SEFT therapy. The implementation method used is a family survey, health education, and SEFT therapy. The results this activities shows that the number of smokers in the village of Sambutan in Samarinda is still high. There were 420 families (48.4%) who had at least one family member who smoked, and the majority (49.05%) spent one pack per day with the most smoking time more than ten years (62.4%). Health education can increase people's knowledge about the dangers of smoking and are expected to increase public awareness of healthy behavior by quitting smoking. SEFT therapy can reduce the intensity of the smoking habits of people in the Sambutan village of Samarinda.

Ardan., M., Zulkifli, A., Jafar, N. (2019). The combination between Spiritual Therapy and Emotional Freedom Technique to control the depression level in people with HIV and AIDS at Samarinda City. *European Journal of Research in Medical Science* 7(1), 28-35.

The cases of infectious diseases in Indonesia increase, one of them is HIV and AIDS, which is quite alarming among the society, coupled with the stigma and discrimination felt by People Living With HIV/AIDS (PLWHA), resulting the higher incidence of depression. This study aims to assess Spiritual and Emotional Freedom Technique (SEFT) combination therapy effects on controlling depression level of PLWHA in Samarinda City. The research design used a quasi-experimental method with a randomized control group design pretest posttest design. Samples taken by simple random sampling were 32 PLWHA. Data collection using a questionnaire that runs from March to May 2019 with a Beck Depression Inventory measuring instrument. Data were analyzed by independent t test. The results showed that respondents' characteristics of two research groups with male sex were 62.5%, female 37.5%, average age was 26-35 years old 50.0% and average education level of high school graduates was 50.0 %. There was no effect of SEFT intervention on depression levels to PLWHA with 1 intervention, p value of  $0.264 > 0.05$ , there was an effect of SEFT intervention on depression levels to PLWHA after 3 interventions, p value of  $0.000 < 0.05$ . Peer Assistant groups are expected to provide support, motivation and assistance as well as being able to actively provide SEFT therapy to be able to control the level of depression in PLWHA as a non-pharmacological therapy effort.

Fatmasari, D., Widyana, R., & Budiyan, K. (2019). Spiritual Emotional Freedom Technique to reduce stress in hypertensive patients. *Jurnal Psikologi*, 15(1), 10-19.

This study aims to determine the differences in stress levels in hypertensive patients before and after treatment given SEFT intervention. The design used in this research is one group pretest-posttest design. Subjects in this study were male and female hypertensive patients, aged 40-60 years, had a stress score with moderate to high stress levels, at least junior high school education. Subjects in this study amounted to 5 people. Stress was measured using a stress scale of 28 items. Subjects were treated in the form of SEFT intervention, namely the merging of spirituality (form of prayer and resignation) and psychological energy carried out by three techniques, among others, are set-up, tune-in and tapping. Quantitative data analysis techniques using Wilcoxon sign rank analysis is to determine whether there is a difference in stress score between pretest and posttest and posttest and follow up on the subject of research. Analysis of qualitative data from observation, interviews, worksheets and evaluation sheets. Based on quantitative results of Wilcoxon sign rank test showed that in this study there were significant differences between pretest and posttest with value  $Z = -2.023$  ( $p < 0.050$ ). The results can also be seen from the decrease of the mean score between pretest and posttest. Pretest with mean score (= 82.20) and posttest with mean value (= 56.20). The posttest average is lower than the pretest average. This means there is a decrease in the score on the pretest average to the posttest. Based on the above explanation can be concluded that the spiritual emotional freedom technique (SEFT) can reduce stress in hypertensive patients.

Hidayatullah, R., Noviekayati, I., Saragih, S. (2019). The effectiveness of Spiritual Emotional Freedom Technique to reduce new santri anxiety reviewed from the personality type. *PSIKOSAINS (Journal of Psychology Research and Thought)* 13(2); 144-156.  
<http://dx.doi.org/10.30587/psikosains.v13i2.769>

This study aims to test the effectiveness of SEFT to reduce anxiety of new students in terms of introverted and extroverted personality types. The hypothesis of this study is the effect of SEFT to reduce anxiety of new students and there is a difference in anxiety reduction in terms of introverted and extroverted personality types. This research method is a quasi-experimental type non-randomized control group pretest posttest design. The number of subjects 36 students were divided into experimental groups that were given SEFT treatment and control groups. Sampling using purposive sampling. The research measuring instrument uses anxiety scale and personality scale. Data analysis using Wilcoxon and Mann Whitney. Wilcoxon analysis results show the value of  $z = -3.482$  and  $p = 0.000$  ( $p < 0.05$ ) means that there is an effect of SEFT to reduce anxiety of new students. Mann Whitney test showed a value of 17,500 and  $p = 0.042$  ( $p < 0.05$ ) meaning that there was a difference in anxiety reduction in terms of introverted and extroverted personality types. The average level of extroverted personality types is lower (6.94) compared to introverted personality types (12.06).

Isnadiya, A., Risca, F., Taufiq, R., Utomo, P. (2019). The effect of Emotional Freedom Technique (EFT) on anxiety levels of pre percutaneous coronary intervention (PCI) patients. *Jurnal Ilmu Keperawatan Medikal Bedah*, 1(2). doi: 10.32584/jikmb.v1i2.187

Coronary Heart Disease (CHD) is a disorder of heart function due to heart muscle lacking blood due to narrowing of the coronary arteries. One of the most common invasive actions to treat CHD is Percutaneous Coronary Intervention (PCI). The problem that often arises in pre-PCI patients is anxiety. Anxiety must be treated, because it can disrupt the patient's hemodynamic condition becomes unstable. One effort to overcome anxiety is Emotional Freedom Technique (EFT). This study aims to determine the effect of EFT on the anxiety of patients who will undergo PCI in Telcorejo Hospital SMC. The design of this study uses a quasi experiment with one group pre-post test with control group approach. The number of samples in this study were 24 respondents who were divided into 2 groups, so 12 respondents became the intervention group and 12 respondents became the control group with a sampling technique using purposive sampling. The statistical test used was Paired T-Test to compare pre-test and post-test scores in each group and Independent T-Test was used to compare the difference between anxiety between the intervention group and the control group. The results showed that EFT administration had a significant influence on the anxiety level of patients who were going to undergo PCI with a difference of 2.833 score and p-value  $\leq 0.05$  (0.0001). The recommendation of this study is that EFT can be one of the additional interventions to overcome the anxiety of pre PCI patients.

Isworo, A., Anam, A., Indrawati, N. (2019). Effects of Emotional Freedom Technique therapy on reducing blood pressure in elderly hypertension. *Gaster Jurnal Kesehatan*, 17(2). <https://doi.org/10.30787/gaster.v17i2.438>

Stressful conditions will increase cortisol release, which will cause an increase blood pressure. Emotional Freedom Technique (EFT) Therapy is believed to be able to eliminate excessive emotions such as stress, the purpose of this study is to identify the effect of EFT therapy on decreasing blood pressure in hypertensive elderly. Research: This method uses quasi experiment with a pretest-posttest with control approach group design. The sampling technique uses consecutive sampling method, with (1) willingness to be a respondent, (2) Systolic Blood Pressure (TDS) 140-160 mmHg and Diastolic Blood Pressure (TDD) 90-100 mmHg, (3) do not suffer kidney failure, other cardiovascular diseases, and diabetes, (4) patients taking anti-hypertensive drugs. while the exclusion criteria were (1) patients who did not follow all stages of therapy, (2) use drugs or techniques to reduce stress, (3) experience decreased consciousness, (4) have hearing problems. A total of 32 elderly hypertension, divided into two groups, each 16 respondents for the intervention group and the control group. Therapy

EFT is carried out for 20 minutes every day for a week. An instrument for measuring pressure blood using manual mercury sphygmomanometer. Data analysis using the T-Test. The results showed there were significant differences before TDS and after EFT therapy (p

<0.001), but there was no significant difference in TDD in the intervention group ( $p = 0.699$ ). In the control group neither TDS nor TDD there were significant differences before and after treatment ( $p = 0.343$ ), ( $p = 0.620$ ), respectively. However, there were significant differences in the reduction in TDS between the intervention groups and the control group ( $p = 0.014$ ), but not so in TDD ( $p = 0.582$ ). It can be concluded that EFT can reduce systolic blood pressure in hypertensive elderly.

Krishnamurthy D., Sharma A. (2019). Effectiveness of Emotional Freedom Techniques: A pilot study. *Indian Journal of Public Health Research & Development*, 10(10).  
doi:10.5958/0976-5506.2019.02836.5

**Objective:** To determine Effectiveness of Emotional freedom technique (EFT) on reduction of depression among depressive patients.

**Design:** Quasi Experimental study

**Participants:** Ten patients who are aged above 18 years and diagnosed with depression and who were scored 21–40 for depression on the beck depression Inventory. Participants were randomly assigned to Experimental (EFT) ( $n=05$ ) and Control (treatment as usual) ( $n=05$ ) groups.

**Intervention:** This research is a pretest-post-test; single-blind randomized experimental study. An Emotional Freedom Technique group (EFT) and a Treatment as usual (TAU) were formed, each consisting of 05 depression patients in each group determined by beck depression inventory (with moderate to severe level of depression). 40 min Emotional freedom technique was administered to the depressive patients along with routine treatment and TAU group received the routine treatment. 3 days EFT session was planned and on 3rd day beck depression inventory is administered to determine the depression level in both groups. Data were compelled using descriptive and inferential statistics.

**Results:** EFT participants ( $n=5$ ;  $M=11.80$ ,  $SD= 2.59$ ) depicts significant reduction in level of depression compared with treatment as usual group ( $n=5$ ;  $M= 4.20$ ,  $SD= 2.95$ ) ( $p = 0.05$ ,  $d = 1.75$ , 95% CI [-3.55–11.65]). In the pre-test no substantial difference was found between the two arms before the intervention in terms of the mean depression level score. After the administration of Emotional freedom technique, it was determined that the mean frequency of level of depression statistically significantly lower compare to treatment as usual.

**Conclusion:** Emotional freedom technique is a simple noninvasive tool, which helps to reduce the depression level.

Lina, L., Sabriyanti, H., Sartika, A. (2019). Decreased the anxiety scale of hemodialysis patients with the Spritual Emotional Freedom Technique (SEFT) and Autogenic Relaxation. *Southeast Asia Nursing Research*, 1(3). 142-47.  
<https://doi.org/10.26714/seanr.1.3.2019.142-147>

Problems that can be rendered by hemodialysis include anxiety, relationships in marriage, and disobedience in diet and medicine, limitations in lifestyle and threat of death. The purpose of this study was to find out the effectiveness comparison between the Spiritual Emotional Freedom Technique (SEFT) with autogenic relaxation to decrease the anxiety scale of

hemodialysis patients. The research design employed Quasy Experiment Without Control Group Design. The results of independent t-test analysis in the Emotional Spiritual intervention group Freedom Technique (SEFT) obtained results  $p = 0,000$ , in the Autogenic Relaxation intervention group the results were  $p = 0,000$ . The results of the independent t-test analysis showed that  $p = 0.184$ . The study indicates that there was no difference between the Spiritual Emotional Freedom Technique (SEFT) and Autogenic Relaxation on decreasing the anxiety scale of hemodialysis patients. It is looked forward that the Hospital can enforce independent interventions such as Spiritual Emotional Freedom Technique (SEFT) and Autogenic Relaxation to degrade the anxiety scale of hemodialysis patients.

Lismayanti, L., Hidayatulloh, B. (2019). Spiritual Emotional Freedom Technique (SEFT) Therapy Reduces Blood Pressure in Hypertension Patients. *Journal of Nursing and Health* 2(1), 15-26. doi: 10.25099 / jnh.Vol2.Iss1.23

Hypertension is a condition in blood pressure in the blood vessels chronically elevated. This can happen because the heart work harder to pump blood to meet the body's need for oxygen and nutrients Hypertension prevalence in Indonesia continues to increase every year, so did the prevalence in the city of Tasikmalaya. Management of hypertension require a serious, because if it would not affect other body systems disorders. SEFT is a complementary therapy that can be used for the treatment of hypertension. This study aims to determine the effectiveness of therapy SEFT on blood pressure in hypertensive patients with a given treatment 1 and 3 times round SEFT in two different groups, and find out the effect of the number of rounds SEFT to high blood pressure in hypertensive patients. The research method using the quasy experimental pretest-posttest with control group approach, using purposive sampling technique sampling. The research sample consisted of 30 patients with hypertension aged more thanr 18 years, and are divided into two groups: the experimental group and the control group. The results showed that SEFT effect on reduce of blood pressure in hypertensive patients, but there was no significant difference between treatment 1 rotation with 3 rotations of the number of rotations. The results of this study can be used as a reference by both academics and practitioners to apply nursing SEFT therapy in reducing blood pressure in hypertensive patients, especially for independent nursing practitioners.

Marwing, A. (2019). Effectiveness of SEFT (Spiritual Emotional Freedom Technique) Therapy against the decreased aggressiveness of adolescents fostered by Special Child Development Institutions (LPKA). *Jurnal Psikologi dan Psikologi Islam (JPPI)*, 16(1). <http://dx.doi.org/10.18860/psi.v16i1.7510>

This study aims to determine the impact of *Spiritual Emotional Freedom Technique* (SEFT) therapy on reducing the level of aggressiveness in adolescent-assisted residents in specialized child development institutions. The subjects of the study were sixteen adolescents fostered by Blitar's Special Class I child development institutions. This research is an experimental quantitative research with one group pretest-posttest experimental design. The data collection method is carried out using Buzz & Perry's aggressiveness scale to measure the changes that occur after the award. The two paired test results obtained asymp values. Sig (2-tailed) amounted to 0,030. Because the significance value of 0,030 < 0,05, it can be concluded that there are significant differences in the filling of the Buzz & Perry aggressiveness scale questionnaire on filling before and after treatment. The test results also show the correlation between the two variables is equal to 0,168. This shows that the correlation between before and after the given commitment is significantly related or the existence of a weak positive correlation. Broadly speaking, it can be concluded that Spiritual Emotional Freedom Technique (SEFT) therapy has an effect on reducing the aggressiveness of Adolescents fostered by the Class I Special Child Development Institute (LPKA) of Blitar.

Prabowo, R. (2019). Effectiveness of Spiritual Emotional Freedom Technique emergency on anxiety levels in heart surgery pre-patients. *Indonesian Journal of Health Development*, 1 (2). Retrieved from <https://ijhd.upnvj.ac.id/index.php/ijhd/article/view/17>

Heart surgery will cause anxiety in the patient. Spiritual Emotional Freedom Technique (SEFT) therapy is given before the patient is undergoing heart surgery to reduce the anxiety felt by the patient. The purpose of this study was to identify the effectiveness of Spiritual Emotional Freedom Technique (SEFT) therapy on anxiety levels in patients undergoing cardiac surgery. The design of this study used a quasi-experimental study involving a sample of 60 respondents with consecutive sampling technique and was divided into 2 groups (30 intervention respondents and 30 control respondents) in the Interoperate Ward preoperative room surgery. The SEFT intervention group was conducted for 2 days and the control group was in accordance with room standards. The paired t test results showed that there was a significant decrease in anxiety in the intervention group before and after SEFT therapy ( p-value = 0.0001). SEFT can be used as a nursing intervention to reduce anxiety in patients pre cardiac surgery.

Prabowo, R., Nurachmah, E., & Dahlia, D. (2019). Influence of Spiritual Emotional Freedom Technique (SEFT) on anxiety levels in congestive heart failure (CHF) patients. *Journal of Indra Husada Health*, 6 (2), 8. <https://doi.org/10.36973/jkih.v6i2.138>

Anxiety is a problem that is often experienced by patients with Congestive Heart Failure (CHF). This problem is associated with psychological pressure and physical problems faced by Congestive Heart Failure (CHF) patients which will have an impact on decreasing Health-Related Quality of Live (HRQoL). This study aims to determine the effect of SEFT therapy

on anxiety levels in Congestive Heart Failure (CHF) patients . The design used was quasi experiment involving 40 respondents were selected using the technique consecutive sampling were divided into two groups. Bivariate test results using the parametric test viz independent t test showed that there was a significant difference in anxiety reduction between the two groups ( p value = 0.0001). It was concluded that SEFT therapy affected anxiety reduction in Congestive Heart Failure (CHF) patients . The results of this study can be recommended to be applied as an effort to overcome anxiety in Congestive Heart Failure (CHF) patients.

Rosyanti, L., Hadi, I., Tanra, J., Islam, A., Natzir, R., Massi, M., Idrus, F. & Bahar, B. (2019). Change of Brief Psychiatric Rating Scale (BPRS) Value with Spiritual Qur'anic Emotional Freedom Technique (SQEFT) Therapy on Mental Disorder Patient. *Indian Journal of Public Health Research and Development*, 10(1); 374-78.

Spirituality concept is as a part of nursing standard. A person's spiritual needs has to be considered as integral part from nursing care. SQEFT therapy is a combination intervention that combines between spiritual qur'anic therapy and EFT as a spiritual intervention that is simple and practical to be done. This research aimed at knowing the change of BPRS value after being given SQEFT therapy. Method, sample of this research was consisted of 10 patients with schizophrenia who had SQEFT therapy, and 10 patients as a control group. Both of the groups were measured by BPRS three times: pre (before therapy), post 1 (after therapy in 1 – 2 weeks), and post 2 (after therapy in 3 – 4 weeks). Research result, by utilizing paired sample T test in SQEFT therapy group, the BPRS value in pre and post 1 (P = 0,000), BPRS value in post 1 and post 2 (P= 0,000), and BPRS value in pre and post 2 (P = 0,000) were all significant. However, BPRS value lowered after SQEFT therapy. In control group, BPRS value was occurred a decrease in pre and post 1 (P value ≤ 0,004), and value of pre and post 2 (P= 0,001), meanwhile, the BPRS value in post 1 and post 2 (P =0,193) did not lower anymore. Conclusion: there was a significant change of BPRS value after being given SQEFT therapy and the decrease of it showed the improvement of clinical symptoms on patient with schizophrenia.

Sonhaji, S., Lekatompessy, R. (2019). The effectiveness of the Spiritual Emotional Freedom Technique (SEFT) and singing to the blood pressure of the elderly. *Health Sciences and Pharmacy Journal*, 3(1), 14-20. <https://doi.org/10.32504/hspj.v3i1.93>.

The results of statistical analysis obtained data on the average blood pressure in the left group before being given the intervention of 173.76 / 96.41 while after being given the intervention of 170.29 / 93.82. On the singing group before being given intervention, the average of blood pressure of 153.06 / 87.41 and after being given intervention to be 168/87. Comparative test results in both groups between before and after the invention were obtained p - value = 0.00 (p-value p <0.05). Conclusion was spiritual emotional freedom technology (SEFT) is more effective than singing to reduce the blood pressure of the elderly

with hypertension in the social service home, Pucang Gading, Semarang. One of the body system disorders that is often experienced by the elderly. Namely the cardiovascular system such as hypertension. Hypertension of the elderly can be caused by bad conditions such as heart disease, stroke and kidney failure, therefore, intervention is needed to maintain blood pressure within normal conditions.

Susilowati, T., Pramana, N., & Muis, S. (2019). Nonpharmacological intervention of anxiety in Primigravida. *Permas Scientific Journal: Kendal STIKES Scientific Journal*, 9 (3), 181-186. <https://doi.org/10.32583/pskm.9.3.2019.181-186>

Pregnancy is a maturity crisis that can cause anxiety. Prospective mothers who have never given birth before or are called primigravida experience more anxiety than mothers who have given birth or are called multigravida. efforts need to be made to minimize anxiety that occurs during pregnancy both through pharmacological and non pharmacological ways. *This literature review* aims to find out the interventions used to reduce anxiety in primigravidas that have been done by previous researchers. The method of writing scientific papers uses a *literature review* study. Literature sources use articles with the process of searching for data base articles and journals from 2015 to 2019. The themes in the articles that are collected are related to anxiety in pregnant women. Anxiety that occurs is influenced by the characteristics of each individual. Pregnant women's anxiety can be prevented or reduced through supportive group therapy, relaxation therapy, progressive muscle relaxation, guided imagery and music and lavender aromatherapy, diaphragmatic breathing techniques, classical music therapy, pregnancy exercises, murottal al qur'an therapy, SEFT (spiritual emotional freedom technique) and benson therapy.

Warni, M., & Hayana, H. (2019). Description of the Success of SEFT Therapy in Patients with Hypertension in Pandau Jaya Village Kec. Siak Hulu Kab. Kampar. *Photon: Journal of Science and Health*, 10 (1), 24-30. <https://doi.org/10.37859/jp.v10i1.1452>

SEFT therapy can be used as a therapeutic technique to overcome emotional and physical problems, namely by doing mild totok (tapping) at the nerve points (body meridians). Spiritual in SEFT is a prayer that is confirmed by the client when it will begin until the therapy session ends. SEFT therapy is universal, meaning that for all people regardless of the background of the client's beliefs. Hypertension is an incurable disease that requires complicated and difficult treatment. Hypertension also causes serious complications if it does not get serious treatment. The purpose of this study is to see a picture of the success of *Spiritual Emotional Freedom Technique (SEFT)* therapy on reducing blood pressure in hypertension sufferers in Pandau Jaya Village. This study used a quasi-experimental design pre and post control group design and amounted to 64 respondents divided into two groups, 32 respondents intervention group and 32 respondents control group. The research instrument consisted of mercury tensimeter, adult size cuff and stethoscope. The sampling technique uses purposive sampling. In this study the test t-test (paired-sample t test) was used to examine the changes in systolic and diastolic blood pressure in patients with

hypertension in the control group and the intervention intervention group. The results of the study showed a change in pressure in the control group of 157 mmHg diastole 96 mmHg and the intervention group in sistole 146 mmHg and diastole 87.35 mmHg. Based on the results of the study there were changes in blood pressure before and after SEFT therapy, it was suggested to use SEFT therapy as an alternative treatment for hypertension.

Wati, N., Mirayanti, N., Juanamasta, G. (2019). The effect of Emotional Freedom Technique Therapy on nurse burnout. *JMMR (Jurnal Medicoeticolegal dan Manajemen Rumah Sakit)*, 8 (3): 173-178, doi: 10.18196/jmmr.83104.

Burnout can develop as a result of long work stress and cause a change in attitudes and behaviors withdrawing psychologically. The most visible impact of burnout is the decline in performance and quality of service. As a result, they were unable to fulfill the work demands and finally decided not to attend, increasing rates of sick leave, reduced work effectiveness or even leaving their jobs. This study aims to determine the effect of Emotional Freedom Technique (EFT) therapy on burnout in implementing nurses. The design of this study uses quasi-experimental design with control group. The sample in the study were 38 nurses, divided into 2 groups, each group consisting of 19 people selected through purposive sampling. This study used the Wilcoxon Signed Rank Test to determine the differences in one pre-post group and the Mann Whitney Test to analyze changes after two different post-post groups. The results showed the value of p value in the treatment group = 0,000 which means that there was an effect of therapy (EFT) on burnout in the implementing nurses, whereas in the control group there was no difference with the p value = 0.925, the p value was influenced by EFT therapy (Emotional Freedom Technique ) towards burnout of nurse nurses before and after in groups of 0,000. It is expected that the Hospital can overcome burnout by passing EFT therapy.

Afrinanto, Z., Hayati, E., Urbayatun, S. (2018). Spiritual EFT to improve the quality of life with women who have landslides. *Jurnal Studia Insania*, 6(1). doi: 10.18592/jsi.v6i1.2006

Spiritual Emotional Freedom Technique (SEFT) is engineering the merger of the energy system of the body and spirituality therapy using the method of tapping on certain points on the body. The purpose of this study was to determine the influence of Spiritual Emotional Freedom Technique in improving the quality of life in women who experienced landslide disaster in Purworejo. This study uses a quasi- experimental design with one group pretest-posttest design research model. The subjects of this study were six women in Purworejo with criteria aged 20 to 40 years, experienced landslide disaster, and having a low quality of life based on WHOQOL-BREF scale categorization. The experimental group was treated using the Spiritual Emotional Freedom Technique therapy. Quantitative data analysis techniques using Wilcoxon Signed Rank Test analysis. Qualitative data analysis is obtained from the observation, interview, worksheet, and evaluation sheet. The results showed that there was a significant increase in quality of life, both in each domain and overall between before and after being treated by SEFT. Based on that results, it can be concluded that the

SEFT (Spiritual Emotional Freedom Technique) can improve the quality of life of women who experienced a landslide disaster in Purworejo.

Afriyanti, E., Wenni, B. (2018). The Effect of Spiritual Therapy Emotional Freedom Technique (SEFT) on the self-concept of breast cancer patients with mastectomy. *Jurnal Keperawatan Padjadjaran, Padjadjaran Nursing Journal*, 6(3), 2018. <https://doi.org/10.24198/jkp.v6i3.733>

Mastectomy is a surgical treatment of breast cancer can result in permanent changes in the appearance of women. this change can cause a negative change in a woman's self-concept. If the self-concept impairment continues it will lead to emotional weakness. Individuals will be depressed and feel constantly anxious, emotional frustrations are getting worse, making the individual create self-destruction. For that needed therapy that can overcome the negative problems of this self-concept of Spiritual Therapy Emotional Freedom Technique (SEFT). The purpose of this study was to identify the effects of SEFT therapy on self-concept in breast cancer women with mastectomy. This study uses quasi experimental design with one group pretest-posttest design approach with inclusion criteria willing to be the subject of research, conscious, no hearing loss or self-concept cognitive impairment, has never done SEFT therapy, interacted with family and community at least 1 week post mastectomy. This therapy is done for 3 days on 33 subjects. Data were analyzed by chi square statistic test with 95% CI with significance  $p < 0,05$ . The result of this research is prior to being given SEFT treatment from 33 respondents, 4 respondents (12,1%) have positive self concept, and the majority of 29 respondents (87,9%) have negative self concept. However, after SEFT treatment there was an increase in self-concept of respondents with positive self concept as many as 10 people (30.3%) and still have negative self concept as many as 23 people (69,7%). Once tested with chi-square statistical test, there are differences in self-concept before and after SEFT. It is advisable to practice nursing to use this therapy as a therapy to prevent self-conceptual disorder in breast cancer patients who have mastectomy.

Hamidiyah, A., Jannah, F. (2018). Intensity of primary dismenorhea pain before and after Spiritual Emotional Freedom Technique Therapy. *Oksitosin: Jurnal Ilmiah Kebidanan*, 5(1), 58-66. <https://doi.org/10.35316/oksitosin.v5i1.361>

Spiritual Emotional Freedom Technique is a non pharmacologic therapy to decrease woman menstruation pain. Based on prelimenary study about dysmenorrhea which did in ten Ibrahimi midwifery academy students showed that amount 4 people (40%) had low pain 2, people (20%) had middle pain, and found 4 people (40%) had not dysmenorrhea every month. The objective of this research was to know difference primary dysmenorrhea pain intensity before and after SEFT therapy for Ibrahimi midwifery academy student of sukorejo situbondo year 2017. Design of this research used pre-experimental. The population in this research were ibrahimi midwifery academy students who had dysmenorrhea and menstruation experienced in the third week of August 2017, amounts 21 people. Sample of

this research used total sampling. Data was collected using questionnaires and checklist. Data analyzed using Wilcoxon Signed Rank Test with maximum level  $\alpha = 0.05$ , the result showed that the  $p < \alpha$  was 0,000 then  $H_0$  rejected, it mean there was differences primary dysmenorrhea pain before and after SEFT therapy.

Huda, S., Alvita, G. (2018). The influence of SEFT therapy (Spiritual Emotional Freedom Technique) on reduction of blood pressure in hypertension patients in annual Puskesmas area. *Journal of Nursing and Public Health, (Jurnal Keperawatan dan Kesehatan Masyarakat Cendekia Utama)*, 7(2). <https://doi.org/10.31596/jcu.v7i2.256>.

Hypertension is a non-communicable disease which is a common health problem in various countries. In Indonesia, hypertension ranks fifth as the cause of death. Self-care management is appropriate management to prevent complications of hypertension. SEFT (spiritual emotional freedom technique) is one of the non-pharmacological treatments that helps control blood pressure. This study aims to determine the effect of SEFT therapy on reducing blood pressure in patients with hypertension. The research design used by researchers is the Quasy Experiment with a pre-post test with control group design. This study used a sample of 33 respondents divided into: 13 intervention groups and 20 control groups. The sampling technique used is purposive sampling. The results of the analysis using Paired t-test in the intervention group showed a systole blood pressure p-value of 0,000 ( $p\text{-value} < 0.05$ ) and diastolic blood pressure p-value of 0.022 ( $p\text{-value} < 0.05$ ). It can be concluded that there is an effect of SEFT therapy on reducing blood pressure in people with hypertension. While the results of the analysis using Paired t-test in the control group obtained a systole blood pressure p-value of 0.881 and diastolic blood pressure p-value of 0.814 ( $p\text{-value} > 0.05$ ). So it can be concluded that there is no effect of SEFT in the control group. This study provides general information relating to the management of hypertension by using SEFT therapy which is effective in controlling blood pressure in people with hypertension. Other than that, the findings from this study are expected to provide advice for local health service providers so that they can implement a self-care management program, improve health, and prevent hypertension complications in an integrated and effective manner.

Karon & Susiliwati. (2018). Comparison of Spiritual Emotional Freedom Technique and progressive muscle relaxation on sleep quality of hypertension patients in South Cilacap. *Jurnal Kesehatan Poltekkes Kemenkes RI Pangkalpinang*, 6(1). <https://doi.org/10.32922/jkp.v6i1.46>

Patients with hypertension patients can have sleep disorders such as dizziness or headache. This study aims to evaluate the effects of spiritual emotional freedom techniques (SEFT) and progressive muscle relaxation (PMR) on sleep quality in patients with hypertension in South Cilacap City. The research used quasi-experiment with two groups pre-post test group. Respondents were patients with hypertension, with the criteria for those who were active in health care programs, able to perform independent activities, consume of anti-

hypertensive drugs, have done SEFT and PMR regularly for 7 days. Pittsburgh Sleep Quality Index (PSQI) was used to evaluate sleep quality twice, before and 7 days after SEFT interventions. Statistical analysis used Mann-Whitney test. 32 respondents included in the criteria. The quality of sleep before SEFT treatment was 43.8% poor, 56.3% very bad. After SEFT treatment was 25% rather good, 75% less good. The quality of sleep before PMR treatment was 43.8% poor, 56.3% very bad. After treatment PMR was 18.8% rather good, 81.3% less good. The analysis shows the sleep quality was the difference between SEFT and PMR after intervention with p-value 0.002. The study shows there is a difference between SEFT and PMR after intervention in hypertensive patients in South Cilacap. The study shows there is a difference between SEFT and PMR after intervention in hypertensive patients in South Cilacap. The study shows there is a difference between SEFT and PMR after intervention in hypertensive patients in South Cilacap.

Khoeriyah, S., Lubis, D., Lubis, U., Istichomah. (2018). Effect of Emotional Freedom Technique for Emotional Stability in Adolescent Prisoners. *Indonesian Nursing Journal of Education and Clinic*, 3(1); 15-21. doi: 10.24990/injec.v3i1.169

**Introduction:** The prevalence of children in Indonesian prison in 2015 as many as 2,207 children. The impact of detention on children are psychological decline such as anger, anxiety, sadness, fear, disappointment, and other feelings that can cause changes in emotional stability. Therapy Emotional Freedom Technique (EFT) is one of the complementary therapies that can be administered to nursing improving emotional stability adolescent prisoners. To determine the effect of emotional stability EFT against child prisoners in LPKA Class II Yogyakarta.

**Methods:** This study design using pre-experimental approach to non equivalent control group design, purposive sampling with a sample of 32 respondents consisting of 16 respondents to the intervention group and 16 respondents to the control group. The research instrument used is Questionnaire Emotional Stability. Test analysis using Independent t test.

**Results:** The results showed that there are differences in average emotional stability between the intervention group and the control group with  $p = 0.000$  ( $p < 0.05$ ).

**Conclusions:** EFT therapy is highly recommended as one of the nursing interventions to increase emotional stability in adolescents.

Komang, N., Gandari, M., Ngurah, I., Sentana, A. (2018). The Effect of Emotional Freedom Techniques therapy on learning concentration level of students. *Indonesian Journal of Health Research*, 1(2). <https://doi.org/10.32805/ijhr.2018.1.2.12>

**Background.** Concentration can determine individual learning achievement. Concentration can be enhanced by implementing Emotional Freedom Techniques (EFT) therapy method, because EFT can increase the learning concentration by stimulating the limbic system. The study aimed at identifying the effect of Emotional Freedom Techniques (EFT) Therapy on Student Learning Concentration.

**Methods.** The research method used in this study was quasi experimental design with the untreated control group design with dependent pre-test and post-test samples. The number of samples in the study was 30 respondents, divided into intervention and control groups using non-probability sampling technique of purposive sampling. The intervention group was given EFT within 30 minutes, three times, and for two weeks. Before and after intervention, the level of learning concentration was measured by using a psychological scale. Data analysis used in this study was t-test.

**Results.** The results showed that there was a significant differences between learning concentration level before and after being implemented EFT intervention ( $p < 0.05$ ) and there was a significant difference in the concentration of learning after being given the intervention between the experimental and control groups ( $p < 0.05$ ).

**Conclusion.** It could be concluded that EFT can improve the concentration of individual learning especially adolescents. The use of EFT is supported by empirical evidence, using simple techniques, easy to be conducted by anyone, and gives no side effects.

Lismayanti, L. (2018). Effectiveness of Spiritual Emotional Freedom Therapy (SEFT) in reducing blood pressure in the elderly who have hypertension. *Proceedings of the National Seminar and Health Research*, 1(1).

**Background:** This study aims to determine the effectiveness of spiritual emotional freedom therapy (SEFT) in reducing blood pressure in the elderly over 65 years who experience hypertension. Hypertension is a condition of chronic blood pressure increase, this happens because the heart is working harder to pump blood to meet the body's oxygen and nutrition needs. If this condition is not treated properly, it will affect the function of other organs, especially the heart, kidneys and nerves. Hypertension can occur in everyone, do not know the sex or age, but the incidence increases at the age above 40 years.

**Method:** The research method uses quasi-experimental, with a large sample of 30 people, the sampling technique uses purposive sampling. The results showed that the majority of respondents were women with an average age of 71.47 years minimum 66 years maximum 78 years.

**Results:** The results of bivariate analysis of SEFT are effective in reducing blood pressure in the elderly over 65 years who experience hypertension with a p value = 0,000. The results of this study are expected to be used as data in the development of nursing, particularly complementary nursing, and are applied by nursing practitioners in handling hypertension cases, especially in the elderly over 65 years. The results of this study are expected to be used as data in the development of nursing, especially complementary nursing, and are applied by nursing practitioners in handling hypertension cases, especially in the elderly over 65 years. The results of this study are expected to be used as data in the development of nursing, particularly complementary nursing, and are applied by nursing practitioners in handling hypertension cases, especially in the elderly over 65 years.

Madoni, R., Wibowo, M, Japar, M. (2018). Group counselling with systematic desensitization and Emotional Freedom Techniques to reduce public speaking anxiety. *Journal of Guidance for Counseling*, 7(1), 28 – 35. doi: 10.15294/JUBK.V7I1.22679

Public Speaking or the ability to speak in public is one of basic competencies that must be owned by students. However, apparently, there found many students having public speaking anxiety and in high category. Regarding this problem, this study was aimed at examining the effectiveness of a group counselling with desensitization technique and emotional freedom technique in reducing students' public speaking anxiety. The implementation of those techniques were done twice in each group counselling service. Meanwhile, the research method employed was mixed anova repeated measures test design by involving 16 students having high level public anxiety chosen from 100 students by using purposive sampling. Further, the results of mixed anova repeated measure showed that the group counselling with systematic desensitization technique and emotional freedom technique (EFT) was proved to be effective in reducing the public speaking anxiety of students. Besides, seen from the average score and time effect, emotional freedom technique resulted higher decrease than systematic desensitization technique. For more, the more emotional freedom technique was given, the higher decrease of the public speaking anxiety of students would result.

Mardjan, M., Prabandari, Y., Hakimi, M., & Marchira, C. (2018). Emotional Freedom Techniques for Reducing Anxiety and Cortisol Level in Pregnant Adolescent Primiparous. *Unnes Journal of Public Health*, 7(1), 1-6. <https://doi.org/10.15294/ujph.v7i1.19212>

**Background:** Anxiety during pregnancy in primiparous mother will be a hard burden because of the im- mature both psychological and reproductive organs which can increase the risk of maternal mor- tality, infant mortality, prolonged childbirth, LBW, postpartum depression, etc. An effort to minimize the anxiety is the implementation of EFT (Emotional Freedom Techniques) during the third trimester. This research purposed to assess the effectiveness of EFT to decrease anxiety in facing child- birth.

**Method:** This research used the quasi-experimental pre-test and post-test method of treatment and control. The treatment was done during the third trimester, started and followed for 3 months ie month 7th, 8th, 9th. The EFT was implemented every month then continued independently by the mother, until before childbirth process. The research instrument used TMAS (Taylor Manifest Anxiety Scale) and cortisol blood test. The subjects were 38 respondents consisted of 19 interventions and 19 controls.

**Result** with paired t-test, TMAS1,2,3, each stage got significant difference, pre and post blood cortisol level  $p = 0.0001$ . Linear regression analysis on TMAS  $p = 0.001$  and  $R^2 = 0.57$ , where- as blood cortisol level  $p = 0.004$  and  $R^2 = 0.43$ . This analysis proved EFT contributed significantly 57% to lower anxiety levels and 43% to lower blood cortisol level, indirectly affected the readiness to face childbirth process.

Ma'rifah, A., Handayani, R. & Dewi, P. (2018). The effectiveness of fingerhold relaxation technique and Spiritual Emotional Freedom Technique(SEFT) on the pain intensity scale of patients with post Caesarean Section. *Journal of Maternity Care and Reproductive Health*, 1(2). <https://doi.org/10.36780/jmcrh.v1i2.28>

Post caesarian section pain can cause physical and psychological effects to mothers. The pain can be reduced with pharmacological or non-pharmacological pain management. One of the pharmacological techniques is fingerhold relaxation and spiritual emotional freedom technique (SEFT). The study aimed to discover the effectiveness of fingerhold relaxation and SEFT to pain intensity of post caesarean section. This study was categorized into quasi-experiment research with two groups comparison pre-test and post-test design. The samples were 45 respondents comprising of 15 respondents for experimental group using SEFT, 15 for experimental group using fingerhold relaxation, and 15 for control group . The data was analyzed using regression linier test. The result showed that the correlation value of control group was 0,431 with R-Squere 18,6 %. Meanwhile, in experimental group with fingerhold relaxation, the correlation value was 0.671 and R-square value was 45%. Furthermore, the correlation value of experimental groups using SEFT was 0.874 and R square was 76%. In conclusion, SEFT is effective to decrease the pain on patient with post caesarean section. Therefore, nurses are required to help mothers to feel comfortable in controlling the pain of post caesarean section.

Navianti, D., Garini, A., & Karneli, K. (2018). The reduction of anxiety and pain during venous blood sampling using Hypno-EFT (Emotional Freedom Techniques) Method. *Public Health of Indonesia*, 4(2), 67-72. <https://doi.org/10.36685/phi.v4i2.154>

**Background:** Venous blood sampling has several risks of complication, the basic cause was emotional factor, such as anxiety and pain, which remain important to be solved. Objective: The aim of this study was to determine the effect of hypno-EFT to reduce the anxiety and pain during venous blood sampling.

**Methods:** The design of the study was quasi experimental, with pretest posttest with control group design. The sampling technique was simple random sampling to select 52 respondents. Anxiety was measured using a Hamilton anxiety rating scale (HARS) modification and pain was measured using the Visual analogue scale (VAS) method. Wilcoxon and Manova multivariate test were used for data analysis.

**Results:** Before hypno-EFT there was 1 person (2.9%) did not experience anxiety, 9 people (25.7%) with mild anxiety, 20 people (57.1%) with moderate anxiety and 5 people (14.3%) with severe anxiety. After hypno-EFT therapy, there were 23 people (65.7%) did not get anxiety, mild anxiety were 11 people (31.4%) and severe anxiety was found in 1 person (2.9%). For the average pain of respondent in venipuncture before hypno-EFT was 3.20 with a median 3.00 and a standard deviation was 1.91. The minimum value of pain was 0 and 9 in maximum. After therapy Hypno-EFT, the average pain was 1.54 and the minimum value of pain was 0 and 6 at maximum. Statistical results showed that the p-value of anxiety and pain was 0,000 (<0.05)

**Conclusion:** There was a significant effect of hypno-EFT therapy to decrease the anxiety and pain during venous blood sampling. This method is recommended as an alternative procedure in venous blood sampling with complicating factors.

Novitriani, A., Hidayati, F. (2018). The Spiritual Emotional Freedom Technique's influence on self-acceptance of inmates in women's penitentiaries. *Psympathic : Jurnal Ilmiah Psikologi*, 5(1),1-12. doi: 10.15575/psy.v5i1.2322

Being a prisoner often raise psychological conflicts. Prisoners often experience mental problems caused by social isolation in the prison, and it may leads to inferiority, guilty, and self-rejection. This study aims to examine the effect of Spiritual Emotional Freedom Technique (SEFT) therapy on self-acceptance of prisoners. This study used pretest-posttest control group design with purposive sampling of 15 participants for experimental group and 16 participants for control group. The results show that there was an increase from pretest to posttest with significant value of .021 value of .021 ( $p < .05$ ). This indicates that there is an influence of Spiritual Emotional Freedom Technique (SEFT) therapy on self-acceptance of prisoners.

Patriyani, R. & Rahayu, S. (2018). The effect of Spiritual Emotional Freedom Technique (SEFT) on the reduction of blood sugar levels in diabetes in diabetes mellitus Type 2 in Rsd Kota Surakarta. *Journal of Health Sciences*, 7(2).

**Background:** The incidence and severity levels of Diabetes Mellitus (DM) can be reduced through lifestyle modification. The nurses' ability in complementary modalities can help the patients to modify their lifestyle by managing the stress levels; doing standard medical cares to help reducing and controlling blood sugar levels. One form of complementary modalities is SEFT. SEFT is one relaxation technique that can reduce anxiety and optimally reduce blood sugar level. Relaxation can affect hypothalamus to regulate and decrease the activity of the sympathetic nervous system. The purpose of this research is to find out the impact of SEFT to the decrease blood sugar levels on type 2 DM patients.

**Method:** The method applied in the research was quasi-experimental pre-posttest with control group. The research population was 100 type 2 DM patients (50 respondents as intervention group and 50 respondents as control group). Samples were taken using purposive sampling method. The data was analyzed using t dependent test.

**Result:** The result of the research shows that SEFT can reduce blood sugar levels of the type 2 DM patients with the value of  $p = 0.000$ , and there was 220.060 points of blood sugar level reduction

**Conclusion:** Nurses should teach type 2 DM patients to do SEFT; to monitor the blood sugar levels before and after SEFT.

Purwoko, B., & Arianto, A. (2018). The Implementation Of Emotional Freedom Technique (EFT) Within The Scope Of Education. doi:10.2991/icei-18.2018.163

The purpose of this study is analysing the application of Emotional Freedom Technique (EFT) in the scope of education. The research used a library research method. The data analyzed with content analysis techniques. Checking between libraries and re-reading libraries and paying attention to advisory comments is done to maintain eternity of the assessment process and prevent and overcome miss-information The results of this study are: 1) Based on the results of studies of 20 journal counselling applications Emotional Freedom Technique (EFT) managed to overcome various problems, 2) The implementation of EFT starts with identifying problems, Set Up, Tune In, and Tapping on 9 gamut procedures, 3) The objectives of applying EFT are mostly schools, namely secondary schools to universities with application targets are individuals or groups in the span of school age, 5) suggest implementing EFT with different places, methods and objectives.

Puspita, E. (2018). Spiritual effects of Emotional Freedom Technique (SEFT) against decreased primary dysmenorrhea in young women. *Quality Journal of Health*, 1(1);14-19.

Primary dysmenorrhea is painful experienced by young women during menstruation. Dysmenorrhea primary caused progesterone hormone imbalance in blood, prostaglandins and psychology. Dysmenorrhea is often experienced by most woman. From the data obtained, dysmenorrhea disturb 50% of women of reproductive period and 60-85% of adolescents result many absences from school. SEFT ( Spiritual Emotional Freedom Technique ) is one of the non-pharmacological techniques to reduce primary dysmenorrhea in teenage girls. The purpose of this research is to find out the effect of SEFT on reduction Primary dysmenorrhea in young women. Research held in June to November 2017, using quasi experiment in one group ( one group pre test-post test design ) at SMPIT Putradarma. Sampling is done with a total sampling of 97 people. Analysis of research using dependent t test ( Wilcoxon Signed Rank Test ). Results: the study obtained the average age of adolescents who have 12 years of primary dysmenorrhea 26 months old. The results of the analysis showed that there was decreased intensity of primary dysmenorrhea pain before and after the administration of the intervention SEFT and there is an influence of SEFT intervention against decreased pain of primary dysmenorrhea. Thus the SEFT technique can be used one of the deep non pharmacological therapies pain reduction.

Rosyanti L., Hadi I., Tanra J., Islam A., (2018). The Effectiveness of Spiritual Qur'anic Emotional Freedom Technique (SQEFT) Intervention against the change of Brief Psychiatric Rating Scale (BPRS) on patients with schizophrenia. *Health Notions*, 2(8).

The dimension of spiritual nursing demands the role of nurse in order to give holistic treatment, combine physical, psychological, social, and spiritual dimension. The psychospiritual intervention: SQEFT is intervention of psychospiritual combination that combines between spiritual Qur'anic therapy and psychological therapy of EFT, as additional spiritual intervention for patient with schizophrenia by not reducing any medical treatment program that the patient does. The objective of this research, in order to examine the influence of

SQEFT Intervence Against The Change of BPRS on Patient with Schizophrenia. Seven mental patients with schizophrenia participated in this research, who were diagnosed schizophrenia with psychiatry of DSM-IV-TR by psychiatric doctor with preliminary BPRS value scale in less than 60. The result test of Bonferroni showed that three groups had significant difference. There was a significant difference between non SQFET and SQEFT1, SQEFT2 with pvalue of 0.000. This difference showed that BPRS value moved lower significantly before being given SQEFT intervention, after being given SQEFT in stage 1 and SQEFT in stage 2. BPRS value that was lower showed psychological condition, schizophrenia patient's cognitive condition which were better.

Sahlia, M., Wantiyah, W., Hakam, N. (2018). The Effect of Emotional Freedom Technique (EFT) Therapy on Depression in Hypertensive Clients. *Health Library, 6*(3), 446 – 452. <https://jurnal.unej.ac.id/index.php/JPK/article/view/11687> >.

Hypertension is a disease that is characterized by increased systolic and diastolic blood pressure that can cause problems in both physical and psychological problems. One of psychological problems is depression. EFT therapy is a relaxation technique that could be used to decrease depression in client hypertension. The purpose of this study was to analyze the effect of EFT therapy on depression in hypertension client. This research is used quasi experimental method with control group pretest-posttest design. The sampling technique was consecutive sampling involving 20 respondents that divided into 10 respondents as intervention group who got EFT therapy and 10 respondents as control group with daily activity. Data were analyzed by using Wilcoxon and Mann Whitney U Test with 95% CI ( $\alpha = 0.05$ ). The result showed that there was a difference of depression before given EFT in intervention group ( $p = 0.003$ ), while in control group there was no difference ( $p = 1,000$ ). There was a significant difference in depression on client hypertension in both interventions and control group ( $p = 0.001$ ). The relaxation effect of EFT therapy stimulates the pituitary gland to release endorphin hormone to produce serotonin hormone and dopamine hormone. The conclusion is EFT therapy can reduce depression in hypertension clients, therefore it can be applied as one of the non-pharmacological therapies in a hypertension client.

Etika, A., Haryuni, S., & Sulistya, W. (2017). Differences in the Effectiveness of SEFT Therapy (Spiritual Emotional Freedom Technique) and Keroncong Music Therapy on Depression Levels in the Elderly. *Jurnal Ilmiah Keperawatan, 12*(2).

Depression is an unfavorable condition for the elderly. When depression goes untreated, elderly can isolate themselves even allowed to end his life. Spiritual Emotional Freedom Technique (SEFT) and Keroncong music allegedly can be used as complementary therapy for elderly depression. This study aimed to determine the difference effect of Spiritual Emotional Freedom Technique (SEFT) and Keroncong music on elderly depression at Jombang geriatric service unit in Pare Kediri. The method used was a quasi-experimental, with a

pretest and posttest design. In this study, respondents were grouped into two groups, SEFT intervention group (n=10) and Keroncong music Intervention group (10). In both groups was given four therapy sessions, within four weeks, each session is given therapy for 30 minutes. In this study it was found that the decrease of score depression between pretest and posttest at SEFT therapy ( $p = 0,008$ ) and keroncong music therapy ( $p = 0,01$ ). By unpaired t test, posttest obtained, the p value ( $p=0,760$ )  $>0.05$  so that there is no significant difference between the posttest score in the SEFT Therapy group and the keroncong music therapy group. It can be concluded that SEFT and keroncong music reduce depression in elderly, but no more effective between SEFT and keroncong music reduce depression in elderly.

Jhansi, S., Rajeswari, H. Indira, S. (2017). Effectiveness of emotional freedom techniques on anxiety. *International Journal of Applied Research*, 3(3): 82-83. doi: 10.13140/RG.2.2.14027.03360

**Background:** Anxiety is an unpleasant feeling that is typically associated with uneasiness, fear or worry. It is a normal human emotions that everyone experiences at times many people feel anxious or nervous, when faced with a problem at work, before taking a test or making an important decision. Emotional Freedom Technique is just one of many techniques that a person can use to control their anxiety.

**Aim:** To evaluate the effectiveness of Emotional Freedom Techniques on anxiety

**Material and method:** Quasi experimental nonequivalent control group design by using non probability purposive sampling technique.

**Results and Conclusion:** The results indicates that the effectiveness of emotional freedom techniques on anxiety indicates that indicates, in experimental group, during pre-test 2% are mild anxiety and 16% are having moderate anxiety, 34% are having severe anxiety, 48% are having very severe anxiety Whereas in post test, 12% are having mild anxiety, 14% are having moderate anxiety and 64% are having severe anxiety, and 10% are having very severe anxiety.

Kartikasari, B., Handini, F., Putri, M. (2017). Effect of Emotional Freedom Technique (EFT) on fulfilling sleep needs in the elderly. *Malang Nursing Journal (JKM)*, 2(1); 18-21. <https://doi.org/10.36916/jkm.v2i1.21>

Elderly experience evaluates the aging process that causes them to experience many changes, such as anatomy / physical, disease or pathological conditions, and and psychosocial effects on organ functions that will cause various health problems one of them is sleep deprivation. This research goal is to identify the effects of Emotional Freedom Technique on Fulfillment of the need of sleep in the elderly. Pretest - Posttest Designis used, and 23 respondents were obtained. Pittsburgh Sleep Quality Index (PSQI) questionnaire is used to obtain data. Wilcoxon Signed Rank analysis is used to analyze the data. Analysis shows that  $p < 0.05$  (0.001). it can be inferred that there is an effect or differences of Fulfillment of the need of sleep between before you after EFT intervention. The existence of this influence

is caused by the elements of relaxation and positive suggestions in the intervention of Emotional Freedom Technique (EFT).

Kusnanto, K., Pradanie, R., Karima, I. (2017). Spiritual Emotional Freedom Technique (SEFT) on the quality of life of lung tuberculosis patients. *Jurnal Keperawatan Padjadjaran, (Padjadjaran Nursing Journal), 4(3)*. <https://doi.org/10.24198/jkp.v4i3.284>.

**Background:** pulmonary tuberculosis (TB) is a chronic disease that can affect a person's quality of life. Spiritual Emotional Freedom Technique (SEFT) is a non-pharmacological therapy to overcome this. This study aims to explain the effect of SEFT therapy on improving Quality of Life (QoL) in TB sufferers at the Perak Timur Health Center in Surabaya.

**Method:** The method used in this study is quasi-experimental with a total sample of 22 people who included the inclusion criteria. Data analysis was performed using the Wilcoxon and Mann Whitney test with significance level  $\alpha < 0.05$ .

**Results:** The results showed an increase in the quality of life of TB patients significantly in the aspects of physical health ( $p = 0.003$ ), psychological ( $p = 0.003$ ), and social ( $p = 0.046$ ) after SEFT intervention. While the insignificant results were found in environmental aspects ( $p = 1,000$ ). In the Mann Whitney test, significant results were found in physical health aspects ( $p = 0,000$ ), psychological aspects ( $p = 0,000$ ), and aspects of social functioning ( $p = 0.015$ ). Mann Whitney test results were not significant on environmental aspects ( $p = 0.167$ ).

**Conclusion:** The conclusion obtained is that SEFT is able to improve the quality of life of respondents in general, because it is able to overcome the "psychological reversal" and because of the influence of "electrical active cells."

Lee, S., Jeong, B., Chae, H., Lim, J. (2017). Emotional Freedom Techniques (EFT) for Students' Mental Health: A Systematic Review. *Journal of Oriental Neuropsychiatry, 28(3)*, 165-182. <https://doi.org/10.7231/jon.2017.28.3.165>

**Objectives:** The purpose of this systematic review was to understand clinical usefulness of Emotional Freedom Techniques (EFT) on students' mental health.

**Methods:** Ten databases were included to extract clinical studies on effects of EFT intervention with students. Characteristics of selected studies were described, and biases were assessed with Risk of Bias (RoB) or Risk of Bias Assessment for Non-Randomized Studies (RoBANS).

**Results:** A total of 14 clinical trials were extracted for analysis. There were 8 randomized-controlled trials (RCTs), 2 non-randomized-controlled trials (nRCTs), and 4 before-after studies. EFT have significant clinical usefulness in public speaking anxiety, test anxiety, stress, depression, learning related emotions, adolescent anxiety, and eating issues. The risk of selection bias in most studies was high or uncertain.

**Conclusions:** EFT is an effective clinical technique for managing students' mental health issues. However, the included studies have been conducted with relatively poor quality and small sample size. Clinical trials with high quality study design and well-designed EFT education programs are needed to generalize clinical usefulness.

Liu, J., Yang, L., Chen, J. (2017). Effect of emotional freedom technique on perceived stress, anxiety and depression in cancer patients: a preliminary experiment. *Modern Clinical Nursing*, 16(10):34-38. doi: 10.3969/j.issn.1671-8283.2017.10.008

**Abstract:** Objective To evaluate the effect of emotional freedom technique (EFT) on the levels of perceived stress, anxiety and depression in cancer patients. Methods Fifteen cancer patients received the intervention of EFT once per day for one week. The effect was evaluated with the Chinese version of perceived stress scale (CPSS), self-rating anxiety scale (SAS) and self-rating depression scale (SDS) before and after the intervention. Result The total scores of SAS, CPSS and SDS after the intervention were significantly lower than those before the intervention ( $P < 0.01$ ). Conclusion: EFT can effectively reduce the levels of perceived stress, anxiety and depression in cancer patients.

Sutiyarsih, E., Sri, F. (2017). Effectiveness of Emotional Freedom Technique (EFT) Against Depression in the Elderly. *Journal of Health Sciences*, 6(1). <https://doi.org/10.32831/jik.v6i1.145>.

Depression in elderly cannot be easily detected because physical complaint was more often than emotional complaint. In severe cases, depression could cause suicidal behavior (Irawan, 2013). Therefore, the elderly need assistance to deal with depression, and the Emotional Freedom Technique (EFT) is one of the solution. Research design is pre-experimental design, using pre-test and post-test design. Before intervention, the Geriatric Depression Scale test was given to one group of elder people. EFT interventions were given two times for four weeks, and the Geriatric Depression Scale test was tested after intervention. Population was elder people who fulfill inclusion criteria, and 30 elderly were drug. The significance result was 0,000 ( $\alpha = 0.05$ ), it could be inferred that EFT has a strong relationship to depression scale. EFT could significantly reduce depression scale in the elderly, so it can be used effectively.

Yuswinda, K. (2017). Evidence Base Practice SEFT Effect (Spiritual Emotional Freedom Technique) Therapy on Preoperative Patient Anxiety. *Medica Hospitalia*, 4(2). doi: 10.36408/mhjcm.v4i2.321

Surgery is one of the medical actions that will bring a stressor on one's integrity. The reactions that arise in the form of stress reactions both physiological and psychological but the most prominent is the psychological reaction in the form of anxiety. SEFT or *Spiritual Emotional*

*Freedom Technique* is a therapeutic method that aims to eliminate or remove negative

energy from the body so that a person will become physically and psychologically healthy. This study aims to analyze the effectiveness of the administration of SEFT ( *Spiritual Emotional Freedom Technique*) on preoperative patient anxiety in the IAR Preparation Room of the Orthopedic Hospital Prof. Dr. Soeharso Surakarta. This type of research uses a *pretest - posttest design*. The population used in this study were preoperative patients from class II and class III RSO wards. Prof. Dr. Soeharso Surakarta, aged 20-60 years and experiencing anxiety. Sampling by *purposive sampling* and obtained a sample of 8 people. Data analysis was performed based on data obtained by SEFT intervention *pre-post* . The results showed that there was a significant difference in the anxiety level of preoperative patients.

Faridah, V.N. (2016). Changes in spiritual perception and domain to blood pressure hypertension patients resulting from Spiritual Emotional Freedom Technique (SEFT). *Surya*, 8(1), 60-71.

Hypertension has come to play a problem in Indonesia and has become the top mortality rate due to degenerative and cardiovascular diseases. Patients with hypertension generally have labile emotion which generates its high blood pressure. Therefore nursing intervention is not only focused on the physical aspects, but also psychological and spiritual aspects. One of the spiritual interventions and complementary therapies for the patient of hypertension was Spiritual Emotional Freedom Technique (SEFT). The purpose of the study was to analyze the change of perception and the spiritual domain to blood pressure patients of age hypertension years that impact of the Islamic Spiritual Emotional Freedom Technique (SEFT). Design used in this study was a pretest and posttest control group. The population was all patients of age hypertension years in the cardiac unit of dr. Soegiri General Hospital, Lamongan. Samples were taken by consecutive sampling and got 26 respondents then divided to two groups by random allocation. The independent variable was Spiritual Emotional Freedom Technique (SEFT) Islamic care, and the dependent variable was blood pressure. There were two intervening variables in this study, were the perception and spiritual domain. The data were collected using structured questionnaires and blood pressure tests two times (pre and post) between control and intervention groups. Data were then analyzed using paired t-test and Pearson with a level of significance of 0.05. Results showed that the perception influences the blood pressure ( $p: 0.040$ ) and the spiritual domain influences the blood pressure too ( $p: 0.000$ ); and that the change of perception and spiritual domain as the impact of SEFT Islamic can influence blood pressure ( $p: 0.000$ ). It can be concluded that the nurse can apply the nursing intervention of SEFT Islamic care to reduce blood pressure in the hospital or community, but it must be repeated and by observation of the doctor. Further studies should focus on the effect of SEFT Islamic care showed by a change in neurohormonal blood.

Kim, H-K, Lee, Y-H, Koo, C-D, Sik, YP. (2016). Effects of Emotional Freedom Technique (EFT) as a forest healing program on menopausal symptoms and quality of life in middle-aged

women. *Korean Forest Recreation Society*, 20(3); 83-95. doi:  
10.34272/forest.2016.20.3.008

The Emotional Freedom Technique (EFT) is a treatment for physical symptoms such as negative emotions and pains by tapping the upper body's acupuncture points and accepting "I accept myself". The purpose of this study was to investigate the effects of EFT in forests and cities and meditative walking in forests on the menopausal symptoms and quality of life of middle-aged women, and how the differences in the effects of treatment and the differences in persistence differ. will be. Twenty-four middle-aged women (average age  $55 \pm 2.01$  years) with no meditation or EFT experience participated in the experiment. The study subjects were divided into the case of EFT in the forest and the city and the case of meditative walking in the forest to investigate the effect of the treatment. As a result of the study, 1) In the preliminary and later comparison of menopausal symptoms, EFT alleviated or alleviated menopausal symptoms in both the forest and the city, and the forest meditation walk had the same result. When EFT treatment was performed in the forest, menopausal symptoms averaged 6.09 points lower than walking in the forest meditatively. 2) As a result of pre- and later comparison of quality of life, EFT improved the quality of life in both forests and cities, and the same result was seen in forest meditation walking. The EFT in the forest increased the average quality of life by 10.89 points more than the meditative walk in the forest, and 8.62 points higher than the urban EFT. 3) As a result of post-to-post comparison of menopausal symptoms and quality of life, EFT increased the effectiveness of treatment in forests and cities, but meditation walking in the forest decreased the effectiveness of treatment. In menopausal symptoms, EFT in the forest averaged 4.73 points less than meditative walking in the forest, EFT in the city was 5.23 points lower than meditative walking in the forest, and in quality of life, EFT in the forest walked meditatively in the forest. It was 9.17 points higher than that. What should be noted in this study is the difference in effect between EFT and meditative walking. This difference is thought to be due to the therapeutic effect of EFT as an oriental medicine treatment.

Ningsih, Santi F., et al. (2016). "The Effectiveness of Emotional Freedom Technique (Eft) Therapy on the Anxiety of Patients with Stage II and III Breast Cancer." *Online Journal of Nursing Science Study Program Students at Riau University*, 2(2),1501-1509.

The aim of this study was to determine the effectiveness of Emotional Freedom Technique (EFT) therapy to anxiety of breast cancer stage II and III patients. This study used a quasi-experimental design with a non-equivalent control group. The study was conducted in Arifin Achmad Hospital Pekanbaru. Purposive sampling technique with inclusion criteria was used to recruit 30 respondents. The instrument in this study used in both groups was a questionnaire that has been tested for validity and reliability. The data were analyzed using paired sample t-test and independent sample t-test. The results in experimental group showed p value  $(0.005) < \alpha (0.05)$  which means that EFT was effective to decrease anxiety in breast cancer patient. Based on this result, it is recommended that health provider

especially nurses to use Emotional Freedom Technique (EFT) therapy as one of non pharmacological therapy to decrease anxiety.

Sastra, L. & Sari, G. (2016). The influence of Emotional Freedom Technique (EFT) on the decrease of dismenorrhea pain in adolescents. *Research in Applied Science and Education* 8(1), 34-39. doi: [10.22216/jit.2014.v8i1.451](https://doi.org/10.22216/jit.2014.v8i1.451)

Dismenorrhea is pain during menstruation. Pain can be minimized using pharmacological and non pharmacological therapies. One of them is emotional freedom technique (EFT). The purpose of this study was to determine the effect of EFT therapy to reduce pain scale dysmenorrheal in adolescents at high school N 12 of Padang. It was a quasi-experimental, with two design groups with pretest-posttest control groups. The collection of data was carried out at 12 public high school senior Padang. The number of samples were 40 people, 20 of the experimental group and 20 of the control group were taken using a purposive sampling technique. Combination of numeric rating scale (NRS) and Hayward were used to collect data. Data were analyzed using Wilcoxon test and Man-Whitney statistical test. The results showed that the pretest adolescent experimental group was 95% moderate pain and the pain scale post-test was 100% mild pain, while the pain scale test of the first on adolescent group control was 70% moderate pain and pain scale on the test II 70% moderate pain. Wilcoxon and mann-whitney tests obtained p value = 0.00 means that there were differences decreasing pain scale between the experimental group and control group. Based on the results it can be concluded there was the influence of EFT therapy to reduce pain scale dysmenorrheal for adolescents at 12 public senior high school Padang. Suggestions for teenagers to be able to use EFT therapy to relieve pain during dysmenorrheal and suggestions for schools to be able to provide EFT therapy education. It can be concluded that there is an effect of EFT therapy on the decrease in dysmenorrhoea pain scale in adolescents. Suggestions for schools to be able to provide EFT therapy counseling.

Wahyuliarmy, A. (2016). Effectiveness of SEFT (Spiritual Emotional Freedom Technique) on drug addiction syndrome in the elderly. *Jurnal Psikologi Islam*, 31(1). <http://dx.doi.org/10.18860/psi.v13i1.6409>

The latest developmental phase in the elderly can be described as a phase of mental and physical decline. The elderly are at high risk of experiencing chronic diseases that are perceived as an incurable, treatable disease, and accelerating death in old age, resulting in prolonged mental stress and the risk of experiencing depression. The elderly's anxiety about death encourages them to try various ways to prevent premature death by taking intensive treatments and taking drugs to prevent recurrence, relieve pain, and avoid complications, to cause dependence on these drugs. This study aims to determine the effectiveness of SEFT (Spiritual Emotional Freedom Technique) in the elderly who have drug dependency syndrome. This study is an instrumental case study, with a sample of a 63-year-old elderly who has addicted behavior on antibiotic-type drugs that can relieve pain, analgesics that can relieve pain in complaints of physical complaints felt by the subject,

antihistamines that have drowsy side effects . The results of this study indicate that the SEFT (Spiritual Emotional Freedom Technique) intervention can reduce the behavior of

drug dependency in the elderly who experience anxiety and psychological stress. SEFT shows effective in reducing physical and psychological complaints significantly, so it is followed by the behavior to reduce the dependency of consuming painkillers.

Abdi, M., Abolmaali, K. (2015). The effect of emotional freedom technique (EFT) therapy on the reduction of aggression in single mothers. *Applied mathematics in Engineering, Management and Technology* 3(2), 476-483.

The present study was aimed to determine the efficacy of emotional freedom technique (EFT) therapy on the reduction of aggression in single mothers. The statistical population consisted of women referring to welfare centers in Tehran aged 25 to 40 in 2013. The method was quasi-experimental with a control group pretestposttest design. The investigated sample in this study was 30 women who had high scores on tests of aggression and assigned randomly to the experimental group (15 subjects) and control group (15 people). Abolmaaly Aggression Test (2012) was used to collect the data. The experimental group was under the emotional freedom technique therapy by the researcher and two fellow clinicians for 12 sessions, while the control group received no treatment. MANCOVA test was used for data analysis. The results showed that EFT therapy significantly reduced aggression ( $p < 0.01$ ). According to the significant difference between control and experimental groups, EFT therapy could be used as an effective therapy method for reducing aggression in single mothers.

Astuti, R., Yosep, I., Susanti, R.D. (2015). Effect of spiritual intervention Emotional Freedom Technique toward decrease the level of depression housewives with HIV. *Jurnal Keperawatan Padjadjaran, (Padjadjaran Nursing Journal)*, 3(1).  
doi:<https://doi.org/10.24198/jkp.v3i1.98>.

Depression is a psychiatric condition that often occurs in patients with HIV, it greatly effects the quality of life of sufferers. This impact would be worse if it happens to housewives, because they are not a risk population. SEFT (Spiritual Emotional Freedom Technique) could be expected to be one of the complementary therapies that helps reduce depression of housewives with HIV, because it is a merger between systems of energy psychology with spiritual powers that have the effect of doubling. This study aims to determine the effect of SEFT interventions in decreasing the level of depression housewives with HIV. This Quasi-experimental study method with pre-test and post-test design. Respondents who fit the inclusion criteria were divided into two groups: the intervention group (n = 15) and the control group (n = 15). Each group measured levels of depression using the BDI (Beck Depression Inventory). The results of this study showed that the mean value of the intervention group before given intervention was 24.00 with a standard deviation of 6,325, after the intervention to 12.8 with a standard deviation of 6,327. Differences in the

intervention group scores on the pre and post test was 11.2 with a standard deviation of 6,178. The data was normally distributed so that the statistical test used is paired t test with the results of the value of  $p < 0.05$ . The conclusion from this study was that there were

differences in the levels of depression housewife with HIV significantly, after the intervention of SEFT. SEFT can be recommended as a complementary therapy in providing nursing care of housewives with HIV who are depressed.

Etika, A., Wijaya, D. (2015). The influence of Spiritual Emotional Freedom Technique (SEFT) on smoking intensity in students. *Care : Jurnal Ilmiah Ilmu Kesehatan (Scientific Journal of Health Sciences)*, 3(3), 12-18. <http://dx.doi.org/10.33366/cr.v3i3.603>.

Smoking is an activity that causes a lot of health problems. Spiritual Emotional Freedom Technique (SEFT) allegedly can be used as complementary therapy to reduce smoking intensity by tapping on the 18 key points along the body. This study aims to determine the effect of SEFT on smoking intensity at students of SMAN 5 Kediri City in 2015. The method used was a pre-experimental, with a pretest and posttest design. In this study, respondents were grouped into one group intervention ( $n = 14$ ). In this group performed pretest to determine the level of smoking intensity, the intervention group was given nine SEFT therapy sessions (each sessions 20 minutes). At the end of the third week, performed post-test in this group. In this study it was found that the pretest in this group showed mild smoking intensity. In the posttest, intervention group shows reduction of mild smoking intensity becoming light smoking intensity (50%). By Wilcoxon test obtained, the  $p$  value of smoking intensity  $0.003 < 0.05$  so that there is a significant difference between the pretest and post-test of smoking intensity. It can be concluded that SEFT reduces smoking intensity. From the results of these studies suggested to the Smoker to do SEFT therapy to reduce the intensity of smoking.

Ghamsari, M., Lavasani, M. (2015). Effectiveness of Emotional Freedom Technique on pregnant women's perceived stress and resilience. *Journal of Education and Sociology*, 6(2). doi: 10.7813/jes.2015/6-2/26

The current study intended to investigate the effectiveness of Emotion Freedom Technique (EFT) on pregnant women's perceived stress and resilience. This research utilized a quasi-experimental method with pretest-posttest and control group. Using convenience sampling, 30 pregnant women referring to Parsa hospital were selected, and they were randomly assigned into two groups. First, both groups completed Perceived Stress Questionnaire and Resilience Questionnaire. Then, the experimental group received Emotion Freedom Technique intervention for eight sessions. But, the control group received no intervention. After the intervention sessions, both groups were assessed once more. The data were analyzed using one-way analysis of covariance. Findings suggested the efficacy of emotion freedom technique on resilience and perceived stress; namely, the experimental group's scores on perceived stress have significantly decreased, while its scores on resilience have

significantly increased. Effect size of this effectiveness, being 0.90 for both variables, indicates the power of this technique. Therefore, this technique can be used to decrease the problems related to stress and resilience increase of the pregnant women.

Hermanwan, C., Sobarningsih, N. Rahayu, Y. (2015). Use of Emotional Freedom Technique (EFT) to Improve Student Learning Outcomes. *Jurnal Analisa 2* (1), 1-10.  
<https://doi.org/10.15575/ja.v2i1.5371>

The cognitive abilities of students are thought to be still low. One of them is because teachers in schools tend to use conventional learning which makes students become not active in learning. Learning by using EFT is an alternative in improving students' cognitive abilities. This research is a quasi-experimental study conducted by MTs Darul Ulum YTM Pasir Tanjung Kab. Bogor. This study aims to examine the description of the activities of students and teachers with EFT, cognitive abilities of students before and after using EFT, cognitive abilities of students before and after using conventional, differences in the effect of EFT and Conventional models on students' cognitive abilities, as well as students' attitudes towards learning using EFT. The research method used is a quasi-experimental method. Data obtained using research instruments such as tests and non-test instruments. After observing, the data are reviewed and analyzed. Based on the results of data processing, obtained: (a) A description of the activities of students and teachers classified as good. (b) The average scores of students before and after using EFT were 18.33 and 34.67, respectively. (c) The average scores of students before and after using conventional conventional are 13.67 and 25.00, respectively. (d) There is a difference in the influence of EFT and Conventional on students' abilities. (e) The student's positive response score for EFT is 3.60 (students have a positive response for EFT).

Kartikodaru, P., Hartoyo, M. & Wulandari, M. (2015). The effect of Spiritual Emotional Freedom Technique (SEFT) on decrease on chemotherapy patients' anxiety. *Scientific Work of Stikes Telogorejo*, 4.

Cancer is the 7th leading cause of death (5.7%) after stroke, TB, hypertension, injury, perinatal, and DM. Chemotherapy is one of the ways to cure cancer. The consequences that accompany chemotherapy make most patients who have been diagnosed with anxiety, anxiety and fear of facing the threat of death and pain while undergoing chemotherapy. Management of nonpharmacological anxiety, namely by distraction and relaxation, one of them is SEFT. This study aims to determine the effect of SEFT administration on reducing anxiety of patients undergoing chemotherapy. This research method uses pre experimental design, with purposive sampling technique, and uses Wilcoxon statistical test. The number of samples used in this study were 17 respondents. Based on the characteristics of the respondents, in the age variable there were 9 (53.0%) respondents in the late adult category (36-45), in the gender variable there were 10 (58.8%) women, the most common cancer diagnosis was Breast Cancer 8 (41.7%) respondents. Wilcoxon test results on the effect of SEFT administration on anxiety reduction in chemotherapy patients showed a value of  $p =$

0,000 ( $p < 0.05$ ), so it can be concluded that there is a significant effect of SEFT on reducing anxiety of cancer patients undergoing chemotherapy at SMC RS Telogorejo.

Recommendations from the results of this study are that it can be used as a non-pharmacological measure to reduce anxiety. Wilcoxon test results on the effect of SEFT on reducing anxiety in chemotherapy patients showed a value of  $p = 0,000$  ( $p < 0.05$ ), so it can be concluded that there is a significant effect of SEFT on reducing anxiety of cancer patients undergoing chemotherapy in SMC Hospital Telogorejo. Recommendations from the results of this study are that it can be used as a non-pharmacological measure to reduce anxiety. Wilcoxon test results on the effect of SEFT on reducing anxiety in chemotherapy patients showed a value of  $p = 0,000$  ( $p < 0.05$ ), so it can be concluded that there is a significant effect of SEFT on reducing anxiety of cancer patients undergoing chemotherapy in SMC Hospital Telogorejo. Recommendations from the results of this study are that it can be used as a non-pharmacological measure to reduce anxiety.

Putra, A. (2015). Spiritual Emotional Freedom Technique (SEFT) to reduce anxiety in parents when children are become sexual previous victims. *Jurnal Intervensi Psikologi*, 7(1). <https://doi.org/10.20885/intervensipsikologi.vol7.iss1.art4>

This research aims to examine the effectivity of SEFT in reducing the anxiety of the parents with child sexual abuse. SEFT is especially imposed on the anxiety symptoms which can be consciously felt by the research subject. The subjects are two parents, who have children experiencing sexual abuse. The research used pre-experimental design; One-shoot case study. The SEFT treatment was given to reduce the anxiety symptoms. Based on the interview and observation results, the anxiety symptoms were decreased after the given intervention.

Rofacky, H., & Aini, F. (2015). The Effects of Spiritual Emotional Freedom Technique (SEFT) Therapy on Blood Pressure in Hypertension Patients. *Jurnal Keperawatan Soedirman*, 10(1), 41-52. <http://dx.doi.org/10.20884/1.jks.2015.10.1.591>

SEFT includes a relaxation technique that combines body system techniques and spiritual therapy using pressure at certain points on the body. SEFT helps individuals be free from emotional stress (negative energy), which is a cause of increased blood pressure in patients with hypertension. This study aims to analyze the spiritual influence of emotional freedom techniques (SEFT) on blood pressure in hypertensive patients. This research uses a quantitative approach with a quasi-experimental method and a non-equality control group design. The population in this study were all with hypertension as many as 148 people. The sampling technique used was purposive sampling. There were 30 respondents as a sample divided into two groups: 15 respondents as an intervention group and 15 respondents as a control group. Data instruments used were mercury sphygmomanometers, stethoscopes and observation sheets. Results of analysis using an independent t-test found that a p value of 0,000 (cystole) and a p value of 0.019 (diastole), it can be concluded that there were significant differences before and after SEFT therapy. Spiritual freedom emotional

therapy (SEFT) therapy can be used as an appropriate and practical alternative treatment in hypertensive patients. Spiritual Emotional Freedom Technique (SEFT) therapy can be used as an appropriate and practical alternative treatment in hypertensive patients. SEFT

therapy can be used as an appropriate and practical alternative treatment in hypertensive patients.

Sabathy, M. (2015). Proposition for the implementation of coping strategies (SE and EFT) into secondary classrooms based up on the analysis of emotional reactivity and its effects on adolescent resiliency. Unpublished Master's Thesis.  
<https://doi.org/10.13140/RG.2.1.1959.5288>

**Background:** Complaints associated with classroom-management disruptions appear to have gradually increased in recent years. It could be assumed that quantitatively enlarged cognitive curricula, a possible consequence of the technological advancement and development, combined with the constant exposure to social media and other high-tech gadgets has lead to a sensory overload or overstimulation resulting in critically susceptible stress-related benchmarks in children and adolescents.

**Purpose:** Predisposition for high emotional reactivity in children and youth is presumed to correlate with early traumatic experiences. It is the objective of this paper, to discuss the hypothesis that the implementation of active coping strategies in the form of a module-based manual represents a promising classroom 'tool' for the prevention and intervention of a wide range of psychosomatic disorders contingent on emotional reactivity.

**Result:** The activities incorporated into the manual are designed for secondary classrooms and are modifications and adaptations derived from Somatic Experiencing and Emotional Freedom Technique. Both methods employ innate (somatic) restorative capabilities in order to effectively target and substantially mitigate and/or eradicate symptoms associated with traumatic experiences and emotional learning. All of the proposed activities are non-invasive, easily applicable, and simply acquirable, and thus have potential to serve as valuable alternatives to costly therapies and extra-curricular programs within the educational health prevention and intervention agenda.

Susanti, D. (2015). The effect of Spiritual Emotional Freedom Technique (SEFT) on reduction of blood pressure in hypertension patients in Puskesmas Puhang Padang Working Area. Master's thesis, Universitas Andalas. <http://repo.unand.ac.id/128/>

Hypertension is the highest case in the working area of Puskesmas in Padang City in 2013, amounting to 41,768 cases and continues to increase every year, even though the government program for patients with hypertension such as blood pressure checks, medication and hypertension gymnastics has been promoted. In addition to pharmacological treatment, hypertension can also be treated with nonpharmacological therapy, namely complementary nursing therapy, one of which is Spiritual Emotional

Freedom Technique (SEFT). This study aims to determine the effect of SEFT on reducing blood pressure in patients with hypertension. This research uses Quasi Experiment Design with One Group Pretest-Posttest Design approach with 17 respondents with hypertension in Pauh Public Health Center Padang. Each respondent was given SEFT therapy by a

licensed therapist for  $\pm$  10 minutes 1 time a day for 3 consecutive days. Blood pressure of respondents was measured pretest and posttest intervention. The results showed a mean decrease in systolic blood pressure = 12.35 mmHg and a mean decrease in diastolic blood pressure = 7.35 mmHg. Paired T-Test on systolic blood pressure and diastolic blood pressure obtained p value = 0,000 ( $p < 0.05$ ), this shows that SEFT therapy can reduce blood pressure. Need to understand for the nursing profession related to SEFT therapy as complementary nursing therapy as an alternative treatment for hypertension. Keywords: hypertension, blood pressure, Spiritual Emotional Freedom Technique (SEFT) Spiritual Emotional Freedom Technique (SEFT) Spiritual Emotional Freedom Technique (SEFT) Blood pressure of respondents was measured pretest and posttest intervention. The results showed a mean decrease in systolic blood pressure = 12.35 mmHg and a mean decrease in diastolic blood pressure = 7.35 mmHg. Paired T-Test results on systolic blood pressure and diastolic blood pressure obtained p value = 0,000 ( $p < 0.05$ ), this shows that SEFT therapy can reduce blood pressure. Need to understand for the nursing profession related to SEFT therapy as complementary nursing therapy as an alternative treatment for hypertension. Keywords: hypertension, blood pressure, Spiritual Emotional Freedom Technique (SEFT) The respondent's blood pressure was measured pretest and posttest intervention. The results showed a mean decrease in systolic blood pressure = 12.35 mmHg and a mean decrease in diastolic blood pressure = 7.35 mmHg. Paired T-Test on systolic blood pressure and diastolic blood pressure obtained p value = 0,000 ( $p < 0.05$ ), this shows that SEFT therapy can reduce blood pressure. Need to understand for the nursing profession related to SEFT therapy as complementary nursing therapy as an alternative treatment for hypertension. Keywords: hypertension, blood pressure, Spiritual Emotional Freedom Technique (SEFT) Paired T-Test on systolic blood pressure and diastolic blood pressure obtained p value = 0,000 ( $p < 0.05$ ), this shows that SEFT therapy can reduce blood pressure. Need to understand for the nursing profession related to SEFT therapy as complementary nursing therapy as an alternative treatment for hypertension. Keywords: hypertension, blood pressure, Spiritual Emotional Freedom Technique (SEFT) Paired T-Test on systolic blood pressure and diastolic blood pressure obtained p value = 0,000 ( $p < 0.05$ ), this shows that SEFT therapy can reduce blood pressure. Need to understand for the nursing profession related to SEFT therapy as complementary nursing therapy as an alternative treatment for hypertension.

Desmaniarti, Z., & Avianti, N. (2014). Spiritual Emotional Freedom Technique (SEFT) decreasing stress in patients with cervical cancer. *Jurnal Ners*, 9(1), 91–96. doi: [10.20473/jn.v9i1.3233](https://doi.org/10.20473/jn.v9i1.3233)

**Introduction:** Cervical cancer is known as one of deadly disease. The global incidence of cervical cancer is the second largest in the entire world, including in Indonesia. RSUP Dr. Hasan Sadikin Bandung, cervical cancer ranked first (62.27%) compared with other five types of obstetry and gynecology malignancies (suspected malignant ovarian tumors 16.12%, ovarian cancer 11.76%, vulva cancer 8.65% and endometrial cancer 1.19%) (Destiana, 2012). Chemotherapy as one of cancer treatment causes various side effects

include hair loss, nails blackened, nausea and vomiting, that could makes patient stressful. SEFT ( Spiritual Emotional Freedom Technique ) is useful to overcome negative emotions through a combination technique that uses psychological energy, spiritual strength, and praying. SEFT is an effective intervention in manage stress, there are some techniques that practiced simply such as praying, NLP (Neuro Linguistic Programming), hypnotherapy, visualisation, meditation, relaxation, imagery and desensitisasi (Zainuddin, 2008). The purpose of this study was to explain reducing stress on patiens with cervical cancer through Spiritual Emotional Freedom Technique (SEFT) at RSUP Dr. Hasan Sadikin Bandung. Improvements on patient's stress will lead to a better result on cervical cancer therapy.

**Methods:** This study was used quasy experiment pre-post test randomize control group design. Patient with cervical cancer at stadium I to III that taking chemotherapy was selected by using purposive sampling and divided into two groups. Each group contains 34 patients. Intervention group was given SEFT in three round. Each round took 30 minutes. Before and after intervention patients was given Questionnaire. The data were analyzed using paired t-test and independent t-test.

**Result:** The result of this research showed that patient's stress getting lower significantly after intervention. SEFT can reduce stress on patients with cervical cancer taking chemotherapy.

Latifah, L., Ramawati, D. (2014). Emotional intervention of Emotional Freedom Technique to reduce post operation pain of Caesarian section. *Indonesian Nursing Journal of Education and Clinic*, 1(1). doi: 10.24990/injec.v1i1.52

**Introduction:** Every woman who undergo Sectio Caesaria (SC) surgery for delivery their babies often complain about pain after the surgery and it become very disturbing. The effect of the pain cause mobilisation limitation, interrupting bonding attachment between mother and child, and postponing breastfeeding initiation. This study conduct EFT or tapping as the pain management in women post SC surgery. The aim of this study is to identify the effect of EFT or tapping for reducing pain after SC surgery.

**Methods:** Quasi experimental with pre-post non randomized control group design was used in this study. The data was collected using Numeric Rating Scale (NRS) to measure the pain in participants before and after EFT or tapping treatment. The number of participants was 30 mothers with 15 women in control and treatment group respectively. The t-test was used to analize the effect of the EFT.

**Results:** The mean of pain scale before treatment in control group was 5.20 dan 6.20 for the treatment group. The pain scale after treatment in control group was 5.00 and 4.27 in treatment group. There was a significant difference between the reducing pain scale in treatment group with p value = 0,000 ( $\alpha = 0.05$ ).

**Discussion:** EFT or tapping can be one of many nonpharmacological treatment as complementary therapy to reduce pain after SC surgery.

Shari, W. W., Suryani, S., & Emaliyawati, E. (2014). Emotional Freedom Techniques and anxiety level of patients undergoing percutaneous coronary intervention. *Jurnal Keperawatan Padjadjaran (Padjadjaran Nursing Journal)*, 2(3), 133-145. <https://doi.org/10.24198/jkp.v2i3.83>

Anxiety that happen before Percutaneous Coronary Intervention (PCI) can aggravate the condition of disease, affecting hemodynamic status, immune disorders and metabolic disorders that result in tissue perfusion and oxygen supply disruption, if. Emotional Freedom Techniques (EFT) is one of the preferred interventions, because based on some literature, EFT can reduce anxiety, overcoming anxiety directly on the cerebral cortex and also address the root causes of anxiety based. The objective of research to determine the effect of EFT intervention on level anxiety of patients undergoing PCI in Hospital X. The research using quasi experimental method to design one group pretest and posttest. 30 people were divided into intervention and control groups by using a consecutive sampling technique. The intervention group received EFT for 15 minutes. Anxiety level is measured before and after intervention using State Trait Anxiety Inventory questionnaire (STAI-S). Data were analyzed by t test. The result showed there were significant differences between anxiety levels before and after the EFT intervention ( $p < 0.05$ ) and significant difference intensity of anxiety after intervention between intervention and control groups ( $p < 0.05$ ). The Conclusion of research is EFT can reduce anxiety levels on patients undergoing PCI. EFT is something that needs to be considered as based on empirical evidence, provide benefits, easy and without side effects.

Alwan, N. S., & Nawajha, Z. E. (2013). The effectiveness of a training program based on Emotional Freedom Technique in upgrading feelings of happiness for diabetics in Gaza. *Research on Humanities and Social Sciences*, 3(18), 6–17.

The current study attempted to verify the effectiveness of a training program based on emotional freedom technique in upgrading the feelings of happiness for diabetics. The sample was (36) diabetics enrolled in Khan Younis camp clinic purposively selected and equally distributed into two groups. The researchers designed the study tools (emotional freedom training program, happiness scale). The study findings revealed the existence of statistically significant differences between the treatment and control groups in favor of the former. Furthermore, there were statistically significant differences between the pre and the post measures of the treatment group in favor of the post measures.

Bakara, D., Ibrahim, K. & Sriati, A. (2013). Effects of Spiritual Emotional Freedom Technique on anxiety and depression, acute coronary syndrome. *Jurnal Keperawatan Padjadjaran*, 1(1). <https://doi.org/10.24198/jkp.v1i1.51>

Acute coronary syndrome (ACS) is a heart disease that causes death. Symptoms of depression, anxiety, and stress increases in SKA patients. These symptoms can affect the treatment and healing processes and cause complications. This study aims to identify the effect of SEFT on symptom reduction depression, anxiety, and stress in SKA patients treated in cardiac intensive care rooms. Research design using quasi experiments, sampling

techniques with consecutive sampling, as many as 42 people. Determination of the number of responses for the control and intervention groups using the number randomized trial, so the intervention group was assigned 19 respondents and the control group 23 respondents. The intervention and control groups measured levels of depression, anxiety, and stress using a questionnaire. The Depression Anxiety Stress Scales 21 (DASS 21) then the intervention group was given SEFT intervention one time for 15 minutes and measured levels of depression, anxiety, and stress in the intervention group and control group. Data were analyzed with Wilcoxon and Mann Whitney. The results show a significant difference between levels of depression, anxiety, and stress before and after SEFT intervention between the intervention group and control group ( $p < 0.05$ ). SEFT interventions help reduce depression, anxiety, and stress in SKA patients.

Mariyati, L, Habibah, N. (2013). SEFT® Therapy (Spiritual Emotional Freedom Technique) To Reduce Smoking Tendency in Early Adolescents. *Psikologia Jurnal Psikologi* 2(1). <https://doi.org/10.21070/psikologia.v2i1.142>.

SEFT® therapy was given to maximize the effectivity of the body energy system which used the EFT technique (tapping) with spiritual power (pray and surrender). The aim was stabling mind and feeling in order to positivly the self concept and the self control of early adolescent. This research was quantitative experimental approach with pretest-posttest one group design. The variable was SEFT® therapy as the independent variable and the smoking preference as the dependent variable. The sampling technique was cluster random sampling gotten two Yunior High School in Waru region and random assignment gotten twelve students as experimental group research. The instruments data collection was the preference smoking scale. The data was, analyzed by Wilcoxon Mathch Pairs Test, with SPSS 16 program, gotten ( $p = 0,004$ ;  $p < 0,01$ ), it was meant that there was the differences between the smoking preference on early adolescents before and after given SEFT® therapy. The difference of smoking preference was seen from the average posttest was lower than pretest ( $49 < 60$ ), the result of follow up average was lower than the posttest ( $41 < 49$ ). The result of the research showed that SEFT® therapy able to decrease the smoking preference of early adolescents.

Safitri, R. & Sadif, R. (2013). Spiritual Emotional Freedom Technique (SEFT) to Reduce Depression for Chronic Renal Failure Patients are in Cilacap Hospital to Undergo Hemodialysis. *Int Journal of Social Science and Humanity*, 3(3). doi:10.7763/IJSSH.2013.V3.249

Hemodialysis is the process of separation and retention of excess fluid metabolic waste substances from the blood into the dialysis fluid through a membrane that is semi permeable in the dialysis machine by diffusion, ultrafiltration and convection so that the composition of substances and fluids in the near normal blood. Giving SEFT aims to determine the effectiveness SEFT to lower levels of depression in patients with chronic renal failure undergoing hemodialysis. Participants in the study were 12 patients with

chronic renal failure undergoing hemodialysis at hospitals Cilacap on Monday and Friday. SEFT includes three stages: the set-up (to neutralize the negative energy that is in your body), the tune-in (the mind on the place of pain), the tapping (lightly tapping with two fingers at specific points on the human body). This is consistent with the techniques used in relaxation techniques in psychotherapy behaviorist. The research instrument was Beck Depression Inventory (BDI). The method used in this study is a quasi-experiment research. The design study is a nonrandomized pretest-posttest one group design. With the t-test performed on the data pretest and posttest can be concluded that there are differences in the level of depression experienced by hemodialysis patients before and after treatment the depression levels decreased after therapy. This is demonstrated by the significant results, with paired samples correlations  $0.182 > 0.05$  (significant) and Sig F Change  $0.000 < 0.01$  (highly significant). The results of this study indicate that SEFT effective to reduce the level of depression in patients with chronic renal failure undergoing hemodialysis.

Sang Young, K. , Chang Shik, Y. , In Won, C. , & Jong-Woo, K. ( 2013). Trends of Meridian-Based Psychotherapy - Review of Researches on Emotional Freedom Technique (EFT). *Journal of Oriental Neuropsychiatry*, 24. doi:10.7231/jon.2013.24.Spc1.089

**Objectives:** The purpose of this study is to investigate the researches about regarding Emotional Freedom Technique (EFT) and to understand the trends of Meridian-based Psychotherapy.

**Methods:** Every article relevant to EFT was obtained from 'Pubmed' and Korean journal databases. Keywords used for searching included 'EFT' and 'Emotional freedom technique'.

**Results:** 1) 5 reviews, 11 randomized controlled trials, 3 controlled trials, 1 single group comparative study and 4 case studies were searched. 2) Anxiety disorders were most frequently studied with EFT. Other studies included insomnia, depression and pain symptoms. EFT interventions were attempted in many different protocols and assessed with various tools. 3) Review articles indicated that meridian-based psychotherapies, such as EFT, are based on the meridian theory of oriental medicine. They evaluate EFT positively for its effectiveness on psychiatric diseases.

**Conclusions:** EFT is increasingly studied and used in clinical practice of various fields. Objective evaluation tools and standardized intervention protocols are needed for the development of a new guideline for EFT.

Ulfa, E. (2013). Spiritual Emotional Freedom Technique intervention to reduce stress disorders after the Mount Merapi eruption trauma. *Journal of Educational, Health and Community Psychology*, 2(1). <http://dx.doi.org/10.12928/jehcp.v2i1.3743>

The research objective is to examine the influence of Spiritual Emotional Freedom technique intervention to reduce PTSD of adolescent survivors of volcanic eruption. Subjects were 22 adolescent survivors of volcanic eruption, happened in 2010 in Yogyakarta and Central Java. Subjects were selected with random assignments and measured by using the post traumatic stress disorder scale (adapted and modified from the Impact of Event Scale-

Revised-IES-R). The subject is divided into two groups of experimental and control groups, each group consisting of 11 people. The research design is a pretest posttest control group design. Subject were treated by spiritual emotional freedom intervention techniques (spirituality, like prayer and acceptance and energy psychology) with three techniques, set-up, tune-in and tapping. The results showed that spiritual emotional freedom intervention can reduce PTSD of adolescent survivors of volcanic eruption.

Hakam, M., Yetti, K. Hariyati, T. (2009). Spiritual Emotional Freedom Technique (SEFT) intervention to reduce the pain of cancer patients. *Makara, Health*, 13(2): 95-99.

Spiritual Emotional Freedom Technique (SEFT) Intervention to reduce cancer patients' pain. Spiritual emotional freedom technique (SEFT) represents an combination technique from body's energy system and spiritual therapy by tapping at certain points of the body. SEFT focuses on certain words or sentences pronounced several times in a rhythm, follows by resignation to God as in patients' belief. This research was aimed to explore the effect of SEFT intervention to reduce of cancer pain patients at the Dr Soetomo General Hospital in Surabaya. Quasi experimental were used in this study using pre test and post test design with control group. Samples, 20 respondents (in 2 groups) were recruited using consecutive sampling. The intervention group received SEFT intervention combined with analgesic therapy and the control group given only analgesic therapy. SEFT intervention implemented after administrating analgesic, for 5-10 minutes every day during five days. Pain was measured using numeric rating scale (NRS). The combination SEFT intervention and analgesic therapy was more effective than only analgesic therapy. SEFT can be employed for cancer patients to relieve their pain. Nursing intervention with SEFT encourages nurse's role autonomy and steps to reduce patient's dependency on analgesic therapy.