Energy Psychology Research Studies Published in Regional & Non-English Journals

More than 200 clinical trials reporting investigations of energy psychology modalities have been published in regional and foreign language journals, 2010-25. These studies report encouraging outcomes with a wide range of issues, such as anxiety, addictions, aggression, dementia, depression, diabetes, post-traumatic symptoms, and post-operative pain. However, not all of these studies have been translated into English, and they have not been reviewed for methodological rigor. Some of them do not appear in PubMed, EBSCO, Scopus and other major databases.

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EP Research Studies with Abstracts

Abd El-Wahed, S. (2025). A systematic review to measure the quality of energy healing research in the Arab environment: Emotional Freedom Technique (EFT) as a model. *Journal of Faculty of Education- Assiut University*, doi: 10.21608/mfes.2025.322794.1946

Due to the scarcity of published studies on measuring the quality of research on this technique in the Arab environment, the current study came to fill this research gap, and to conduct a systematic review that reveals the quality of EFT research .Using a systematic review of the literature to analyze the content of (18) research and studies, published in (8) peer-reviewed scientific journals and periodicals in the field of psychological and educational sciences, and relying on the scale of evaluating a research (article) published or submitted for publication in a professional journal by Khattab (2008). The results indicated that (69) indicators were achieved to a strong degree, (11) indicators were achieved to a medium degree, while no indicator achieved a poor score. The results of the current reference study also showed that Samuel Tamer Bushra ranked first among Arab researchers in conducting studies, either individually or in collaboration with others, that dealt with this modern technology at a percentage of (61.1%), with (11) studies and research out of the total studies and research in the Arab world. The *Journal of Studies in the Field of Psychological and Educational Counseling,* issued by the Center for Psychological and Educational Counseling at the Faculty of Education at Assiut University, ranked first among Arab journals that published studies that dealt with the Emotional Freedom Technique at a percentage of (50%), with (9) studies and research out of the total studies and research in the Arab world.

Edmawati, M. D., Warsito, H., Setayawan, A., & Kumalasari, R. (2025). Pelatihan Spiritual Emotional Freedom Technique Kepada Kader Posyabndu Untuk Meningkatkan Literasi Kesehatan Mental Lansia. *Community Development Journal: Jurnal Pengabdian Masyarakat*, *6*(1), 1329–1338. https://doi.org/10.31004/cdj.v6i1.42701

The partners in this community service program are the Elderly Mugi Waras Posyandu cadres in Kalikatir Hamlet, RT 01/RW 06, Nambangan Village, Selogiri District, Wonogiri Regency. The purpose of this community service program is to provide knowledge and skills of the Spiritual

Emotional Freedom Technique (SEFT) to Posyandu cadres to improve the mental health of the elderly. Posyandu Lansia has a very important role in maintaining the mental health of the elderly in Indonesia. One of the main roles of Posyandu Lansia is to provide counseling on mental health. SEFT therapy has an effect on reducing anxiety levels because SEFT is a technique combining the body's energy system and spirituality therapy using the tapping method (light tapping) with two fingertips at certain points on the body. With these skills, Posyandu cadres can be more effective in helping the elderly manage stress, anxiety, and other emotional problems, which contributes to improving their quality of life. This training also strengthens the role of cadres in creating an environment that supports mental health, as well as optimizing family involvement in accompanying the elderly. As a result, the SEFT technique is not only a tool to support the mental health of the elderly but also enriches the abilities of Posyandu cadres in their very vital role. Based on the results of the Wilcoxon test, the Z count result was -1.814 with a significance of 0.048. The significance value of Asymp.sig (2-tailed) 0.036 is smaller than 0.05 so that the Spiritual Emotional Freedom Technique Training for Posyandu cadres is effective in improving mental health literacy in the elderly.

Fahreza, V., Sukarmin, S., & Lestri, D. T. (2025). Effectiveness Of Spiritual Emotional Freedom Technique (SEFT) - Murrotal Therapy On Blood Pressure Of Hypertension Patients At Juwana Public Health Center. *International Journal of Health and Pharmaceutical (IJHP)*, *5*(3), 348–355. https://doi.org/10.51601/ijhp.v5i3.433

Scabies is a significant public health issue in densely populated environments like Islamic boarding schools, where high transmission rates are linked to poor hygiene and limited awareness. This study aimed to describe the levels of knowledge, attitudes, and behaviors of students regarding scabies at the Al-Firdaus Dormitory, Buntet Islamic Boarding School, Cirebon Regency. A quantitative descriptive design with a cross-sectional approach was used. The study population consisted of 130 students, from which a sample of 98 was selected using simple random sampling. Data were collected using a validated questionnaire and physical examinations and were analyzed using univariate analysis. The findings revealed that a majority of students had good knowledge (73.5%), a good attitude (56.1%), and good behavior (53.1%) toward scabies. Despite these positive indicators, 16.3% of the students were found to have scabies, suggesting a gap between awareness and consistent practice. The study concludes that while most students possess a high level of knowledge and a positive attitude, behavioral and environmental factors remain crucial challenges. Targeted interventions focused on practical hygiene training and improved living conditions are essential to effectively reduce scabies prevalence.

Girdhar, V., & Bhatt, S. (2025). Integrative management of generalized anxiety disorder: A case study on subconscious energy healing therapy with emotional freedom techniques. *World Journal of Advanced Research and Reviews,* 2025, 25(01), 461-467. https://doi.org/10.30574/wjarr.2025.25.1.0039

Generalized Anxiety Disorder (GAD) is characterized by excessive and persistent worry that interferes with daily functioning. This case study explores the management of GAD using Emotional Freedom Techniques (EFT), a novel approach to stress management, in a 23-year-old female special educator. The patient presented with severe anxiety symptoms, including panic, chest heaviness, and crying spells, triggered by occupational stress. Her past medical history revealed earlier episodes of anxiety managed with benzodiazepines and stress reduction techniques. Physical examination was unremarkable. A diagnosis of GAD with differential

considerations of panic disorder and adjustment disorder was made. The therapeutic intervention combined anxiolytic medication with EFT-based stress management. The patient demonstrated significant improvement, achieving relaxation post-therapy. This case underscores EFT's potential as a complementary tool in anxiety management. Further research is warranted to evaluate EFT's long-term efficacy and integration into clinical practice.

Hansmaennel, G., & Berna, F. (2024). Comment une technique de psychothérapie devient-elle "scientifique"? Analyse comparée de trois méthodes de traitement du psychotraumatisme jugées "pseudo-scientifiques." How does a psychotherapy technique become "scientific"? A comparative analysis of three methods of treating psychotrauma deemed "pseudo-scientific"? *Annales Médico-Psychologiques, Revue Psychiatrique, 183*(6), 673–680. https://doi.org/10.1016/j.amp.2024.04.007 https://www.sciencedirect.com/science/article/abs/pii/S0003448724001598?via=ihub

In recent decades, numerous psychotherapy methods have emerged to treat individuals suffering from post-traumatic stress disorder. This article focuses on three of them: Eye Movement Desensitization and Reprocessing (EMDR), Thought Field Therapy (TFT) and Emotional Freedom Technique (EFT). Belonging to the Power Therapies movement, they have been presented as revolutionary methods by their promoters and have been the subject of considerable controversy within the scientific community. However, EMDR is now a standard treatment for post-traumatic stress disorder. TFT and EFT, on the other hand, are still described as "pseudosciences". In order to gain a better understanding of the factors that explain this difference, we analysed the way in which EMDR, TFT and EFT developed. We therefore looked at the factors which encouraged the emergence of these methods, but also at the opposition they encountered in their respective paths to scientific validation.
Methods: In order to conduct our comparative analysis, we carried out a non-systematic review of the literature. To do this, we consulted reference works and collected articles relating to EMDR, EFT and TFT using several scientific databases. In total, our analysis covered thirty-seven articles, including eleven reviews of literature, eight books and seven other documents (reports, reviews of evidence, treatment guidelines) produced by health care institutions.
Results: After a brief presentation of EMDR, TFT and EFT, we first looked at the factors which encouraged their emergence. We identified three of these: the rise of psychotherapies in the second half of the twentieth century, the notion of "concept creep", and the popularisation of alternative and complementary medicine. It is this combination of factors that has created a favourable context for the emergence of Power Therapies. At the same time, EMDR, TFT and EFT have also been criticised for their inconsistent theoretical foundations, the poor methodological quality of their initial studies, and questionable promotional tactics. For all these reasons, the scientific community has repeatedly labelled them "pseudosciences". These results led us to discuss the notion of "pseudoscience". At the end of our research, it appeared to us that the various criteria developed to date did not make it possible to draw a clear line between "science" and "pseudoscience". With this in mind, we took a critical look at how psychotherapies are evaluated and tried to determine the respective scientific status of EMDR, TFT and EFT. Despite its inconsistent theoretical foundations, EMDR is the method that comes closest to being scientifically valid. EFT, on the other hand, lacks sufficient evidence to prove its effectiveness, but efforts to standardise its practice have been made with a view to facilitating its evaluation. Finally, TFT is the method that comes closest to being a pseudoscience.
Conclusion: This article shows the importance of the scientific, sociological and societal context in which certain currents of psychotherapy emerge, and the impact this context can have on their development. The conclusions of this article not only call for further research into

EMDR, TFT and EFT, but also for reflection on the methods used to evaluate psychotherapies and the place of complementary therapies in the treatment of certain mental disorders in France.

Hasibuan, S. H., Huda, A., & Istiana, D. (2025). The Effectiveness of Combined Adjuvant Hormonal Therapy with Emotional Freedom Technique (AH-EFT) on Mental Health Breast Cancer Patients. *Asuhan Kesehatan: Jurnal Ilmiah Ilmu Kebidanan dan Keperawatan*, *16*(1), 27-34. https://ejournal.rajekwesi.ac.id/index.php/jurnal-penelitian-kesehatan/article/view/455

Breast cancer is a heterogeneous and significant global health problem, with more than 2.3 million new cases and 685,000 deaths recorded in 2020. Although treatments such as surgery and adjuvant hormonal therapy (AHT) have proven effective, psychological distress, including anxiety and depression, still persists among patients. Emotional Freedom Techniques (EFT) offer a potential solution to psychological symptoms; however, the integration of AHT and EFT to optimize outcomes remains under-explored, especially in culturally diverse environments such as Indonesia. Bridging this gap through multidisciplinary research may improve breast cancer care by enhancing psychological well-being. This study used a quasi-experimental design with a minimum sample size of 176 participants, which was calculated using GPower, divided equally between intervention and control groups. Data were collected using a modified questionnaire and therapy syntax, then processed through exploratory and quantitative analysis, including univariate and bivariate methods. The results of this study showed that paired sample t tests revealed significant improvements in mental health for all groups, with the intervention group (AH-EFT) showing the most striking effect ($t = -14.724$, $p = 0.000$). An independent samples t-test confirmed significant differences between the experimental and control groups ($t = 5.479$, $p = 0.000$), with the intervention group having lower scores yet showing more consistent improvements. These findings highlight that the AH-EFT intervention has the potential to improve mental health outcomes in breast cancer patients alongside conventional treatments.

Hasibuan, S.H., Said, F.M., Rashid, N.A., Huda, A., & Mulyani, S. (2025). The Effectiveness of Emotional Freedom Technique (EFT) in Improving the Mental Health of Breast Cancer Patients: Systematic Literature Review. *African Journal of Biomedical Research.* DOI:10.53555/ajbr.v28i1s.6175

Breast cancer is the second most common cancer in Indonesia and the leading cause of cancer-related deaths globally, with a prevalence of 28.7%. Emotional impacts, such as anxiety, depression, and stress, often accompany this diagnosis, making effective interventions necessary to improve the mental health of patients. Emotional Freedom Technique (EFT) and Spiritual Emotional Freedom Technique (SEFT) are modern energy therapies aimed at addressing these challenges through tapping methods and the integration of spiritual aspects.
Methods: This study employs a systematic literature review (SLR) approach by reviewing articles from the PubMed, and Google Scholar databases published within the 2019-2024 timeframe. The included studies encompass experimental research and interventions related to EFT or SEFT in breast cancer patients with a focus on mental health.
Results: EFT and SEFT are effective in reducing stress, anxiety, and depression in cancer patients. EFT improves the positive behavior of pancreatic cancer patients, which is relevant to breast cancer patients. SEFT, with its spiritual component, provides additional benefits, especially for elderly patients, in harmonizing physical, psychological, and spiritual aspects.

Compared to other therapies such as Life Review Therapy, EFT and SEFT offer a unique approach that is more oriented towards the management of body energy.
Conclusion: Conclusion of this study affirms that EFT and SEFT are innovative holistic methods for improving the mental health of breast cancer patients. The integration of spiritual elements in SEFT provides significant added value, making it relevant for the Indonesian context.

Nababan, D. M. S., Situngkir, D., Ayu, I. M., & Irfandi, A. (2025). The difference between work stress before and after spiritual emotional freedom technique (SEFT) therapy. *Journal of Vocational Health Studies, 8*(3), 211-216. https://doi.org/10.20473/jvhs.V8.I3.2025.211-216

Nurses are susceptible to work stress caused by conflicts with coworkers and superiors, as well as uncertainty about the effects of therapy on patients. The preliminary study results on 15 nurses showed that 11 nurses (73%) experienced moderate stress, while four nurses (27%) experienced severe stress. This research aims to analyze the differences before and after Spiritual Emotional Freedom Technique (SEFT) therapy in reducing nurses' stress.
Methods: This study applied a quantitative approach, utilizing a pre-experimental design with a one-group pre-post test design involving 36 nurses before and after SEFT therapy. Sampling was conducted using a total sampling technique. The study was carried out from July to August 2021, using the Occupational Stress Inventory-Revised Edition (OSI-R) questionnaire. A Paired Sample T test was utilized as the statistical test.
Results: The univariate test results for work stress before and after SEFT therapy were 77.75 and 71.11, respectively. The bivariate test, with p-value of 0.001, revealed differences in work stress scores before and after SEFT therapy for nurses.
Conclusion: SEFT therapy can reduce the stress of nurses at Hospital A. Therefore, the hospital management needs to implement SEFT therapy to reduce work-related stress for the nurses.

Novany, W. A., Adifa, L., & Toto, R. (2025). Pengaruh Terapi Spiritual Emotional Freedom Technique (SEFT) terhadap Nyeri Dismenore Primer pada Remaja Putri. *Jurnal Ilmu Kesehatan dan Gizi*, *3*(1), 14-25. https://doi.org/10.55606/jig.v3i1.3365

Primary dysmenorrhoea is a reproductive health problem that is often experienced by adolescent girls. Primary dysmenorrhoea causes discomfort (pain) and other problems. If not treated immediately, it will interfere with learning, daily activities, and school performance. Efforts to treat primary dysmenorrhoea that can be done nonpharmacologically using SEFT therapy. This therapy combines spiritual, physical, and psychological. The purpose of this study was to determine the effect of SEFT therapy on primary dysmenorrhoea pain in adolescent girls. The method used was quasi experiment with non-equivalent control group design approach. Samples were selected using purposive sampling as many as 32 adolescents who were divided into intervention groups and control groups. The instruments used were pictorial SEFT therapy procedure, observation sheet, and Numeric Rating Scale (NRS). Data analysis used paired t-test and independent t-test. The results of the analysis showed a decrease in the pain scale in the intervention group with an average of 5.87 to 2.37 and bivariate analysis with a p-value of 0.000 (<0.05). So, it can be concluded that there is an effect of SEFT therapy on primary dysmenorrhoea pain in adolescent girls.

Purwanti, N., Budury, S., Hidaayah, N., Maimunah, S., & Wardani, E. M. (2025). Pelatihan Spiritual Emotional Freedom Technique Pada Kader Kesehatan Untuk Meningkatkan Self Efficacy Penderita DM. *BERNAS: Jurnal Pengabdian Kepada Masyarakat*, *6*(1), 20–25. https://doi.org/10.31949/jb.v6i1.10795

Diabetes mellitus is a chronic metabolic disorder caused by the pancreas not producing enough insulin. The service aims to teach Self Emotional Freedom Technique (SEFT) therapy cadres to increase Self Efficacy of people with Diabetes Mellitus. The implementation of the service is threefold: pre-activity, activity and post-activity. Pre-activity consists of an implementation strategy meeting, location survey, preparation of infrastructure. Implementation of activities conducting cadre training, counseling, physical activity demonstrations, and pretest and posttests. Post-activity implementation conducts evaluation and preparation of activity reports. Evaluation is designed by comparing the condition of knowledge and awareness after the implementation of the service. Evaluation after counseling by making activity reports. The results obtained knowledge of 15 health cadres before providing health education had 6 (40%) poor knowledge, 7 (53%) sufficient knowledge and 2 (13%) good knowledge. After counseling good knowledge 8 (53%), sufficient knowledge 7 (33%) and less knowledge 0%. The results of the Mann Whitney test p value 0.000 less than 0.05 means that there is an effect of health education Spiritual Emotional Freedom Therapy and Empowerment of health cadres in increasing self-efficacy Diabetes Mellitus. There is a significant difference between the ability before and after training. It is hoped that community service in the form of herbal material management so that people can utilize materials in the surrounding environment for health, especially diabetes mellitus.

Saleh, A., Syamsuddin, S., Erika, K. A., Fitriani, N., Jalil, S. W., Taher, R., ... & Syarif, I. (2025). VR-SEFT Therapy and Family Support for Spiritual Well-Being, Coping Mechanisms and BDNF for Drug Patients in Rutan Makassar Class 1. *Pakistan Journal of Life & Social Sciences, 23*(1). http://dx.doi.org/10.57239/PJLSS-2025-23.1.0030

Abuse of Narcotics, Psychotropics, and Other Addictive Substances (NARCO) or known to the community NARKOBA (Narcotics and Dangerous Substances/Drugs) is a complex problem that requires comprehensive countermeasures, multidisciplinary cooperation, multisectoral cooperation, and community participation. To analyze the effect of Virtual Reality Spiritual Emotional Freedom Technique (VR-SEFT) therapy and family support on spiritual well-being, coping mechanisms, and BDNF levels in drug inmates. This study uses an experiment of 70 samples divided into 2 groups; 35 interventions and 35 controls are selected by purposive sampling. The data collection tool used Questionnaire sheets, VR-SEFT Applications, and laboratory examinations of the ELISA method at pre and post-test BDNF levels. The intervention group (VR SEFT and Family Support) was the result of this study. There are Spiritual Well-Being Influences, Coping Mechanisms, and BDNF with p=<0.001. Control Group (Family Support and Standard Therapy of Habitant Rehabilitation) There was an Influence on Spiritual Well-Being, Coping Mechanism, and BDNF with a value of p=<0.001. Comparison of the intervention group (VR, SEFT, and Family Support) and control group (Family Support and Rutan Rehabilitation Standard Therapy) before the intervention on Spiritual Variables, Well-Being, and Coping Mechanisms was significant, while BDNF levels were not significant. while after the intervention of the Spiritual Well-Being variable, there was a significant relationship between the Coping Mechanism and BDNF p=<0.001. VR- SEFT therapy and Family Support are more effective in improving spiritual well-being, coping mechanisms, and BDNF levels in drug inmates in Makassar Class 1 Prison.

Tania, B. N., Mardjan, M., & Trisnawati, E. (2025). EFT (Emotional Freedom Technique) Method Intervention in Reducing the Risk of Work Stress in Female Health Workers. *Media Publikasi Promosi Kesehatan Indonesia (MPPKI)*, *8*(1), 11-19. https:// doi.org/10.56338/mppki.v8i1.6407

Work stress is still one of the problems in the workplace. Survey results show that 55.2% of health workers in hospitals experience work stress. Health workers, especially female nurses and midwives, are more susceptible to stress and anxiety because of their dual roles as housewives and workers along with the work pressures that must be carried out. This study aims to determine the effectiveness of EFT in reducing work stress in female health workers (nakes) in hospitals.
Methods: The research design used was Quasi Experimental. The sample was health workers, namely nurses and inpatient midwives who worked with a shift work mechanism of 25 people and were measured twice. Intervention method in this study was EFT treatment which was carried out for 7 consecutive days with 3 repetitions in each treatment. ENSS questionnaire was used to assess work stress. Data that had been collected was processed and analyzed using the Paired Sample T-Test.
Results: The research findings show that the difference in work stress reduction is 31.76. Analysis test shows p-value = 0.000 (?0.05) which means there is a significant difference between work stress before and after the intervention. This study proves that EFT treatment is effective in reducing the risk of work stress in health workers, especially nurses and midwives who work with irregular shift work mechanisms. The main implication of the results of this study is the innovation of work stress interventions in a way that is fun and easy for workers to do.
Conclusion: EFT can be used as one of the efforts to reduce the risk of work stress in health workers in hospitals. This treatment can be adopted as a routine work program in controlling work stress in hospitals, so that it can be applied sustainably both at work and at home independently.

Wicaksono, F. A., Winarto, E. (2025). Spiritual Emotional Freedom Technique (SEFT): Literature Review. *Bhamada: Jurnal Ilmu dan Teknologi Kesehatan. JITK Bhamada, 16*(1). April (2025). http:// ejournal.bhamada.ac.id/index.php/jik

Pain is the most common disorder experienced and complained by patients in hospitals. Implementation of pain management is important in nursing management. However, pain management has not been carried out effectively. Spiritual Emotional Freedom Technique (SEFT) therapy is the non-pharmacological therapies in nursing that is based on spiritual and emotional therapy. This study aims to provide a review of research results related to the effect of SEFT therapy on reducing pain intensity.
Methods: This study is a literature review by examining 8 research articles. Article searches using the ScienceDirect database, Google Scholar, Sage Journal with the keywords "Spiritual Emotional Freedom Technique" OR "SEFT" AND "Pain" OR "Nyeri". The inclusion criteria in this study were articles published between 2020-2024, full text and Open access articles, in English or Bahasa.
Results: The population used in this study were patients experiencing postoperative pain, patients with cancer pain, farmers experiencing back pain, and adolescents experiencing menstrual pain. The intervention used SEFT therapy to treat pain. The research instrument used the Numeric Rating Scale (NRS), Visual Analog Scale (VAS), and Brief Pain Inventory (BPI). Eight articles stated that SEFT therapy was able to reduce pain intensity. The SEFT therapy

implementation procedure was carried out for 3 days with a duration range of 10-20 minutes in 1 administration. The SEFT stages are set up, tune in, and tapping. There were 3 out of 8 articles that did not mention the SEFT therapy procedure.
Conclusion: All articles show that SEFT therapy is able to reduce pain intensity by combining tapping.

Widdyanata, K. A. J., Artawan, I. K., Gautama, M. S. N., Noviantari, K., Dey, T. N., & Theresia, T. (2025). Spiritual Therapy Emotional Freedom Technique (SEFT) as Palliative Care in Cancer Patients: Literature Review. *Journal of Professional Nurse Research*, *7*(1), 649-662. https://doi.org/10.37287/jppp.v7i1.5816

Yazar M, Dağ Tüzmen H, Altuntuğ K, Ege E. (2025). The effect of emotional freedom technique on premenstrual syndrome and pain in university students: A randomized controlled study. *Turkiye Klinikleri J Med Sci, 45*(1):24-32.

Premenstrual syndrome (PMS) is an important problem that affects the quality of life of women of reproductive age. This study was conducted to determine the effect of Emotional Freedom Technique (EFT) on PMS and pain.
Methods: The study was conducted in a pretest-posttest parallel group randomized controlled experimental study design. Data were collected using the “Personal Information Form”, “Premenstrual Syndrome Scale (PMSS)”, “Subjective Experience Unit Scale (SUE)”, and “Visual Analogue Scale (VAS)”. Forty-four students between the ages of 18-25 who scored 111 and above on the PMSS and had regular menstrual cycles participated in the study. EFT was applied to 23 students in the intervention group for 3 sessions for 3 months. No intervention was made to the control group. Measurements were made before the study started and at the end of the study.
Results: The results of the study showed a decrease in pain scores, an increase in the mean SUE score and a decrease in the mean PMSS score in the intervention group (p0.05).
Conclusion: The results of this study show that EFT is an effective method to reduce PMS and pain level.

Abdullah, M. W., Mandala, A. D., Kapitan, M., Kleden, S. S., & Namuwali, D. (2024). Overview of SEFT therapy (Spiritual Emotional Freedom Technique) on reducing anxiety of III trimester pregnant women at Oesapa Health Center. *Jurnal Eduhealth*, *15*(02), 1575-1583. https://ejournal.seaninstitute.or.id/index.php/healt/article/view/4828

Anxiety during pregnancy negatively impacts women from pregnancy to delivery, potentially leading to premature birth and miscarriage. Data from the Kupang City Health Service shows that in 2022, the number of pregnant women in the third trimester at the Oesapa Community Health Center was 1,410. Anxiety can be alleviated through various non-pharmacological therapies, one of which is the Spiritual Emotional Freedom Technique (SEFT) therapy. SEFT is a healing method that combines psychological energy with prayer and spirituality. This research aims to identify the effectiveness of SEFT therapy in reducing anxiety in third trimester pregnant women at the Oesapa Community Health Center. The study is quantitative, using a pre-experimental design with a one-group pre-posttest design. This involves three steps: administering a pretest to measure the dependent variable before treatment, providing experimental treatment to the subjects, and administering a posttest to measure the dependent variable after treatment. The statistical analysis results indicate that there are 44 negative ranks, meaning all 30 patients showed a decrease in anxiety levels before and after receiving SEFT

therapy, with a mean rank or average decrease of 15.50. The sum of ranks is 465.00. The positive ranking results show no increase in anxiety levels in third trimester pregnant women before and after SEFT therapy, with a value of 0 for the N value, Mean rank, and Sum rank. This suggests that SEFT therapy is effective in reducing anxiety in pregnant women during the third trimester.

Adnyawati, N. L. G. S., Erawati, N. L. P. S., & Purnamayanti, N. M. D. (2024). Differences In The Anxiety Of Third Trimester Pregnant Women Before And After The Combination Of Emotional Freedom Technique And Lemon Aromatherapy (Citrus limon l.). In *International Conference on Multidisciplinary Approaches in Health Science* (Vol. 2, No. 1, pp. 385-403). https://doi.org/10.33992/icmahs.v2i1.3724

In Indonesian, there are 247 primigravida mothers, namely 17% of pregnant women are not anxious, 21.05% of pregnant women are mildly anxious, 32.8% of pregnant women are moderately anxious, and 29.15% of pregnant women are severely anxious. There are 260 multigravida mothers, 53.85% of pregnant women are not anxious, 18.85% of pregnant women are mildly anxious, 10.77% of pregnant women are moderately anxious, 10.38% of pregnant women are severely anxious, and 6.15% of pregnant women are severely anxious. Anxiety during pregnancy is caused by increased estrogen and progesterone hormones, leading to frequent emotional changes. This can affect the mother's well-being and fetal development.There are several non-pharmacological therapies to reduce feelings of anxiety, such as Emotional Freedom Technique and lemon aromatherapy.
Methods: The research method used a pre-experimental design with 22 third-trimester pregnant women selected by purposive sampling. The data collected were primary data using the Perinatal Anxiety Screening Scale (PASS).
Results: Data analysis showed that before the intervention, anxiety scores ranged from 21 to 30, with an average of 24.65. After the intervention, the minimum and maximum scores decreased to 9-21, with an average of 14.77. Bivariate analysis with a Paired t-Test showed a significant difference ($t = 19.805$, $\rho = 0.000$, $\alpha < 0.05$).
Conclusion: This study indicates a difference in anxiety levels in third-trimester pregnant women before and after the combination of EFT and lemon aromatherapy. This intervention is recommended for third-trimester pregnant women as a non-pharmacological method to reduce anxiety. Future researchers are encouraged to add a control group for comparison.

Agustina, F., Elly, N., Dahrizal, D., Asmawati, A., Husni, H., Yovalwan, T., & Rahmadani, W. (2024). The Effect of Emotional Freedom Technique (Eft) Therapy on Anxiety Levels In Pre Mothers Sectio Caesarea At Bpm Bengkulu City. *Jurnal Aisyah: Jurnal Ilmu Kesehatan,* 9(2). DOI: 10.30604/jika.v9i2.2820

Anxiety in mothers before giving birth reaches 18-70% from 5.263.057 which can have an impact on delaying surgery, increasing hospitalization days, and can cause postpartum depression.
The purpose of this study was to determine the effect of emotional freedom technique (EFT) therapy on the level of anxiety in pre-sectio caesarea mothers at BPM Bengkulu City.
Methods: The research design used was a quasi-experiment design with a pretest-posttest design with a control group. The study sample was pregnant women aged ?35 weeks with indications of SC (displacement, fetal/pelvic disproportion, previous SC history, twins). The number of samples in this study was 34 respondents (17 respondents in each group). The sampling technique used in this research is total sampling. The instrument used is the Anxiety

Assessment Scale Pregnant for women in Labour (AASPWL). Data analysis was performed using the Wilcoxon test and the Mann-Whitney test with a confidence value of 0.05.
Results: The results showed that after being given the EFT intervention there was a difference in the level of anxiety scores in sectio caesarea mothers with a mean difference of around 3.24 (p-value 0.000).
Conclusion: The EFT intervention is a benefit for lower anxiety in mothers before delivery by SC.

Alwi, N. P. (2024). Combination Therapy Life Review Therapy and Emotional Freedom Technique Therapy (LR-EFTT) for Depression on Chemotherapy Elderly. Jurnal Kesehatan, 15(3), 10-16.

Being old and experiencing chemotherapy can have a negative effect on mental well-being, causing expanded uneasiness and discouragement. Researchers have investigated various therapies as potential arrangements to address these mental challenges. Some studies showed that monotherapy utilizing either life review therapy or emotional freedom technique therapy is successful in lightening discouragement.
To explore the effectiveness of combining life review therapy and emotional freedom technique therapy to ease or decrease the depression of an elderly person who took chemotherapy.
Methods: The design of our study was a quasi-experiment on an elderly person who took a chemotherapy regimen at Achmad Moechtar Bukittinggi District Hospital in Bukittinggi. We used accidental sampling and a sample size of 20 respondents. A total of six sessions of LR-EFTT, a combination therapy of life review therapy and emotional freedom technique therapy, were given to 10 people who met the criteria and were in the intervention group. Ten people who were in the control group did not receive any intervention. Data was collected by using the Geriatric Depression Scale-15 in order to assess the dependent variable, which met the validity and reliability (Cronbach α = 0.817), and use an independent t-test to conclude this research.
Results: We found that there was a significant difference in depression between the two groups (p-value = 0.000). The mean of the control group (10.1) is higher than the intervention group (6.20).
Conclusion: It concludes that combined therapy of life review therapy and emotional freedom technique therapy (LR-EFTT) was effective in reducing depression in elderly patients undergoing chemotherapy.

Anika, Y., & Wiryansyah, O. A. (2024). PENGARUH TERAPI SPRITUAL EMOTIONAL FREEDOM TECHNIQUE (SEFT) TERHADAP STATUS MENTAL PADA LANSIA. *Jurnal Kesehatan Tambusai*, *5*(1), 1926-1934. https://doi.org/10.31004/jkt.v5i1.26094

WHO between 2015 and 2050, the proportion of the world's population over 60 years will double from 12% to 22%. The increase in the number of elderly people occurs due to many things or many changes. One of these changes is a psychological change that will affect their mental health. One of the non-pharmacological therapies that can be done to overcome mental disorders in the elderly is to do Spiritual Emotional Freedom (SEFT) therapy. The purpose of the study was to determine the effect of Spiritual Emotional Freedom Technique (SEFT) therapy on mental status in the elderly at the Darma Bakti Palembang Nursing Home in 2024. The research method used a pre-experimental design method with a One Group Pretest Posttest approach. The population in this study were all elderly people at the Darma Bakti Palembang Nursing Home with a sample size of 34 respondents. Sampling was carried out using the purposive sampling method. The results of the study showed that the mean value of the mental status of

the elderly after undergoing Spiritual Emotional Freedom Technique (SEFT) therapy decreased from 8.09 to 4.85 with a difference of 3.24. So, it can be concluded that there is an influence of the mental status of the elderly before undergoing Spiritual Emotional Freedom Technique (SEFT) therapy with the mental status of the elderly after undergoing Spiritual Emotional Freedom Technique (SEFT) therapy at the Darma Bakti Werdha Home in Palembang in 2024 (p-value = 0.000). Suggestions are expected that the management at the Darma Bakti Werdha Home will pay more attention to the elderly who experience mental disorders by bringing in therapists who can carry out psychological and spiritual approaches, especially Spiritual Emotional Freedom Technique (SEFT) therapy.

Ardianty, S., Lestari, A., & Irianto, G. (2024). Reducing Students' Anxiety Scores in Facing Examination through Spiritual Emotion Freedom Technique. *Psikis: Jurnal Psikologi Islami*, *10*(2), 237-248. https://doi.org/10.19109/psikis.v10i2.23491

One of the tools that the government requires in order to guarantee high-quality graduates is the competency test. Mentorship is one way to help students be ready for the competency test and achieve the best possible outcomes. This study aimed to determine the effects of Spiritual Emotional Freedom Technique (SEFT) on nursing students' anxiety and competency exam performance. This study is quantitative, employs a pre- and post-test methodology, and uses a quasi-experimental approach with a control group. The Mann Whitney test is the statistical test used in this investigation. Nursing students from two distinct universities, the Institute of Health and Technology of Muhammadiyah Palembang and Musi Charitas Catholic University Palembang—made up the population of this study, which had a sample size of 153. Spiritual Emotional Freedom Technique (SEFT) intervention had a significant (0.001) impact on reducing student's anxiety scores and level of preparedness for the competency test. SEFT significantly impacts students' anxiety and degree of readiness for the competency exam. It is anticipated that the SEFT treatment will function as a stand-in method for addressing the anxiety problem that college students encounter.

Arisudhana, G. & Pradnani, N. K. Pradnyani. (2024). Pengaruh Terapi Spiritual Emotional Freedom Technique Terhadap Kualitas Hidup Orang Dengan HIV/AIDS. The Effect Of Spiritual Emotional Freedom Technique Therapy On The Quality Of Life Of People With HIV AIDS. *Jurnal Aliansi Keperawatan, 1*(2). https://doi.org/10.55887/jaki.v1i2.11

Quality of life is an aspect of a person's life that functions well and can enjoy his life by carrying out his role satisfactorily. Spiritual Emotional Freedom Therapy (SEFT) is a therapy that uses the method of tapping on meridian points by involving God in it. The purpose of this study was to determine the effect of spiritual emotional freedom technique therapy on the quality of life of people with HIV AIDS.
Methods: This research is a pre-experimental research design one group pretest-posttest design. The number of research samples was 25 respondents. Respondents were given therapy eight times a month, the measuring instrument used was WHOQOL-BREF. This study used the Wilcoxon test.
Results: The results of the Wilcoxon Signed Rank test with a value of p = 0.000 (p <a 0.05) then Ha is accepted, meaning that there is an effect of spiritual emotional freedom technique therapy on the quality of life of people with HIV AIDS at the Spirit Paramacitta Foundation Denpasar.
Conclusion: There is a significant influence between the effect of SEFT therapy on the quality of life in PLWHA.

Arsyawina, A., Firdaus, R., Setiani, D., & Chaiarunnisya, R. (2024). The effect of light massage and Spiritual Emotional Freedom Technique interventions on blood pressure among hypertension patients in Indonesia. *Healthcare in Low-Resource Settings*, *12*(3). https://doi.org/10.4081/hls.2024.11958

Hypertension remains a significant global public health concern. Non-pharmacological interventions such as light massage and the Spiritual Emotional Freedom Technique (SEFT) offer potential avenues to mitigate sustained increases in blood pressure among patients with hypertension. However, research exploring these methods as alternative therapies, particularly in Indonesia, is limited. This study aimed to investigate the effects of light massage and SEFT on the blood pressure of hypertensive individuals. Employing a quasi-experimental design with a time series approach, the study utilized purposive sampling to select 27 participants. Light massage and SEFT were considered independent variables, while blood pressure served as the dependent variable. Data analysis involved repeated measures ANOVA and one-way ANOVA tests. The results revealed significant differences in mean blood pressure before and after the light massage intervention (p-values: 0.002, <0.001, <0.001). The intervention sessions yielded the most significant results (p-values: <0.001, 0.002, <0.001), whereas no differences were observed in the control group (systolic and Mean Arterial Pressure, MAP, p-values: 0.012 and 0.017, respectively). Notably, there were discrepancies in mean blood pressure before and after interventions in both the light massage and SEFT groups, indicating a potential benefit of these interventions. Conversely, no such differences were noted in the control group. These results highlight the potential benefits of integrating light massage and SEFT into holistic approaches for managing hypertension, potentially improving outcomes and quality of life for affected individuals.

Astuti, Y., Safari, U., Sutiawati, D. N., & Atika, F. N. (2024). The Effect of Emotional Freedom Technique (EFT) on Blood Pressure Reduction in Hypertensive Patients in Pondok Ranggon, East Jakarta. *Jurnal Ilmiah Ilmu Keperawatan Indonesia*, *14*(04), 152-158.

Hypertension is defined as an increase in blood pressure above 140 mmHg systolic and 90 mmHg diastolic. The prevalence of hypertension in the DKI Jakarta Province recorded 923,451 cases in 2021. Hypertension management often focuses primarily on pharmacological treatments, highlighting the need for non-pharmacological therapies without side effects, such as Emotional Freedom Technique (EFT) therapy. This study aims to examine the effect of EFT therapy on reducing blood pressure.
Methods: This study utilized a quasi-experimental design with a pretest-posttest control group approach. The study population consisted of 16 individuals, with 8 respondents in the hypertension group and 8 respondents in the control group.
Results: The analysis showed a p-value of 0.025 (p-value ≤ 0.05) for both systolic and diastolic blood pressure before and after the intervention, indicating that EFT therapy significantly affects blood pressure reduction.
Conclusion: Regular EFT therapy has been proven to effectively reduce blood pressure over seven days of intervention.

Azizah MAN, Sugara GS, Rahimsyah AP. (2024). Counseling for Victims of Dating Violence with Emotional Freedom Technique: Single Case Research Design. *Jurnal*

***Konseling dan Pendidikan 2024;12*(4):68-84.**

Dating violence is a phenomenon that can have serious consequences. Individuals who experience dating violence often face psychological challenges, including depression, anxiety, emotional trauma, and difficulties in forming healthy relationships in the future. This study aims to evaluate the effectiveness of Emotional Freedom Technique (EFT) counseling in improving psychological well-being among victims of dating violence. The research utilized a single-case design with an A-B-A format. The participant in this study was an individual with a moderate level of dating violence and low psychological well-being. The intervention consisted of four EFT counseling sessions. Data were collected before, during, and after the intervention. Visual analysis of the results indicated a significant improvement in the participant's psychological well-being and a reduction in symptoms related to dating violence. These findings suggest that Emotional Freedom Technique (EFT) counseling has the potential to be an effective intervention approach for victims of dating violence.

Dewi, I. P., Purwanti, I., & Yualita, P. (2024). Spiritual emotional freedom technique and level anxiety among people with pre-percutaneous coronary intervention*. Jurnal Keperawatan, 15(*01).

Edmawati, M. D., Warsito, H., RNM, A. F., & Setyawan, A. (2024). Spiritual Emotional Freedom Technique untuk Mereduksi Psikosomatis Pada Ibu Rumah Tangga. *Edu Consilium: Jurnal Bimbingan dan Konseling Pendidikan Islam*, *5*(2), 34-47. https://doi.org/10.19105/ec.v5i2.12798

The purpose of this study was to find out whether the Spiritual Emotional Freedom Technique is effective in reducing psychosomatic symptoms in housewives. The research method used is experimental research. This type of research is a one group pretest-posttest design study. Sample data collection in this study used the purposive sampling method. Purposive sampling is a sampling technique with certain considerations. The reason for using this purposive sampling technique is because it is suitable for quantitative research, or studies that do not generalize. Data collection was obtained by filling in psychosomatic problem scale. The analysis used by researchers to determine the influence of each variable uses a non-parametric analysis test technique, namely the Wilcoxon Signed Rank Test. As for testing the hypothesis that reads Spiritual Emotional Freedom Technique is effective for reducing psychosomatic in housewives, based on the results in the table based on the results in the table obtained Z count of -2.023 with Asymp.sig (2-tailed) of 0.043. So, it can be concluded that the Spiritual Emotional Freedom Technique is effective for reducing psychosomatic symptoms in housewives.

Emilia E. (2024). The Effect of Spiritual Emotional Freedom Technique (SEFT) Therapy on Reducing Labor Anxiety in Primigravida. *Archives of The Medicine and Case Reports,* 5:597-600.

Febriyanti, R., Relawati, A. & Setiyawati, I. (2024). Implementasi Spiritual Emotional Freedom Technique (SEFT) Pada Pasien Gagal Ginjal Kronis Yang Menjalani Terapi Hemodialisis. *An-Najat*, *2*(4), 61–72. https://doi.org/10.59841/an-najat.v2i4.1678

Patients with CKD undergoing HD must deal with several psychosocial issues that make their treatment process extremely difficult. It is anticipated that spiritual well-being will enhance patients' mental health and lessen the likelihood that they may experience anxiety and depression. In CKD patients undergoing HD, SEFT therapy helps lessen psychological and physical issues brought on by emotional and psychosomatic diseases. The purpose of this study is to ascertain whether using SEFT therapy can raise the spiritual well-being of CKD patients receiving HD at the PKU Muhammadiyah Gamping Hospital's hemodialysis unit.
Methods: This research design is a case study with a nursing care approach. There were two respondents in this study and sampling was carried out using a purposive sampling technique with inclusion criteria. Data analysis in this research was carried out using descriptive analysis methods. The instrument used in this research was the Spiritual Well-Being Scale (SWBS).
Results: After being given SEFT therapy for 15–25 minutes over three meetings, there was an increase in the spirituality level scores of the research respondents, where the SWBS score of the first respondent increased by seven scores, while for the second respondent, the SWBS score increased by six scores.
Conclusion: SEFT therapy can improve SWBS scores in HD patients at PKU Muhammadiyah Gamping Hospital. Suggestion: To maximize research results, SEFT therapy can be used in the field of clinical nursing practice to support the care of CKD patients undergoing HD by taking into account factors like the respondent's age, physical and psychological condition, the amount of time they have undergone HD, their spirituality, the length and frequency of application of the therapy, as well as the surrounding environment.

Februanti, S. & Kartilah, T. (2023). Emotional Freedom Therapy (EFT) As an Effort To Improve Post Partum Mother's Preparedness In Facing Pre-Disaster. (2023). *ABDIMAS: Jurnal Pengabdian Masyarakat*, *6*(4), 4744-4749. https://doi.org/10.35568/abdimas.v6i4.4118

Indonesia is a country that is vulnerable to natural disasters. Natural disasters cannot be predicted when they will occur. Natural disasters can impact anyone, children, parents, adults, pregnant women, giving birth, and breastfeeding women. The impact of natural disasters can cause anxiety at various ages, including postpartum mothers. If this happens, the mother may experience a decrease in breast milk production so that exclusive breastfeeding fails. This community service aims to increase the knowledge and skills of postpartum mothers and cadres regarding EFT in reducing maternal anxiety and increasing the smooth production of breast milk. Activities were carried out in Setiawargi village, Tasikmalaya city. The method used is training in small groups, using demonstration techniques by service providers and re-demonstration by postpartum mothers and cadres. The media used in the training are audio-visual broadcast materials and EFT videos. The activity results showed an increase in the knowledge and skills of postpartum mothers and cadres regarding EFT in reducing maternal anxiety and increasing the smoothness of breast milk production as preparedness in facing pre-disaster conditions.

Flora, M., Tanjung, D., & Karota, E. (2024). Efektivitas Emotional Freedom Technique Terhadap Kualitas Tidur Pasien Hemodialisis di Rumah Sakit Khusus Ginjal Rasyida Medan. *Jurnal Ners*, *9*(1), 60–66. https://doi.org/10.31004/jn.v9i1.30819

One important aspect of the problems experienced by hemodialysis patients is poor sleep quality. One of the complementary therapies that can be used to improve sleep quality is Emotional Freedom Technique (EFT). The purpose of this study was to analyze the effectiveness of EFT on sleep quality in hemodialysis patients. The method used is quasi experimental design nonequivalent control group pretest posttest design. Sampling using non probability sampling with convenience sampling method. Respondents in this study were 58 hemodialysis patients. Data were analyzed using the Wilcoxon signed rank test and Mann Whitney U test. The results showed that there was a difference in the average quality of sleep in the intervention and control groups with a p-value = 0.003 (p <0.05). The tapping given during EFT can send signals to areas of the brain that can increase serotonin and reduce cortisol in the body, causing a sense of calm. In conclusion, it is known that Emotional Freedom Technique is effective on sleep quality in hemodilysis patients, and it is suggested that it can be an option in nursing interventions to improve sleep quality in hemodialysis patients.

Gayatri, G., & Purnamayanti, N. K. D. (2024). Intervention with the wellness therapy spiritual emotional freedom technique (SEFT) in cancer patients and with chemotherapy: A scoping review. *Svāsthya: Trends in General Medicine and Public Health*, *1*(2), e2-e2. https://doi.org/10.70347/svsthya.v1i2.2

Patients with cancer undergoing chemotherapy often experience psychological and physical symptoms that affect their quality of life. The Spiritual Emotional Freedom Technique (SEFT) is a potential nonpharmacological intervention to address these issues. This study aimed to determine the effects of SEFT therapy in patients with cancer undergoing chemotherapy.
Methods: A scoping review was conducted via Google Scholar to search for articles published between 2020 and 2024 with keywords related to SEFT, cancer, and chemotherapy. Eleven articles that met the inclusion criteria were analyzed.
Results: The review analyzed 11 studies published between 2020 and 2024, focusing on the impact of SEFT on various psychological and physical outcomes. The findings consistently demonstrate that SEFT therapy significantly reduces anxiety, stress, depression, and pain levels while improving sleep quality and overall quality of life in cancer patients receiving chemotherapy. The therapy typically involves 10-20 min sessions conducted 2-3 times per week, consisting of setup, tune-in, and tapping phases. SEFT's mechanism of action is theorized to involve the modulation of the hypothalamic-pituitary-adrenal axis and influencing neurotransmitter activity through the stimulation of acupressure points.
Conclusion: SEFT therapy shows promise as a complementary intervention for improving the well-being of patients with cancer undergoing chemotherapy. It addresses both psychological and physical symptoms and potentially enhances overall quality of life. Further research should compare the effectiveness of SEFTs with that of conventional methods and evaluate its long-term impact on cancer patients undergoing chemotherapy.

Hamidah, H., Rauf, S., Arifuddin, S., Musba, A. M. T., Prihantono, P., Pelupessy, N. U., ... & Permatasari, T. A. E. (2024). The effect of spiritual emotional freedom technique impact to pain in cervical cancer post-chemoradiation: a review article. Healthcare in Low-resource Settings. 12:12189.

Chronic pain that is subjective is experienced by patients with advanced cervical cancer. Simple movements are used in spiritual emotional freedom technique (SEFT) therapy, a therapeutic approach that improves performance and achievement, addresses psychological and physical

pain issues, and promotes happiness and serenity in life. In this systematic review study, we evaluate how SEFT affects patients with cervical cancer who have had chemotherapy and radiation treatment. Using databases from 2003 to 2023, including Google Scholar, PubMed, ScienceDirect, PsycINFO, and Ovid, this study employs a systematic review methodology. The keywords “spiritual emotional freedom technique (SEFT)”, “emotional freedom technique (EFT)”, and “cervical cancer” form the basis of the search strategy. Experiments and observational studies with a minimum sample size of two participants involving patients with cervical cancer meet the inclusion criteria. The results show that among patients with postchemoradiation cervical cancer, SEFT therapy is beneficial in lowering pain, stress, and depression. Cancer patients who experience pain may see a reduction in their quality of life as well as physical health issues. Cervical cancer patients can experience marked improvements in their pain, stress, and depression when the SEFT therapy theory is applied.

Isnaini, I., Antoro, B., & Pemila, U. (2024). PENGARUH EMOTIONAL FREEDOM TECHNIQUE (EFT) TERHADAP TINGKAT KECEMASAN PADA PASIEN PRE OPERASI KANKER KOLOREKTAL. *Jurnal Kesehatan*, *12*(2), 136–143. https://doi.org/10.55912/jks.v12i2.218

Surgery is one of the treatment options for colorectal cancer. However, surgery can cause anxiety in individuals who are scheduled to undergo the procedure. More than 50% of individuals experience anxiety in the preoperative phase. Where it can cause various complications in the intraoperative and postoperative phases. One non-pharmacological strategy to relieve anxiety is the Emotional Freedom Technique (EFT). This study aims to examine the impact of EFT on the level of preoperative anxiety in colorectal cancer patients. This study used a quantitative methodology with a quasi-experimental design with a one group pre-test and post-test approach. A total of 32 respondents were selected using a purposive sampling approach, including all preoperative colorectal cancer patients at Dr. H. Abdul Moeloek Hospital, Lampung Province, from July 1 to July 27, 2024. Data collection used the VAS-A anxiety scale sheet. Data analysis with the Wilcoxon test. The results of the statistical test obtained a significance value of 0.00 ($p < 0.05$).
Conclusion: there is an effect of EFT on the level of anxiety in preoperative colorectal cancer patients.

Jameela S, Thapa KS. (2024). A Study to Assess the Effectiveness of Emotional Freedom Techniques on Anxiety Among Wives of Alcoholics*. Journal of Pharmacy and Bioallied Sciences,16*(Suppl 3).

Anxiety is an unpleasant feeling that is typically associated with uneasiness, fear, or worry. It is a normal human emotion that everyone experiences at times many people feel anxious or nervous, when faced with a problem at work, before making an important decision. Anxiety in extreme form, may cause distress which interferes with a person's ability to lead a normal life. Aims: This Study aims is to assess the effectiveness of Emotional Freedom Techniques on Anxiety Among Wives of Alcoholics.
Methods: A quasi-experimental nonequivalent research design with a nonprobability sampling technique was used to conduct a study among 30 wives of alcoholic patients. A generalized anxiety disorder scale (7-point scale) was used to assess the level of anxiety among alcoholic

wives. Confidentiality was maintained throughout the research. The data were analyzed by using descriptive statistics and inferential statistics.
Results: The result shows that in the pretest, 70 (70%) had no anxiety, 12 (12%) had mild anxiety, and 18 (18%) had moderate anxiety whereas in the post-test, 85 (85%) had no anxiety, 13 (13%) had mild anxiety, and 2 (2%) had moderate anxiety among wives of alcoholics.
Conclusion: This study revealed that among wives of alcoholics, a significant proportion had anxiety about the alcoholic spouse by Emotional freedom techniques.

Kartilah, T., & Februanti, S. (2024). Emotional Freedom Techniques and Oxytocin Stimulation Massages that Effectively Reduce Anxiety and Increase Smooth Breast Milk Production of Nursing Mothers. *The Malaysian Journal of Nursing (MJN)*, *16*(2), 46-53. https://doi.org/10.31674/mjn.2024.v16i02.005

Maternal anxiety is potentially increased by postpartum psychological changes and the perceived inability to breastfeed effectively. The increase in adrenaline levels could further reduce the resistance and trust of mothers, inhibiting oxytocin and the ability of prolactin to secrete and create milk.
Therefore, this research aimed to determine the effectiveness of Oxytocin Stimulation Massage (OSM) and Emotional Freedom Therapy (EFT) in reducing anxiety and increasing smooth breast milk production.
Methods: The quantitative method was used with a control group to assess the effects of intervention and investigate the relationship between anxiety and the smooth breast milk production of nursing mothers in Public Health Centers, Tasikmalaya.
Results: The results showed a difference in average anxiety scores of the nursing mothers before and after the therapy. The intervention group had a lower score of 1.19 compared to the control group, $r = 0.432$ ($r > 0.05$). Furthermore, there was a difference in the average smooth breast milk production before and after the therapy, with the intervention group having a lower score of 8.3 compared to the control group of $r = 0.129$ ($r > 0.05$). This research showed that the intervention group had a negative and weak correlation between anxiety and smooth breast milk production after the therapy, with a Pearson correlation of -0.037, *R*-count, and *R*-count < *R*-table at a significance value of 0.854. Finally, EFT was effectively applied to reduce the anxiety of nursing mothers (Cohen's *D* value = 1.76) and increase smooth breast milk production (Cohen's *D* value = 1.51).
Conclusion: The study highlights the effectiveness of Oxytocin Stimulation Massage (OSM) and Emotional Freedom Therapy (EFT) in reducing maternal anxiety and enhancing smooth breast milk production. Although the correlation between anxiety reduction and milk production was weak, EFT notably reduced anxiety and improved lactation. These therapies show promises for supporting postpartum mothers and could be further developed into accessible, therapeutic applications for maternal care.

Kurniawan, Z., & Mahmud, S. (2024). Terapi EFT (Emotional Freedom Technique) Dalam Mengatasi Kecemasan Peserta Didik Menghadapi Ujian. *Jurnal Jendela Pendidikan*, *4*(04), 417-424. https://doi.org/10.57008/jjp.v4i04.1059

In principle, exams aim to determine changes in behavior, both potential and actual and new skills achieved by students after participating in the learning process. But often students consider the exam as a big problem so that anxiety arises when they have to face the exam. This anxiety is caused by a lack of relaxation of the body and mind when facing a problem so that it becomes tense, such as a strong perception in students, where good test scores are a

sign of learning success while low test scores are a failure in learning. The existence of this perception makes students think that grades are the only indicator in seeing success so that student learning achievement is not as expected. Therefore, efforts to prevent or minimize student anxiety through emotional freedom technique. The working principle of Emotional freedom technique, is to harmonize and repair the energy system in the body that is disturbed, through stimulation of the body's energy points called meridians using tapping (light tapping). The emotional freedom technique procedure is the set up words, the tune-in, the tapping, the nine gamut procedure and the tapping again.

Latifah, A., & Sari, E. Y. (2024). Anxiety Level of Ovarian Cancer Patients After Being Given SEFT (Spiritual Emotional Freedom Technique). ***EMBRIO: Jurnal Kebidanan*****,** ***16*****(1), 89–94. https://doi.org/10.36456/embrio.v16i1.9001**

Ovarian cancer is the case with cancer most common cancer in the world, with 240,000 new cases every year. There are three ways to respond emotionally to cancer patients that are rejection, anxiety, stress, and even depression. As many as 28.8 percent of cancer patients experience anxiety. When anxiety is not handled, it can even cause stress and depression that influence the expectations and quality of life of patients. Spiritual Emotional Freedom Technique (SEFT) is therapy That uses spiritual elements to reduce psychological and physical problems caused by emotional or psychosomatic causes. Research purposes: This is to analyze the worried patient's ovarian cancer level after SEFT. Type research used in research This is a quantitative study with the method pre-experimental approach One Group Pretest- Posttest Where the population in this study is patients with ovarian cancer at the Indonesian Cancer Foundation, East Java Coordinating Branch—taking sample done with technique Purposive sampling according to the inclusion criteria with a total of 26 patients. Intervention therapy SEFT is done 4-5x times each Sunday for two weeks. The instruments used were the HARS questionnaire sheet, observation sheet, and SOP for implementing SEFT. The data analysis used is the parametric Paired T-test. The result obtained is P -value equal 0.000 less than (alpha equal 0.05), which means that H0 is rejected and H1 is accepted. Where the conclusion is that the Spiritual Emotional Freedom Technique (SEFT) affects reducing anxiety if done regularly and continuously. The intervention focuses on reducing problem psychological Problems caused by emotional or psychosomatics. So, the body will experience relaxation, and the patient will become calm.

Maiisa, K. C., Afiyah, R. K., Umamah, F., & Kartini, Y. (2024). EVALUATING THE IMPACT OF EMOTIONAL FREEDOM TECHNIQUE (EFT) ON POST-CESAREAN SECTION PAIN MANAGEMENT: A CASE STUDY AT JEMURSARI ISLAMIC HOSPITAL, SURABAYA. ***Nurse and Holistic Care*****,** ***4*****(1), 25–33. https://doi.org/10.33086/nhc.v4i1.5132**

Problems that arise during post-cesarean section procedures due to incisions caused by tearing of the abdominal wall tissue and uterine wall can cause changes in continuity so that the mother feels pain due to the surgery. This study analyzes the impact of the Emotional Freedom Technique (EFT) therapy on managing post-cesarean section pain in a patient at Jemursari Islamic Hospital, Surabaya.
Methods: The research employed a case study design focusing on a single patient, Mrs. M, with acute post-operative pain. Data collection methods included assessment, observation, anamnesis, and interviews. The EFT intervention was administered once daily for three consecutive days, with each session lasting 30 minutes.

Results: The results indicated a reduction in pain intensity from a score of 4 to 2 on the pain scale.
Conclusion: While these findings suggest that EFT may be an effective non-pharmacological pain management tool, the study's limitations—including the small sample size and absence of a control group—necessitate further research with larger, controlled trials to validate these results.

Maiisa, K. C., Afiyah, R. K., Umamah, F., & Kartini, Y. (2024). EVALUATING THE IMPACT OF EMOTIONAL FREEDOM TECHNIQUE (EFT) ON POST-CESAREAN SECTION PAIN MANAGEMENT: A CASE STUDY AT JEMURSARI ISLAMIC HOSPITAL, SURABAYA. *Nurse and Holistic Care*, *4*(1), 25-33.

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Conclusion: While these findings suggest that EFT may be an effective non-pharmacological pain management tool, the study's limitations—including the small sample size and absence of a control group—necessitate further research with larger, controlled trials to validate these results.

Maryen, Y., Atanai, Y., Abdullah, V. (2024). PEMBERDAYAAN MASYARAKAT MELALUI PELATIHAN EMOTIONAL FREEDOM TECHNIQUE (EFT) SEBAGAI TERAPI ALTERNATIF MENURUNKAN TEKANAN DARAH TINGGI. JURNAL KREATIVITAS PENGABDIAN KEPADA MASYARAKAT (PKM), 7(2), 632-642 632. https://doi.org/10.33024/jkpm.v7i2.12774

According to data from the World Health Organization (WHO) (2015), the prevalence of hypertension sufferers is 40% in the adult age group aged ≥ 25 years and is predicted to cause around 7.5 million deaths and around 12.8% of deaths worldwide. Hypertension is a condition where blood pressure increases which can cause ongoing symptoms resulting in more serious damage such as stroke or coronary heart disease. Emotional Freedom Technique (EFT) therapy can reduce blood pressure in hypertensive patients by using a tapping process or tapping on the body's meridian points. Objective to empower the community through the use of EFT as an alternative therapy. Research Method using video screenings, lectures and EFT practice. Results this activity was attended by 30 people with hypertension and their families in the age group 56-65 years, which was dominated by women compared to men. Before EFT was carried out, the highest number of respondents experienced Stage 1 Hypertension, amounting to Tahun 2024 [JURNAL KREATIVITAS PENGABDIAN KEPADA MASYARAKAT (PKM), P-ISSN: 2615-0921 E-ISSN: 2622-6030 VOLUME 7 NOMOR 2 TAHUN 2024] HAL 632-642 633 12 people (40%) while the lowest was Stage 2 Hypertension, amounting to 5 people (16.7%).

However, after EFT, blood pressure decreased with prehypertension (43.3%). EFT is effective as an alternative treatment for hypertension.

Mirhosiyni, F., Demehri, F., & Azizi, M. (2024). The Effectiveness of Emotional Freedom Technique on Menstrual Pain and Emotional Regulation in female students: A Quasi-Experimental Study. *Quarterly Journal of Child Mental Health*, *11*(4), 1-20. http://childmentalhealth.ir/article-1-1418-en.html.

Background and Emotional freedom technique is a new method based on acupuncture and cognitive therapy that plays an essential role in eliminating energy imbalance in the body and helping individual recovery. Dysmenorrhea or painful menstruation is one of the most common problems of women's diseases. The purpose of this research was to investigate the effectiveness of emotional freedom technique in reducing menstrual pain and emotion regulation in female students in Yazd city.
Methods: The research method is quasi-experimental study with a pre-test-post-test design and one control group. The population of this research includes all girls aged 12 to 18 years in Yazd city in 2023. Using random cluster sampling 30 adolescent girls in one of the Yazd governmental schools were selected and randomly replaced to experimental (n=15) and control (n=15) group. The experimental group received Emotional Freedom Technique (EFT) for 6 sessions every week for 45 minutes while the control group did not receive any intervention. In this research, Persian version of the Emotion Regulation Questionnaire (ERQ, Gross & John, 2003) and Persian version of the McGill Pain Questionnaire (MPQ, Melzack 1987) were used for pre-test and post-test evaluation. In the end, the data were analyzed using multivariate analysis of covariance test in SPSS24.
Results: The results showed that emotional freedom technique has a significant effect on the reduction of menstrual pain (P>0/002) and emotional regulation (cognitive reappraisal, P<0/01, F = 24/142 and suppression P<0/01 F = 21/172 in adolescent girls.
Conclusion: In general, the results indicated the significant effect of the emotion freedom technique in changing unconscious beliefs, negative emotions, and reducing menstrual pain in female students. Therefore, it is suggested that this method be taught to female students in medical centers and schools to reduce menstrual pains and improve emotion regulation.

Mu'asyara, N., & Padilla, R. (2024). Efektivitas Terapi Spiritual Emotional Freedom Technique Pada Konsentrasi Belajar Anak Usia Dini di Pendidikan Anak Usia Dini Diniyah Putri Lampung. *AL-MIKRAJ Jurnal Studi Islam dan Humaniora (E-ISSN 2745-4584)*, *5*(01), 1598-1618.

Spiritual Emotional Freedom Technique (SEFT) therapy is a combination of spiritual power and energy psychology. The working principle of this therapy is almost similar to acupuncture therapy, as it utilizes meridian points. The difference is that SEFT therapy harnesses spiritual power in the form of prayer, sincerity, and surrender to God. There are two most important aspects of SEFT therapy: positive affirmations and tapping. Positive affirmations help achieve good emotional health in early childhood. These affirmations can strengthen and influence positive behavior. Tapping involves light taps on acupoints on the body. When the body is stimulated with light taps, the response is an increase in the mobility of signals, which leads to a decrease in hypothalamic regulation and a reduction in the production of the stress hormone cortisol. The research approach chosen is a quantitative approach with an experimental research design. This study was conducted at PAUD Diniyyah Putri Lampung. The research sample consisted of 60 individuals, using the pretest-posttest control group design method. The

aim of this research is to determine the effectiveness of SEFT therapy on the learning concentration of early childhood in PAUD Diniyyah Putri Lampung. The analysis technique used is the independent sample t-test with a significance level of 0.05. Based on the independent sample t-test conducted, the results showed a significance value of p = 0.00 < 0.05. Thus, it can be concluded that SEFT therapy is effective in improving the learning concentration of early childhood in PAUD Diniyyah Putri Lampung.

Mousavi, F. S., Shoushtari, M. T., & Safarzadeh, S. (2024). Effects of Emotionally Focused Therapy on Emotional Autonomy and Emotion Regulation of Students with Depression Symptoms. *Journal of Clinical Research in Paramedical Sciences*, *13*(1). https://doi.org/10.5812/jcrps-143109

Social anxiety disorder, lack of emotional autonomy, and depression can all negatively affect the abilities and, ultimately, the fate of adolescents. The present study aimed to investigate the effects of emotionally focused therapy (EFT) on the emotional autonomy and emotion regulation of students with depression symptoms.
Methods: This quasi-experimental research adopted a pretest-posttest control group design with follow-up. The statistical population included all high school students with depression symptoms in Ahvaz, (Iran) in the academic year 2022–2023. The purposive sampling technique was employed to select 30 students with depression symptoms. They were then randomly assigned to an experimental group (n = 15) and a control group (n = 15). Participants in the experimental group attended ten 45-minute sessions of EFT once a week, whereas those in the control group were placed on a waiting list. The research instruments included the Emotional Autonomy Scale (EAS) and Emotion Regulation Questionnaire (ERQ). The obtained data were entered into the SPSS v23. The repeated measures analysis of variance (ANOVA) was then used to analyze the research data. A P-value of less than 0.05 was considered significant.
Results: The mean ± SD of emotional autonomy, reappraisal, and suppression was 24.60 ± 3.96, 21.53 ± 2.99, and 18.93 ± 2.21 on the pretest, whereas it was 31.53 ± 4.30, 29.60 ± 2.47, and 12.00±2.00 on the posttest. According to the results, EFT enhanced emotional autonomy and improved emotion regulation strategies (i.e., reappraisal and suppression) in students with depression symptoms (P < 0.001).
Conclusion: In conclusion, EFT managed to improve emotional autonomy and emotion regulation strategies in students with depression symptoms. EFT can be recommended as an effective intervention to improve emotion regulation in students with depression symptoms.

Mufida, N., Mua'lim, A., Ismuntania, & Nazari, N. (2024). The Effectiveness of Emotional Freedom Technique (EFT) Therapy in Reducing Dysmenorrhea Pain Scale in Adolescents in Gampong Peunalom 2 Tangse, Pidie Regency. *International Journal on ObGyn and Health Sciences*, *2*(2), 118–124. Retrieved from https://trigin.pelnus.ac.id/index.php/ObGyn/article/view/172

Dysmenorrhea has an impact on disruption of daily activities in adolescents caused by menstrual pain. One way to reduce pain can be done by applying emotional freedom technique (EFT), which can be said to be the psychological version of acupressure therapy. EFT does not use needles but rather aligns the body's energy system at the body's meridian points, namely by tapping with the fingertips. Research to determine the effectiveness of EFT therapy in reducing the pain scale of dysmenorrhoea in adolescents in Gampong Peunalom 2 Tangse, Pidie Regency. Research methodology: this research is quasi-experimental with a "pretest – posttest control group" research design using the T-test technique. Population and Sample: The

population in this study were young women in Gampong Peunalom 2 Tangse, Pidie Regency, namely 98 young women, while the sample was 10 people, with the sampling technique being purposive random sampling. This research was divided into two groups, namely the control group which was not given treatment and the experimental group which was given EFT therapy treatment.
Results: The majority of dysmenorrhea pain levels before being given EFT therapy to teenagers in Gampong Peunalom 2 Tangse, Pidie Regency were in category 6 (moderate pain), the majority of dysmenorrhea pain levels after being given EFT therapy to teenagers in Gampong Peunalom 2 Tangse, Pidie Regency were in category 3 (mild).
Conclusion: There are differences between the groups who received the intervention and those who did not. Suggestion: It is recommended that respondents add information about EFT therapy because this therapy is useful for reducing pain felt during menstruation.

Mubarok, R. Z., Mustikawati, I. F., Septianawati, P., & Immanuel, G. (2024). The Effectiveness Of Spiritual Emotional Freedom Technique In Reducing The Incidence Of Postpartum Blues In Pregnant Women. *Jurnal Health Sains*, *5*(4), 245-255. https://jurnal.healthsains.co.id/index.php/jhs/article/view/1257

Despite the joy of being pregnant, some mothers experience anxiety and depression after giving birth. Blues Depression and anxiety throughout pregnancy and after have a significant negative influence on pregnant women's mental health. This research reviewed the available literature. Electronic databases, including Pubmed, Google Scholar, and ProQuest, were used for the searches. Journals containing the terms "Spiritual Emotional Freedom Technique (SEFT)," "Postpartum Blues," "Pregnant Women," and "Pregnancy" were found in the first search. The study's findings indicate that spiritual practices like dhikr and mutual Al-Qur'an, as well as faith-based treatment and spiritual beliefs, have the ability to lessen pregnant women's anxiety and despair. This study intends to find out if Spiritual EFT could be a useful option for reducing symptoms of postpartum blues, a psychological illness that can impact a woman's emotional health after childbirth. The findings of the study indicate that using this therapy can significantly improve the mental health of expectant mothers.

Mulianda, D., & Ropyanto, C. B. (2024). Effect of spiritual emotional freedom technique (SEFT) on pain during the COVID-19 pandemic. *Scripta Medica*, *55*(5), 583-589. https://doi.org/10.5937/scriptamed55-49743

Background/Effective pain management has become more difficult during the COVID-19 pandemic. The spiritual emotional freedom technique (SEFT) can be one of the efforts to overcome acute and chronic pain because SEFT is an intervention that can overcome physical problems by combining spiritual and psychological energy through sincerity of prayer and surrender. Aim of this study was to analyse the effect of SEFT on pain during the COVID-19 pandemic and the difference in the effect of SEFT on pre- and post-intervention pain.
Methods: The research method was a quasi-experiment with a pre-post-test group design. The study was conducted by assessing the pain scale before and after using the numeric rating scale (NRS). The sample size in the study was 98 respondents. Inclusion criteria were: patients experiencing acute or chronic pain, composed consciousness, being able to communicate well enough and being consistent with the stages of intervention. Exclusion criteria were, unconsciousness, patients diagnosed with COVID-19, shortness of breath, cognitive impairment and hearing loss.

Results: Pain measured by NRS in respondents for the pretest was 2.40 (1.679) and the post-test was 1.39 (0.490) with the interpretation of mild pain. Pretest and post-test on respondents showed significant pain reduction (Wilcoxon test, p = 0.0001; Mann Whitney test, p = 0.013).
Conclusion: Respondents experienced less pain after SEFT than before the intervention. The impact of the pain scale on respondents was different before and after SEFT.

Muliyadi, M., Azwaldi, A., Agustin, I., Putri, P., & Febrian, E. (2024). PENERAPAN EMOTIONAL FREEDOM TECHNIQUE PADA PASIEN HIPERTENSI DENGAN MASALAH NYERI KEPALA. *Babul Ilmi Jurnal Ilmiah Multi Science Kesehatan*, *16*(2).

Hypertension can cause increased intracranial pressure, which can trigger mild to severe headaches. Usually, the headache is felt in the back of the head and gets worse in the morning or when lying down. Emotional Freedom Technique is known to help reduce the frequency and intensity of headaches in hypertensive patients. to find out the application of Emotional Freedom Technique in hypertensive patients with headache problems.
Methods: Descriptive research design in the form of a case study with a nursing process approach. The case study subjects were 2 (two) hypertensive patients with inclusion criteria for moderate pain. Data collection was collected through observation, interviews, and filling out nursing care documentation for three days for each participant, namely April 5-7, 2024, and April 26-28, 2024. The study was conducted in the treatment room of a hospital in the city of Palembang. Analysis using descriptive
Results: The use of Emotional Freedom Technique can reduce Hypertensive pain from moderate to mild. Education about pain and emotional freedom techniques is given to patients so that they can manage pain independently.
Conclusion: from the results of case studies of non-pharmacological pain management Emotional Freedom Technique can help reduce pain and fulfill a sense of comfort. Suggestion: the use of Emotional Freedom Technique can be implemented as one of the standards in pain reduction in hospitals.

Nadatien, I., Muhith, A., Budiarti, R. P. N., & Ibad, M. (2024). E-counseling development model: modified Psycho-Spiritual and Spiritual Emotional Freedom Technique (PS-SEFT) on anxiety levels and recovery motivation in pulmonary Tuberculosis patients. *Healthcare in Low-resource Settings*, *12*(3). https://doi.org/10.4081/hls.2024.11990

Pulmonary Tuberculosis (TB) is one of the leading causes of death globally, including in Indonesia. TB patients often experience anxiety, frustration, irritability, and guilt, influenced by their knowledge, attitudes, beliefs, work, and primarily psychospiritual factors. One form of support provided to these patients is the Psycho-Spiritual and Spiritual Emotional Freedom Technique (PS-SEFT). This research aimed to determine the effect of e-counseling combined with PS-SEFT on anxiety levels and motivation for recovery in TB patients. The study used an experimental, correlational analytical method, with a random sample of 14 respondents suffering from pulmonary tuberculosis. The independent variable was the provision of e-counseling combined with PS-SEFT, and the dependent variables were the levels of anxiety and motivation to recover from TB. Data collection instruments included questionnaires, the HARZ scale, and medical records. Data were processed using various analyses, including the paired t-test and Wilcoxon test. The results showed a significant decrease in anxiety levels after the PS-SEFT intervention, with anxiety reducing by 35.7% from a previously very severe level. Motivation to recover increased significantly, with all 14 patients (100%) showing improvement from moderate

to high levels. The Wilcoxon test results indicated a significant difference in the anxiety levels of TB patients before and after the PS-SEFT intervention (p-value=0.005), with the HARZ score decreasing from 95.00 to 32.00. The paired t-test results also showed a significant difference in patient motivation to recover before and after the PS-SEFT intervention (p-value=0.000), with the motivation score increasing from 91.25 to 98.75. Routine PS-SEFT practice by TB patients enhances their ability to manage anxiety and motivates them to recover. The success of these patients must be supported and accompanied by their families.

Nana A, Tri NK, Dwi S. (2023). SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE TO IMPROVE SLEEP QUALITY FOR POSTPARTUM MOTHERS. *NHJK, 2023 Jun 10;12*(1).

Sleep quality disorders are a problem that postpartum mothers often experience. The postpartum is the period after giving birth or commonly called the puerperium, which is the period after giving birth that is needed to restore the uterine organs. Post-partum mothers experience sleep quality disorders both due to new roles and changes during the postpartum period. Sleep quality that is not treated properly can bring changes that can affect physical and psychological problems. Thus, it needs to interfere with the sleep quality of post-partum mothers. This study aimed to prove that the Spiritual Emotional Freedom Technique (SEFT) was also beneficial in improving sleep quality in postpartum mothers.
Methods: This study used a quasi-experimental pre-and post-test design with a control group. The research subjects were 56 postpartum mothers treated at Sultan Agung Islamic Hospital Semarang in June and September 2021, divided into intervention and control groups. The intervention was carried out twice a week for four weeks, with a SEFT duration of 20 minutes. The control group received standard therapy in the form of dhikr therapy. The Pittsburgh sleep quality index (PQSI) questionnaire used seven assessment components to measure research outcomes. The univariate analysis used central tendency in the form of the mean, median, and standard deviation. The different test of sleep quality before and after the intervention in the intervention group was carried out by the Wilcoxon match pair test (abnormal distribution), while the control group used paired t-test (normal distribution). For the mean difference test between groups, it used Mann Whitney test.
Results: The mean score of sleep quality in the intervention group before treatment was 10,86 + 1,79 (poor sleep quality) and after treatment decreased significantly (p=0,00) to 5,25 + 1,46 (still in poor sleep quality). The quality of sleep in the control group before treatment was 10,89 + 1,89 and after the intervention was 10,71 + 2,35 with p=0,47. The components of subjective sleep quality, sleep latency, sleep duration, and sleep disturbance in the intervention group were significantly lower than in the control group.
Conclusion: The SEFT intervention can significantly improve sleep quality in postpartum mothers, but it is still in the poor category. Besides, the sleep quality score can be considerably improved, especially in four of the seven components.

Nasution, N. A., Rachmawati, A., Nurihsan, J., Susanti, A. I., & Sudirman, S. B. P. (2024). BENEFITS OF SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE (SEFT) IN PREGNANCY, CHILDBIRTH, AND POSTPARTUM PERIOD: A LITERATURE REVIEW. *Jurnal Aisyah: Jurnal Ilmu Kesehatan*, *9*(2). DOI: 10.30604/jika.v9i2.2818

Pregnancy, childbirth, and the postpartum period represent natural experiences for women, with physical and psychological changes occurring during these phases. During pregnancy, there are

hormonal fluctuations that can affect the mother's mood and emotions. Therefore, psychological support is needed for pregnant women because it can prevent complications during labor and postpartum. To prevent these conditions, complementary therapies are needed, such as Spiritual Emotional Freedom Technique (SEFT) as a holistic midwifery care for the physical and emotional health of the mother. The focus of this study was to evaluate the benefits of SEFT therapy in the care of pregnant women during pregnancy, during labor, and postpartum period. The research methodology utilized a systematic literature review sourced from various databases including ProQuest, PubMed, Oxford, SCOPUS, ScienceDirect, SAGE Journal, and Google Scholar. The PRISMA protocol guided data extraction and categorization. Results Ten relevant articles identified that SEFT therapy contributes to improving maternal well-being and cardiovascular health during pregnancy. In addition, the therapy has been shown to reduce anxiety among pregnant, pre-cesarean section, and laboring mothers, and has demonstrated efficacy in reducing post-cesarean section pain and improving postpartum maternal sleep.

Nur, S. R. F., Muhammad Aminuddin, Iwan Samsugito, Mayusef Sukmana, Dwi Nopriyanto, & Muhammad Bagas Prayoga. (2023). The Community Service Empowering Teachers To Apply SEFT (Spiritual Emotional Freedom Techniques) For Smoking Students At Vocational School 2 Samarinda City. *Jurnal Pengabdian Kesehatan Masyarakat Mulawarman*, *1*(2), 23-27. Retrieved from https://e-journals2.unmul.ac.id/index.php/jpkmm/article/view/1050

Adolescence is a period when individuals have a strong desire and adventure about everything they have never known. Exposure to tobacco at an early age will not only make you a lifelong smoker but will also increase the risk of contracting non-communicable diseases (PTM) such as heart disease, chronic respiratory disease, diabetes, and cancer as an adult. SEFT is a therapy that combines psychological energy with spirituality to improve emotional, mental, and behavioral conditions with three simple techniques, namely set-up, tune-up, and tapping. The purpose of this activity is to equip SMKN 2 Samarinda teachers to understand the SEFT process and then apply it to their students so they can stop smoking behavior. The method used is the post-test by assessing the teacher's skills in performing the SEFT technique. The result of this community service is that teachers are proficient in doing SEFT. So, it is hoped that consistency from teachers in carrying out this SEFT therapy to students, so that smoking behavior in students can be reduced or even stop smoking.

Nurahman Hendra Kusuma, A., Pudjonarko, D., & Sujianto, U. (2024). The Influence Of Spiritual Emotional Freedom Technique On Cortisol Levels in Ischemic Stroke Patients. *Interest: Jurnal Ilmu Kesehatan*, *13*(2), 150–160. https://doi.org/10.37341/interest.v13i2.688

Ischemic stroke patients experience an increase in cortisol of 38% over 90 days. The spiritual emotional freedom technique (SEFT) provides manual stimulation of acupuncture points, which makes the muscles feel relaxed so that they can control cortisol. This study set out to assess how SEFT affected the cortisol levels in patients who had suffered an ischemic stroke. **Methods:** A control group and pre- and post-test measures were part of the quasi-experimental research design. There were seventy-one patients in the research population of the study. The sample was measured using the Slovin formula, and the sampling strategy used was purposeful sampling. Over the course of three months, the intervention group had 12 sessions of SEFT once a week, whereas the control group received regular spiritual treatment from RSUD Dr. Moewardi Surakarta, an outpatient nurse. The ELISA method was used to measure cortisol

levels. The Kolmogorov-Smirnov test was used to assess normality, and the Levene test was used to test for homogeneity in bivariate data. The Mann-Whitney method was used to analyze the data.
Results: The mean cortisol before intervention was 119.63, and the mean cortisol after intervention was 99.23. SEFT affects cortisol levels in patients who have had an ischemic stroke, according to a statistically significant ($p<0.05$) p-value of zero.
Conclusion: Patients with ischemic stroke experienced a significant drop in cortisol levels after using the SEFT. Furthermore, it is necessary to study the dominant factors that influence the cortisol hormone and the need for a multi-religious approach in an effort to develop spiritual-based interventions.

Permatasari, D., Pratiwi, W. D., & Gunawan, D. (2024). Implementation of SEFT (Spiritual Emotional Freedom Technique) in Reducing Pain Levels in Breast Cancer Patients. *Jurnal RSMH Palembang*, *5*(2), 371-376. https://jurnal.rsmh.co.id/index.php/jrp/article/view/50

Cancer is a non-communicable disease characterized by rapid and uncontrolled growth and development of cells and tissues. Breast cancer is currently one of the most common types of cancer affecting women. Patients with advanced stage breast cancer experience various symptoms, such as pain. In addition to pharmacological therapy, pain management can also involve non-pharmacological therapy, one of which is the implementation of SEFT (SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE). The aim of this research is to obtain an overview of the application of SEFT in reducing the level of pain in breast cancer patients using a case study approach. This study utilized a descriptive design to investigate a condition, state, or other events. The subjects in this case study were patients who met the inclusion and exclusion criteria. Data were collected using in-depth interview methods. The results of the analysis of the interview transcripts with the respondents showed themes including understanding of the characteristics of perceived pain, acceptance responses to the pain experienced, changes in life aspects experienced during illness, patients' hopes in coping with the emergence of pain, and patients' knowledge of pain management. This case study revealed that the implementation of SEFT can reduce the level of pain in breast cancer patients, as evidenced by a decrease in pain scale from severe category (scale 7-10) to mild category (scale 1-3) in each respondent. The results of this research can be used as a learning source for breast cancer patients regarding the implementation of SEFT in reducing the level of patient pain.

Rachmawardany, D. W., Mustikawati, I. F., Septianawati, P., & Immanuel, G. (2024). Analysing the Spiritual Effects of Emotional Freedom Technology (SEFT) in Building Psychological Well-being: Systematic Literature Review. *Jurnal Health Sains*, *5*(4), 293-298. https://doi.org/10.46799/jhs.v5i4.1260

Spiritual emotional freedom techniques (SEFT) influence psychological well-being because psychological well-being is an individual's ability to prosper with all one's abilities and weaknesses cope with life's stresses, can work productively and fruitfully. The method used is a systematic literature review by collecting various literature, namely Scopus, and PubMed. Using SEFT keywords; psychological well-being, effects. The results of several studies indicate that there is an influence of SEFT in developing psychological well-being. SEFT is carried out with the power of prayer and tapping at several points will influence the level of stress. SEFT therapy can be applied in the field of clinical practice to support patient care.

Rahman IA, Nurhayati N, Anggriani D, Khasanah U, Anwar S, Apipudin A. (2024). Emotional Freedom Techniques (EFT) to Overcome Anxiety in Teenagers with Smoking Behavior. Indonesian Journal of Global Health Research 2024;6(3):1069-78.

Adolescence is a transition period from childhood to adulthood, where adolescence is marked by physical, psychological and psychosocial changes. states that adolescence is a period that experiences many changes, especially psychological changes that make teenagers emotional and make their psychological state depressed. One complementary therapy that can be used as an alternative is Emotional Freedom Technique (EFT) therapy. The aim of Evidence Based Practice Nursing is to determine the effect of Therapy (EFT) on reducing anxiety levels in adolescents at SMAN 2 Ciamis. This research method uses a Quasi Experimental one group pretest and posttest design approach. The population is teenagers with smoking behavior who experience anxiety at SMAN 2 Ciamis. Using purposive sampling. The number of samples using the Slovin formula was 23 students with inclusion criteria of moderate anxiety levels. The results of the study, before and after the intervention, were assessed using the State-Trait Anxiety Inventory-Trait (STAI-T) anxiety questionnaire to assess whether there was a decrease in anxiety levels before and after the intervention (EFT) with the procedure of tapping or pressing meridian points on body to restore energy balance. The intervention for implementing EFT is carried out within 25-30 minutes, 4 times (2 weeks). From the statistical test results, it was found that there was a significant difference in the results of the first assessment and the second assessment before and after the intervention (EFT) with a p-value of 0.000 (P< 0.05). In conclusion, the application of EFT intervention has proven to be effective for adolescents who experience anxiety, this is proven by a decrease in anxiety levels after the intervention.

Rahmana, M. F. R., Fatmawati, A., & Imansari, B. (2024). Pengaruh Terapi Spiritual Emotional Freedom Technique (SEFT) Terhadap Pengurangan Nyeri Dismenore Pada Remaja. *Jurnal Keperawatan'Aisyiyah*, *11*(2), 189-195. https://doi.org/10.33867/8p726j47

Dysmenorrhea is abdominal pain during menstruation that can hinder activities, such as difficulty concentrating on studying and not going to school. The incidence of dysmenorrhea in adolescents is quite high. One of the non-pharmacological methods to overcome this problem is Spiritual Emotional Freedom Technique (SEFT) Therapy. This study aims to assess the effectiveness of SEFT therapy in reducing dysmenorrhea pain in adolescents. The approach used was a quasi-experimental with a pre-test post-test design with a control group. The number of samples was 54 respondents divided equally into the intervention group and the control group. Inclusion criteria included female students who had menstruated, experienced dysmenorrhea with mild to moderate pain intensity, did not consume analgesics, and did not undergo non-pharmacological therapy. Exclusion criteria included having abdominal injuries, heavy bleeding during menstruation, and a history of gynecological disorders such as endometriosis, pelvic inflammatory disease, cysts, or tumors. Pain intensity was measured using the Numeric Rating Scale (NRS). Data analysis was performed univariately to identify the frequency distribution, and bivariate analysis using the Mann-Whitney test. The results showed a significant decrease in pain intensity in the intervention group after receiving SEFT therapy compared to the control group. This study indicates that SEFT therapy is effective in reducing pain due to dysmenorrhea in adolescents.

Rani, B. S., Safreena, I., & Preethi, R. (2024). Effectiveness of Emotional Freedom Technique (EFT) on Level of Childbirth Fear Among Antenatal Mothers*. TNNMC Journal*

***of Obstetrics and Gynecological Nursing, 12*(1), 25-29. https://www.indianjournals.com/ijor.aspx?target=ijor:tnnmcjogn&volume=12&issue=1&article=006**

Antenatal period is often a fearful and stressful time physically and emotionally for the new parents. Primi mothers would have fear and anxiety due to lack of knowledge and ideas about delivery. This study aimed to assess the pre-test and post-test level of childbirth fear among antenatal mothers,and to determine the effectiveness of emotional freedom techniques on level of childbirth fear among antenatal mothers and to associate the post-test level of childbirth fear with the selected demographic variables among antenatal mothers. Quantitative quasi experimental pre-test, post-test design was employed. Totally 60 primi mothers (30 experimental & 30 control group) in 36-38 weeks of gestation were selected by using Purposive sampling technique. The result shows that, in pre-test, majority of antenatal mothers 23(76.7%) had severe level of childbirth fear whereas in posttest majority 26(86.7%) had mild level of fear. It concluded that the emotional freedom technique (EFT) intervention was effective in reducing the childbirth fear among primi mothers.

Robiansyah, R., & Sujarwo, S. (2024). PENGARUH TERAPI SEFT (SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE) TERHADAP KEPERCAYAAN DIRI PADA REMAJA PENGGUNA NARKOBA DI YAYASAN MITRA MULIA BANYUASIN. *Journal of Innovation Research and Knowledge*, *4*(3), 1671-1686. https://www.bajangjournal.com/index.php/JIRK/article/view/8314

The most common individuals in drug abuse cases are adolescents, with an age range of 19-22 years, who are classified as late adolescents. SEFT is one of the innovations in counseling techniques. The stages of the technique utilize the physical, psychological, and spiritual aspects of humans in harmony. The purpose of this study was to determine the effect of SEFT (Spiritual Emotional Freedom Technique) therapy on self-confidence in adolescent drug users at Yayasan Mitra Mulia Banyuasin. This type of research is experimental research, namely by providing manipulation which aims to determine the effect of manipulation on the observed individual behavior. The results of this study are based on the results of statistical quantitative analysis using the T-test independent pre-test and post-test in the experimental group and control group. There is a very significant difference, the mean of the experimental group is greater than the control group, which is (9.83> 3.33) with p = 0.000 (p <0.05). So, it can be concluded, there is an effect of SEFT therapy (Spiritual Emotional Freedom Technique) on self-confidence in adolescent drug users at the Mitra Mulia Banyuasin rehabilitation center.

Rochma, E., Rohman, R., Ansori, W., Aiyanto, F., Muthmainah, Q., & Suciningtyas, P. D. (2023). Effect Of Seft Giving (Spiritual Emotional Freedom Technique) On The Level Of Anxiety Of Covid 19 Patients In The Edelweis Isolation, Orthopedic Hospital Prof. Dr. R. Soeharsosurakarta. *International Journal of Science, Technology & Management*, *4*(4), 780-784.

Coronavirus Disease (covid-19) is a disease caused by the Severe AcuteRespiratory Syndrome Coronavirus-2 (SARS-COV-2) virus. Coronavirus Disease(covid-19) has become a worldwide pandemic. This study aims to determine theEffect of Giving SEFT (Spiritual Emotional Freedom Technique) Regarding the Anxiety Level of Covid-19 Patients in the Edelweis Isolation Ward, Prof. Orthopedic Hospital. Dr. R. Soeharso Surakarta. This research is a quantitativestudy, with the experimental method of one group pre and post test design (without control group), which is

done to reveal causal relationships or influences by involving one group of subjects. This research was conducted on 30 respondents in the Edelweis Isolation Ward, Prof. Orthopedic Hospital. Dr. R. Soeharso Surakarta, with female sex as much as 60% and the most age range 45-55 years asmuch as 36.7%, most jobs are private as much as 20% and most education is S1 as many as 33.3%. Respondents with comorbidities were 43.3% and 23.3% were patients with pneumonia. From the results of the analysis using the Wilcoxon test, the p-value = 0.00001 (<0.05).
Conclusion: There is an effect of giving SEFT Therapy on the anxiety level of Covid-19 patients in the Edelweis Isolation Ward, Prof. Orthopedic Hospital. Dr. R. Soeharso Surakarta.

Rosyanti, L., Hadi, I., Faturrahman, T., & Hidayat, A. (2024). Changes in brain-derived neurotrophic factors in schizophrenic patients with spiritual psychoreligious therapy. JPMA. *The Journal of the Pakistan Medical Association, 74*(8), 1458-1463. https://doi.org/10.47391/JPMA.10636

To examine the effect of Spiritual Quranic Emotional Freedom Technique therapy on the level of brain-derived neurotrophic factor in schizophrenic patients.
Methods: The quasi-experimental study was conducted from August to December 2021 at the Polytechnic of Health, Kendari, Indonesia, and comprised patients of either gender aged >20 years who had been diagnosed with schizophrenia by psychiatrists using the text-revised version of the fourth edition of the Diagnostic and Statistical Manual of Mental Disorders, had Brief Psychiatric Rating Scale score 50-60, and were part of the treatment programme at the polyclinic. They were divided into experimental group A and control group B. Patients in group A were given 30 days of Spiritual Quranic Emotional Freedom Technique therapy, while those in group B received only education about the spiritual therapy with the recommendation to listen to the Quran verses. A set of healthy controls memorizing the Quran was enrolled from the Islamic Boarding School, Kendari, and placed in group C. They were given education about the need to keep reading and learning the Quran. The intervention was done 2 times per week for 4 weeks. Serum brain-derived neurotrophic factor level for all groups and the Brief Psychiatric Rating Scale score for groups A and B were assessed at baseline and post-intervention. Data was analysed using SPSS 22.
Results: Of the 30 subjects, 16(53.3%) were females and 14(46.7%) were males. There were 11(36.7%) subjects aged 31-40 years. Each of the 3 groups had 10(33.3%) subjects. There was a significant decrease in Brief Psychiatric Rating Scale scores in groups A and B post-intervention (p<0.000). There was a significant increase in serum brain-derived neurotrophic factor levels post-therapy in groups A and C (p<0.001), while in group B it was not significant (p=0.500).
Conclusion: Spiritual Quranic Emotional Freedom Technique therapy could enhance clinical improvement and brain function in schizophrenic patients.

Rumambi, M. F., Suprapti, F., & Susilo, W. H. (2024). The effect of Spiritual Emotional Freedom Technique (SEFT) on pain intensity of advanced breast cancer patients in X hospital Tangerang. *Journal of Holistic Nursing*, *42*(2), S99-S109. https://doi.org/10.1177/08980101231204

This study aimed to analyze the effect of spiritual emotional freedom techniques (SEFTs) on pain intensity of advanced breast cancer patients. The study used a quasi-experiment design with one pre–posttest group. The sample was selected using a consecutive sampling technique with total of 45 respondents. The respondents were given SEFT intervention for 3 (three) days

using set-up, tune-in, and tapping techniques. The evaluation was carried out on the third day after the intervention by measuring the pain intensity using Brief Pain Inventory (BPI). This research used Wilcoxon and ordinal logistic regression for data analysis. The results showed a difference in pain intensity before and after SEFT intervention in patients with advanced breast cancer with a *p*-value of .001 ($p<.05$) with a change in intensity from severe to mild pain. This study's novelty is that SEFT intervention can be used as a nonpharmacological therapy for pain management in patients with advanced breast cancer. The limitations are only limited to measuring the patient's pain and less analysis related to the patient's emotional and spiritual problems. The application of SEFT intervention is recommended as a nurse's independent intervention in the management of advanced breast cancer pain.

Saharullah, A. S., Saidah Syamsuddin, K. A. E., Nursalam, A. B., Arafat, R., Lisal, S. T., Firmansyah, R. T., & Thalib, A. (2024). Virtual Reality-Based Spiritual Emotional Freedom Technique (SEFT) Model on Spiritual Well-Being and BDNF Levels in Drug Inmates in The Class 1 State Prison in Makassar. Pak. J. Life Soc. Sci. (2024), 22(2): 2946-2955. https://doi.org/10.57239/PJLSS-2024-22.2.00216

The complex problem of drug abuse has triggered the development of nonpharmacological therapies, including Spiritual Emotional Freedom Technique (SEFT) and Virtual Reality (VR). The merger of the two, VRSEFT, shows positive potential in reducing and improving spiritual wellbeing in drug users. The purpose of this study is to explain the Spiritual Emotional Freedom Technique (VR-SEFT) Model for spiritual well-being and BDNF levels in drug inmates. Method. This study uses quantitative and quasi-experimental methods (Quasi Experiment Design). The number of samples was 33 inmates in the control group and 33 inmates in the intervention group. The Spiritual Well-Being Scale (SWBS) and BDNF levels were measured using Elisa. In this study, data analysis used the Statistical test paired sample t-test, Wilcoxon test, Independent Sample t-test, Man Whitney test, and Pearson Correlation test. Result. VR-SEFT research influences spiritual well-being ($p=0.011$) and BDNF ($p<.001$).
Conclusion: VR-SEFT therapy is effective in increasing spiritual well-being and BDNF levels in drug inmates in the Makassar Class 1 detention center. These findings have the potential to support the development of further interventions in similar populations.

Salim, A. W. F., Aryani, F., & Umar, N. F. (2024). APPLICATION OF EMOTIONAL FREEDOM TECHNIQUE (EFT)-BASED RELAXATION TO REDUCE PUBLIC SPEAKING ANXIETY. *Counsenesia Indonesian Journal of Guidance and Counseling*, *5*(2), 208-217.

This study examines the description, implementation, and impact of the Emotional Freedom Technique (EFT)-based relaxation in reducing students' public speaking anxiety at MAN 1 Makassar City. The study's population consists of 71 students with high and very high public speaking anxiety. The sample includes 7 students in the control group and 7 students in the experimental groups from class XII IPA 6. This research is a quasi-experiment using a pretest-posttest control group design. The research instruments included a public speaking anxiety questionnaire adapted from the theory by Muslimin & Maswan (2021), the Subjective Units of Distress (SUD) scale, observation, and process and outcome evaluation instruments. The data analysis techniques used were descriptive and inferential statistical analysis. The results showed that public speaking anxiety levels in both the control and experimental groups were categorised as high and very high. The treatment implementation included preparation and problem identification, setup, tuning in, tapping sequence, repetition, and role-playing. The Mann-Whitney U test results showed that EFT-based relaxation has a significant effect in

reducing public speaking anxiety, with an Asymp. Sig. value of 0.029, 0.05. The decision is that H_1 is accepted, and H_0 is rejected, meaning that EFT-based relaxation can reduce public speaking anxiety among students at MAN 1 Makassar City.

Sampoornam, W. (2023). Potency of emotional freedom technique on postpartum blues and parenting stress among post caesarean section mothers in selected hospitals at Erode-Partially randomized patient preference study. International Journal of Advances in Nursing Management, 11(1), 78-80. DOI: 10.52711/2454-2652.2023.00017

Saputri, E., Safitri, Y., Indrawati, I., & Sulastri Juwita, D. (2024). Terapi Emotional Freedom Technique (EFT) terhadap Tekanan Darah pada Lansia Penderita Hipertensi di Desa Pulau Tinggi. *Jurnal Pahlawan Kesehatan*, *1*(4), 336–344. https://doi.org/10.70437/jpk.v1i4.808

Blood pressure in the elderly is categorized as high if systolic blood pressure ≥160 mmHg and diastolic blood pressure ≥90 mmHg. Hypertension can be treated with non-pharmacology, one of which is Emotional Freedom Technique (EFT) therapy. EFT is a psychological therapy through tapping on the body's meridian points to treat high blood pressure, anxiety, panic, fear, mild depression, and physiological signs that come from emotional sources such as physical pain, headache. This study aims to analyze the intervention of providing EFT therapy on blood pressure in elderly people with hypertension in Pulau Tinggi Village, Working Area of UPT Puskesmas Air Tiris. This study was conducted on July 15-17, 2024, the initial assessment obtained blood pressure results 187/95 mmHg, and after giving EFT therapy for 3 consecutive days obtained blood pressure results 154/91 mmHg. This shows that EFT therapy has an effect on blood pressure in elderly people with hypertension. It is hoped that EFT therapy can be one of the nursing actions aimed at overcoming the nursing problem of lowering blood pressure in patients with hypertension.

Suharnadi, P., & Rahman, M. N. B. (2024). Effectiveness of Emotional Freedom Technique (EFT) to Reduce Students' Enthusiasm for Mathematics. *IJER (Indonesian Journal of Educational Research)*, *9*(1), 43-47. https://doi.org/10.30631/ijer.v9i1.285 https://doi.org/10.30631/ijer.v9i1.285

This study aimed to address the issue of math anxiety, a common obstacle affecting students' emotional well-being and academic performance in mathematics. Math anxiety includes feelings of fear, discomfort, and avoidance related to math tasks, and is often categorized as test anxiety, number anxiety, and abstract anxiety. This research explores the effectiveness of the Emotional Freedom Technique (EFT), an alternative treatment method combining psychological and physical approaches, in reducing math anxiety. This study employed a quantitative research

design that involved participants experiencing math anxiety. EFT sessions were conducted by guiding participants to tap specific meridian acupuncture points (e.g., the head, eyebrows, temples, and chin) while affirming their emotional concerns about math. Pre- and post-intervention anxiety levels were measured using a validated Math Anxiety Scale. The results revealed a significant reduction in participants' math anxiety levels after undergoing EFT sessions. Additionally, anxiety-reducing effects were sustained over time, indicating EFT's potential of EFT as a practical tool for managing emotional barriers to learning. This research highlights EFT as an accessible and effective method to support students struggling with math anxiety, contributing to improved emotion regulation and academic success in mathematics.

Suherman, M. M., Husaeni, A. S. B., Nurfauziah, M., & Siddik, R. R. (2024). Pengembangan Media Flash Flipbook Berbasis Panduan Eft (Emotional Freedom Technique) Untuk Meningkatkan Keterampilan Regulasi Emosi Siswa. *Paedagoria: Jurnal Kajian, Penelitian dan Pengembangan Kependidikan*, *15*(4), 524-528.

Emotional regulation skills are very necessary for students. By having good emotional regulation, teenagers can manage negative emotions and behave in a way that is acceptable to others, can overcome feelings of sadness, disappointment and despair so that they can avoid depression. The main task of Guidance and Counseling is to provide assistance services to students to achieve optimal personal development. One of the media in providing services that is expected to create an attractive and conducive atmosphere is the use of flash flipbook media. In this research, the Borg & Gall model of research and development (RnD) method is used, which includes 7 steps. This research was conducted in the class of SMA 1 Batujajar involving 38 students. Based on the validation results from material experts, the assessment results showed that the average score was 79.3% and was included in the feasible category. Based on media expert validation, the average result was 89% and was included in the very feasible category. Based on validation results from expert practitioners, an average score of 87.7% was obtained and was included in the very feasible category. The percentage results of students' understanding regarding emotional regulation can be categorized as Understanding with an average of 58%, so this proves that the flash flipbook media is suitable for use in improving students' emotional regulation skills.

Sulistiawati, D., & Kartinah, K. (2024). Efektivtas Terapi SEFT (Spiritual Emotional Freedom Technique) Terhadap Penurunan Tekanan Darah di Wisma Andong Panti Sosial Tresna Werdha Yogyakarta. *Jurnal Ners*, *9*(1), 179–183. https://doi.org/10.31004/jn.v9i1.31886

SEFT therapy is a relaxation therapy in the form of mind body therapy from complementary therapy that works more or less the same as the principle of acupuncture and acupressure, namely by stimulating acupuncture points on the surface of the body. SEFT therapy is a combination of the body's energy system and spirituality in prayer sentences using the tapping method at 18 meridian points of the body that stimulate and activate 12 energy pathways of the body so as to cause relaxation in the body. This case study aims to lower blood pressure in respondents with hypertension. The research method using a case study uses a nursing care approach by applying Based Practice Nursing. Using 3 respondents. Data collection was carried out during 3 meetings with the instrument used in this case study using a digital tensiometer. The data collection was carried out by checking blood pressure before SEFT therapy and after SEFT therapy. The results of this case study show that the three respondents have the same

gender, namely women. With respondent 1 aged 55 years, Respondent 2 aged 50 years and Respondent 3 aged 53 years. With the results after SEFT therapy on the 3 respondents experienced a decrease in blood pressure with an average result of 9.6 / 6.7 mmHg for respondent 1, for respondent 2 also experienced a decrease in blood pressure with an average result of 8.0 / 7.6 mmHg. And the last respondent 3 experienced a decrease in blood pressure with an average result of 9.3 / 8.6 mmHg. This SEFT therapy is able to lower blood pressure in hypertensive patients.

Torabi, M., Kheirkhah, M., Haghani, S., & Khashavy, Z. (2024). The Effect of Emotional Freedom Technique on Stress and Resilience of Infertile Women. *Iran Journal of Nursing*, *37*(149), 0-0. No abstract available.

Tyas, S. W. (2024). Effectiveness of Group Counseling Through Emotional Freedom Techniques to Increase Self Love of Madrasah Aliyah Students (Doctoral dissertation, UNIVERSITAS DARUL ULUM). http://repository.undar.ac.id/id/eprint/1049/

Self love or self-love means a state where a person is able to take responsibility for himself and also accept whatever his circumstances are so that he always behaves positively and can maximize the potential that exists in him without dropping others. Group counseling emotional freedom technique is an effective and efficient technique by combining acupuncture and also several techniques in behavioral approaches such as cognitive restructuring and systematic desensitization which are effectively used to overcome various psychological problems of a person. The design form used in this research is nonequivalent control group design. Which was then analyzed using the t-test. The population in this study were students of class XI IPS and XI IPA Madrasah Aliyah Bahrul 'Ulum as many as 48 students. Samples used were 10 students who were divided into 5 experimental groups and 5 control groups of each student. Based on the results of data analysis using the t-test, the results showed that the experimental group was better than the control group. The control group that was not given perlakuan had an average of 70. While the experimental group obtained an average of 79.4. The results of the emotional freedom technique group counseling hypothesis Ha is accepted and Ho is rejected, it can be proven from data analysis using the t-test with the results of the sig value (2-tailed) below 0.05, namely 0.000 for the experimental class and 0.002 for the control class, it can be concluded that Ho is rejected and Ha is accepted. This means that there is a difference in students' self-love before treatment and after treatment.

Wardany, N. S., & Rismawan, W. (2024). THE EFFECT OF EMOTIONAL FREEDOM TECHNIQUES FOR REDUCING ANXIETY IN OPEN WOUND PATIENTS: LITERATURE REVIEW. *KesehatanKreatif: Jurnal Riset Kesehatan Inovatif*, *6*(2). https://journalpedia.com/1/index.php/jrki/article/view/1637

Psychological problems such as anxiety are one of the most common problems in the world. Treatment for anxiety problems is inadequate and costly. Non-pharmacological interventions are needed to help patients overcome their anxiety. To describe the effect of EFT intervention that can help patients reduce anxiety in injury patients. The databases used in this study are Google Scholar, Science Direct, Elsevier and Pubmed. Articles that meet the inclusion criteria will be analyzed using the PRISMA flow. In the identification stage, 256 articles were obtained. Furthermore, through the abstract and duplication screening process, 40 articles were obtained. Then the article was assessed for eligibility, and the results were 10 articles to be reviewed.

Results: EFT is an easy, cheap and effective intervention. EFT can reduce anxiety in patients with open wounds, including decubitus wounds, surgical wounds, burns, or fractures. EFT can also be applied in health services or conducted independently by licensed practitioners or indirectly with patients.

Wardany, N. S., Rismawan, W., Salsabilla, T. A., & Astuti, D. W. (2024). APPLICATION OF EMOTIONAL FREEDOM TECHNIQUE TO REDUCE ANXIETY IN PATIENTS WITH GANGRENE WOUNDS. ***International Journal of Social Science*****,** ***4*****(1), 53-58. https://doi.org/10.53625/ijss.v4i1.7859**

Psychological problems such as anxiety are one of the most common problems in the world. Non-pharmacological interventions are one of the most needed treatments to help patients overcome their anxiety, one of which is the emotional freedom technique (EFT). EFT can be effectively learned through health counseling to increase knowledge and self-help skills. It is expected that this service will be able to increase the knowledge and skills of the community in controlling anxiety.
Methods: Conducted through direct face-to-face meetings for the delivery of health information by the speaker at one of the participants' homes.
Results: The target group can understand the concept of anxiety disease and can apply emotional freedom technique therapy independently as a treatment. There is also a significant change in the level of anxiety in the target group after being given emotional freedom technique therapy.

Widayanti, Komang Trisna (2023) ***ASUHAN KEPERAWATAN ANSIETAS PADA PASIEN PRE SURGERY BLEPHAROPLASTY DENGAN EMOTIONAL FREEDOM TECHNIQUE DI BIMC SILOAM HOSPITAL NUSA DUA TAHUN 2023.*** **Diploma thesis, Poltekkes Kemenkes Denpasar Jurusan Keperawatan 2023.**

Anxiety is an excessive worry accompanied by behavioral, emotional and physiological responses. Anxiety often occurs during pre-surgery, where this can affect the surgical process. a method is needed to reduce pre surgery anxiety levels. The purpose of this scientific paper is to find out nursing care in patients with anxiety disorders pre surgery blepharoplasty with emotional freedom technique method. Blepharoplasty is a surgical procedure to help treat aging of the eyelids and eye bags. The EFT (Emotional Freedom Technique) method is a therapy by tapping the meridian points in the body's energy system with fingertips for 15-20 minutes which can quickly, gently and easily eliminate negative emotions that are thought to have caused problems and pain. The scale for measuring anxiety is the HARS scale (Hamilton Anxiety Rating Scale). Clinical studies show that the HARS scale has a fairly high validity and reliability for measuring anxiety which is around 0.93 and 0.97. The results of this scientific paper show that the assessment carried out on the two managed cases found that both patients experienced a decrease in anxiety after emotional freedom technique therapy measured using HARS (Hamilton Anxiety Rating Scale) from score of 12 until 14 decreased to score of 2 until 4 (an anxiety decrease and appeared blood pressure and pulse of both managed cases showed normal values.

Widyawati, I., Dewi, N., Wati, N. & Liem, K. (2024). The effect of "HENS" application (Healthy Emotional Feedom Technique of Stroke Patients) on the stress level of post stroke patients. ***Indonesian Nursing Journal of Education and Clinic (INJEC).*** **http://dx.doi.org/10.24990/injec.v19i1.644**

Stroke is characterized by neurological deficits resulting fromacute focal injury to the central nervous system, originating from blood vessels such as cerebral infarction, cerebral hemorrhage and subarachnoid hemorrhage. Stress is a known trigger for stroke and various therapies are available to manage stress. This study explores the effectiveness of a mind body therapy, specifically the HENS application on Android in reducing stress in post stroke patients.
Methods: The study employs a quasi-experimental design with a pre-test and post-test with control group. The sampling technique in the study was convenience sampling with a sample size of 48 post-stroke patients (24 for each intervention and control group). Data was collected using the DASS questionnaire and the HENS application.
Results: The results revealed significant changes in stress levels before and after the six-day intervention with the HENS Application. The intervention group showed a p value=0.000 indicating a significant reduction in stress levels. In contrast, the control group's p value was 0.853, suggesting no significant change without treatment.
Conclusion: The HENS application has the potential to provide post-stroke patients with independent support for managing stress. It offers clear and useful guidelines for implementing HENS techniques which can improve confidence of post stroke patients in independently managing stress.

Windyaningrum, S. D., & Nashori, F. (2024). Effectiveness of Spiritual Emotional Freedom Technique (SEFT) in Improving Psychological Well-Being of Health Workers. *Unisia*, *42*(2). https://doi.org/10.20885/unisia.vol42.iss2.art27

Health workers are under high pressure to carry out their work. This results in physical and mental fatigue. One is the non-achievement of psychological well-being and decreased performance in health services. To overcome the decline in psychological well-being, complementary therapy in the form of Spiritual Emotional Freedom Technique (SEFT) is needed. SEFT is a therapy that combines psychological energy and spiritual power by using a tool in the form of tapping on the body. This study aimed to determine the effectiveness of SEFT therapy in improving the psychological well-being of health workers. This study used an experimental design, a Non-randomized Control Group Pretest-Posttest Design involving 30 health workers. The results showed that the experimental group who received SEFT intervention experienced increased psychological well-being compared to the control group who did not receive intervention treatment. Based on the results of the Wilcoxon test for pre-test and post-test in the experimental group, it can be concluded that SEFT is effective for improving the psychological well-being of health workers. Other variables such as personality, age, and environment are recommended to be controlled in future studies.

Yoviana, I., Maryati, I., & Widiasih, R. (2024). INTERVENSI SEFT (SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE) UNTUK MENGATASI KECEMASAN DAN NYERI PASCA SECTIO CAESAREA: A Case Report. *SENTRI: Jurnal Riset Ilmiah*, *3*(6), 3085–3101. https://doi.org/10.55681/sentri.v3i6.3019 https://doi.org/10.55681/sentri.v3i6.3019

Anxiety affects the intensity of pain felt by post-cesarean patients. If left unchecked, it will affect the patient's healing process and length of stay in the hospital. Nurses as nursing care providers need to pay attention to the bio-psycho-spiritual aspects of the patient. SEFT intervention is believed to be able to influence these three aspects and has effectiveness in overcoming anxiety and reducing post-SC pain. To conduct SEFT intervention to manage anxiety and pain after SC.

Methods: This study is a descriptive case study with nursing care methods in post-SC mothers with nursing problems of anxiety and acute pain, then given SEFT intervention once a day for three days with analysis of results using Hamilton Rating Scale for Anxiety (HRS-A) instruments to assess anxiety levels and Numeric Rating Scale (NRS) to assess pain levels.
Results: After the intervention was given, there was a decrease in anxiety level to 15 (mild anxiety) and the level of pain evaluated per day always decreased where the last day's evaluation showed a scale of 3/10 (mild pain).
Conclusion: The results of this case study show that this SEFT (Spiritual Emotional Freedom Technique) intervention has an effect on reducing the level of anxiety and the level of pain felt by mothers after SC. The application of this intervention is recommended to be done regularly as long as anxiety and pain are still felt by post-SC mothers.

Yuniati, Y., Furqoni, P. D., & Elliya, R. (2024). Efektivitas spiritual emotional freedom technique (SEFT) terhadap perilaku merokok pada remaja di Kelurahan Sidosari. *JOURNAL OF Qualitative Health Research & Case Studies Reports*, *4*(1), 7–13. https://doi.org/10.56922/quilt.v4i1.405

Adolescence is a transition period from childhood to adulthood. Adolescence experiences a process of growth and development to achieve maturity, both mentally, emotionally, socially and physically. Currently, Indonesia is facing a serious threat due to the increasing number of smokers. The prevalence of male smoking in Indonesia is the highest in the world, and it is estimated that more than 97 million Indonesians are exposed to cigarette smoke. The smoking habit is caused by many factors, it can come from internal or external factors. Some smokers said that at first, they just tried it, they said they were gentle with teenage smokers and various other factors such as the influence of friends, parents, advertising and so on. To determine nursing care for adolescent smokers using spiritual emotional freedom technique (SEFT) therapy.
Methods: The type of research uses a case study approach that focuses on the application of spiritual emotional freedom technique (SEFT) therapy, mental nursing care is carried out to reduce smoking habits or intensity in adolescents. This research was conducted in Sidosari Village, Natar District, South Lampung on May 17-19, 2024, involving two clients who had smoked since elementary school.
Results: After SEFT therapy was carried out for 3 meetings, there was a decrease in An. I from a score of 110 to 79 and An. D from a score of 94 to 68.
Conclusion: The SEFT therapy that was carried out was proven to be successful in reducing the level of smoking behavior in both clients.

Zani AYP, Shari WW. (2024). Complementary Therapies to Reduce Levels of Stress, Anxiety and Depression: A Literature Review. (2024). *Ganesha International Proceeding of Multidisciplinary*, *1*(1). https://prosiding.stieganesha.ac.id/index.php/gipm/article/view/2

Non-communicable diseases are the top cause of death in the world. The diseases that dominate are hypertension, heart disease, stroke and diabetes. Factors that trigger the emergence of non-communicable diseases include mental conditions or mental unhealth. Mental health has become a serious problem in this world. Some forms of mental illness experienced include stress, anxiety and depression. It is believed that complementary therapy can help overcome mental health problems. This research aims to conduct a literature review on complementary therapies, namely Emotional Freedom Technique (EFT), Prayer Therapy and

Spiritual Emotional Freedom Technique (SEFT) in correlation with stress, anxiety and depression. SEFT is a therapy that combines EFT therapy and prayer therapy Literature selected from Google Scholar and PubMed, for the period 2018 to 2023. The results of the study found that complementary therapies EFT, Prayer Therapy and SEFT can reduce levels of stress, anxiety and depression for some clients with certain cases.

Zukhruf, M. R. (2024). Pengaruh Terapi Emotional Freedom Technique (EFT) Terhadap Pencegahan PostpartumBlues Pada Ibu Pasca Melahirkan di Wilayah Kerja Puskesmas Cahya Maju Kecamatan Lempuing. *Spiritual Healing: Jurnal Tasawuf dan Psikoterapi*, *5*(1), 1-9. https://doi.org/10.19109/sh.v5i1.21018

The lack of knowledge about postpartum blues among postpartum mothers in the Puskesmas Cahya Maju. This lack of awareness leads to many mothers not recognizing the symptoms of postpartum blues and potentially worsening their condition. The research problem is the need for prevention methods for postpartum blues in postpartum mothers. The aim of the study is to investigate the effectiveness of the Emotional Freedom Technique (EFT) as a self-administered therapy for postpartum blues. The methodology used in this study is the EFT therapy, which utilizes the body's meridian points to address energy imbalances that contribute to psychological effects. EFT is a branch of energy psychology that aims to improve mental, emotional, and behavioral conditions by addressing imbalances in the body's energy system. The participants in this study are postpartum mothers who are experiencing symptoms of postpartum blues. The therapy is self-administered by the mothers at home without the assistance of a therapist. The results of the study show that EFT therapy is effective in reducing symptoms of postpartum blues in postpartum mothers. The therapy helps restore balance to the body's energy system, which in turn improves the chemical balance in the brain and emotional state. This finding has important implications for the prevention and management of postpartum blues in postpartum mothers. The study highlights the importance of raising awareness about postpartum blues and providing prevention methods for postpartum mothers. The use of EFT therapy as a self-administered treatment option offers a convenient and effective approach for postpartum mothers to manage their symptoms.

Abdurrohman, I., Nulhakim, L., & Hidayat, A. (2023). TERAPI SEFT (SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE) TERHADAP TINGKAT KECEMASAN PADA PASIEN PRE OPERASI. *Jurnal Cakrawala Ilmiah*, *3*(4), 1345–1352. Retrieved from https://www.bajangjournal.com/index.php/JCI/article/view/7113.

Pre-operative is an action before surgery is carried out on the operating table, which can cause psychological problems, namely anxiety. Efforts to overcome anxiety that occurs in preoperative patients can be done with SEFT therapy. Spiritual Emotional Freedom Technique (SEFT) is a treatment technique that combines the body's energy system and spiritual techniques through light tapping at 18 points along the body's 12 energy pathways. Quantitative quasi-experimental research design, pretest-posttest method with control group design. The research population of preoperative patients at Taman Husada Bontang Hospital, the number of respondents was 36 patients, 18 respondents each in the control and intervention groups. Statistical test using paired t-test. The research results showed that the average anxiety score before SEFT therapy was 15.39 (moderate anxiety), while the average anxiety score after SEFT therapy was 10.89 (mild anxiety). Statistical test analysis used the paired t test with a result of 0.012 ($p < \alpha$ 0.05). The research results showed the effect of SEFT therapy on the patient's preoperative anxiety level.

Adella Cahya S.P., Sudiro, Astuti, D.P. (2023). The Effect of Spiritual Therapy Emotional Freedom Technique (SEFT) on lowering blood pressure in hypertensive elderly in Karangkepoh Village, Banaran District, Boyolali Recency. *Increasing Knowledge Of Management Of Musculoskeletal Injuries In Movement Members Through Pocket Book For Health Cadres*, 52. http://jurnalkeperawatanglobal.com/index.php/jkg

. The number of people with hypertension continues to increase every year, it is estimated that by 2025 there will be 1.5 billion people affected by hypertension, and it is estimated that every year 10.44 million people will die from hypertension and its complications. Blood pressure in hypertensive patients can be controlled with several types of therapy, namely pharmacology and non-pharmacology. One of the non-pharmacological therapies that can be able to reduce blood pressure is SEFT therapy. To determine the effect of spiritual emotional freedom technique (SEFT) therapy on reducing blood pressure in elderly hypertensives in Desa Karang Kepoh, Banaran District, Boyolali Regency.
Methods: This research is a quantitative study using a pre-experimental research design with one group pre-test and post-test design methods. The sampling technique used was purposive sampling with 30 respondents. The research instrument used is a digital sphygmomanometer, SOP spiritual emotional freedom technique (SEFT). Statistical test using the Wilcoxon signed ranks test.
Results: The results of the analysis of the Wilcoxon signed ranks test on pre-post systolic and diastolic blood pressure showed a p-value of 0.000 (<.05) which indicated that there was an effect of SEFT therapy in reducing blood pressure in hypertensive elderly people in Desa Karang Kepoh, Banaran District, Boyolali Regency.
Conclusion: There is an effect of SEFT therapy in reducing blood pressure in hypertensive elderly people in Desa Karang Kepoh, Banaran District, Boyolali Regency.

Afifah, N., Rahmat, N., & Yunita, R. (2023). Pengaruh SEFT (Spiritual Emotional Freedom Technique) terhadap Tingkat Stres pada Lansia Hipertensi. *Health Research Journal*, *1*(2, November), 34-45. https://ejournal.dpdppnikabprobolinggo.org/index.php/health-research-journal/article/view/17

Health problems are one of the problems faced by the elderly. This is caused by the occurrence of degenerative processes (deterioration of cell function), decreased function of the body's immune system and the aging process which causes degenerative diseases. Hypertension is a disorder of the circulatory system, which is quite disturbing to a person's health. The purpose of the study was to Analyze the Effect of SEFT (SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE) on Stress Levels in Elderly Hypertensives. This study is a type of correlational analytical research with a pre-post test design. This research was conducted in Ngadirejo Village, Sukapura District, Probolinggo Regency. The research population was 54 respondents. The sampling technique used was purposive sampling with a sample of 48 respondents. The research instrument used a questionnaire. Data analysis used in this study used the Wilcoxon test.The results of this study show data on elderly stress after SEFT therapy in Ngadirejo Village, Sukapura District, Probolinggo Regency, data was obtained from 16 (33.3%) respondents and low stress levels from 32 (66.7%) respondents. The results of the Wilcoxon test obtained that the p value = 0.000 <α = 0.05. This shows the influence of SEFT (SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE) on stress coping in hypertensive elderly in Ngadirejo Village, Sukapura District, Probolinggo Regency, meaning the p value <α = 0.05. It is

recommended that health facilities should follow up the role of the family on the level of stress in the elderly to provide Spiritual Emotional Freedom Technique.

Andriana, N., Kristina, T. N., & Susilawati, D. (2023). SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE TO IMPROVE SLEEP QUALITY FOR POSTPARTUM MOTHERS. Spiritual Emotional Freedom Technique to improve sleep quality for postpartum mothers. *Nurse and Health: Jurnal Keperawatan*, *12*(1), 7-14. https://doi.org/10.36720/nhjk.v12i1.392

Sleep quality disorders are a problem that postpartum mothers often experience. The postpartum is the period after giving birth or commonly called the puerperium, which is the period after giving birth that is needed to restore the uterine organs. Post-partum mothers experience sleep quality disorders both due to new roles and changes during the postpartum period. Sleep quality that is not treated properly can bring changes that can affect physical and psychological problems. Thus, it needs to interfere with the sleep quality of post-partum mothers. This study aimed to prove that the Spiritual Emotional Freedom Technique (SEFT) was also beneficial in improving sleep quality in postpartum mothers.
Methods: This study used a quasi-experimental pre-and post-test design with a control group. The research subjects were 56 postpartum mothers treated at Sultan Agung Islamic Hospital Semarang in June and September 2021, divided into intervention and control groups. The intervention was carried out twice a week for four weeks, with a SEFT duration of 20 minutes. The control group received standard therapy in the form of dhikr therapy. The Pittsburgh sleep quality index (PQSI) questionnaire used seven assessment components to measure research outcomes. The univariate analysis used central tendency in the form of the mean, median, and standard deviation. The different test of sleep quality before and after the intervention in the intervention group was carried out by the Wilcoxon match pair test (abnormal distribution), while the control group used paired t-test (normal distribution). For the mean difference test between groups, it used Mann Whitney test.
Results: The mean score of sleep quality in the intervention group before treatment was 10,86 + 1,79 (poor sleep quality) and after treatment decreased significantly (p=0,00) to 5,25 + 1,46 (still in poor sleep quality). The quality of sleep in the control group before treatment was 10,89 + 1,89 and after the intervention was 10,71 + 2,35 with p=0,47. The components of subjective sleep quality, sleep latency, sleep duration, and sleep disturbance in the intervention group were significantly lower than in the control group.
Conclusion: The SEFT intervention can significantly improve sleep quality in postpartum mothers, but it is still in the poor category. Besides, the sleep quality score can be considerably improved, especially in four of the seven components.

Asti, N. A. L., Susanto, T., Susumaningrum, L. A., Rasni, H., Kurdi, F., Maulana, M. A., & Efendi, A. Y. (2023). EFFECTIVENESS OF SPIRITUAL EMOTIONAL FREEDOM TECHNIQUES (SEFT) IN THE MANAGEMENT OF SLEEP QUALITY AND DEPRESSION AMONG OLDER ADULTS. *UNEJ e-Proceeding*, 202-208.

Older adults often experience sleep disturbances due to the physiological decline of aging. Sleep disturbances predict physical and mental health problems in older adults, especially a risk of depressive symptoms. SEFT (Spiritual Emotional Freedom Technique) is a therapy that combines spiritual power energy through prayer and psychology to improve the condition of mind, emotions, and behavior. Since little is known about the SEFT used to enhance sleep quality and reduce depressive symptoms in older adults. This study aimed to explore the effect

of the Spiritual Emotional Freedom Technique (SEFT) on sleep quality and depression in older adults.
Methods: This study used the quasi-experimental pretest-posttest design with a control group. Forty-six older adults in nursing homes participated in this study, divided into the experimental and control groups. Data were analyzed using descriptive statistics, Mann–Whitney (U), and Wilcoxon tests.
Results: This study showed significant differences in sleep quality (p-value: 0.03) and depression (p-value: 0.05) in older adults before and after the implementation of SEFT. The results of the Mann Whitney Test – (U) test indicated a significant difference in the sleep quality of the participants in the intervention group compared to the control group (p-value: 0.011). However, conversely, there was no significant difference in depression symptoms of the older adults in the control and intervention groups after implementing SEFT (p-value: 0.075).
Conclusion: Our findings infer that the SEFT can be considered a useful nonpharmacologic approach to improve sleep quality and depression among older adults in nursing homes. However, further research is needed concerning the impact of SEFT on older adults' depression.

Attaqy, M. A., & Hurriyati, D. (2023). SOSIALISASI PENCEGAHAN GANGGUAN BABY BLUES DENGAN TERAPI SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE (SEFT). *Jurnal Abdimas Bina Bangsa*, *4*(1), 752-758. https://doi.org/10.46306/jabb.v4i1.466

The puerperium is when the mother has days that are physically and mentally demanding compared to during pregnancy, which increases stress/depression. Because they are not enthusiastic about breastfeeding, mothers who experience excessive stress reduce their interest and interest in their babies and their ability to care for their children properly, so that the baby's health and growth and development are not optimal. The novelty of this community service can provide training on how to prevent baby blues. This assistance involved Posyandu cadres and pregnant women in Tebing Suluh Village, Lempuing District, Ogan Komering Ilir District, South Sumatra. The purpose of this activity is to increase people's understanding of the prevention of baby blues, self-identification and residents' understanding of baby blues. The event target is 20 people. The surgical method was carried out twice by providing counseling, ice breaking, and then group therapy. The assessment was carried out by asking the cadre's understanding of the prevention of baby blues. Regarding these results, through this activity, the people of Tebing Suluh Village received socialization about baby blues disorders. Stopping pregnancy counseling can prevent baby blues.

Baco, N. H., Dwisetyo, B., & Mokoginta, R. (2023). The Effect of Spiritual Emotional Freedom Technique (SEFT) On Psychological Well-Being in Patients Type 2 Diabetes Mellitus. Jurnal eduhealth, 14(02), 1125-1129. https://ejournal.seaninstitute.or.id/index.php/healt/article/view/2583

Diabetes Type 2 long-term treatment will affect a person's psychology. Type 2 DM patients who have low Psychological Well-Being result in low self-care. So Spiritual Emotional Freedom Technique (SEFT) is needed because this therapy uses spiritual elements for psychological and physical problems caused by emotional or psychosomatic causes. The purpose of the study was to determine the effect of Spiritual Emotional Freedom Technique (SEFT) on Psychological Well-Being in Type 2 Diabetes Mellitus Patients in Tewaan Village, Bitung City. The research method used is Quasy Experiment with One Group Pre-Post Test design. The sample in this study 12 respondents using accidental sampling technique. The research instrument used is a

questionnaire. Then the data collected was processed and analyzed using the Wilcoxon statistical test with a significance level (α) = 0.05. Research Results from the Wilcoxon statistical test, it was found that the P Value = 0.001 with a significance of <0.05, which means Ha is accepted and Ho is rejected. The conclusion is that there is the influence of Spiritual Emotional Freedom Technique (SEFT) on Psychological Well-Being in Type 2 Diabetes Mellitus Patients in Tewaan Village, Bitung City. Suggestions are expected to improve Psychological Well-Being in People with Type 2 Diabetes Mellitus in the Tewaan Village, Bitung City.

Bela, K. N., Kadarsih, M., & Putri, Y. (2023). Pengaruh Spiritual Emotional Freedom Technique (SEFT) Terhadap Nyeri Haid (Dismenore) Pada Remaja Putri. KEMASKIA: Jurnal Imu Kesehatan, 1(2), 51-60. https://cendekiamedia.com/index.php/kemasKIA/article/view/7

World Health Organization (WHO) in 2018 the number of dysmenorrhea in the world is very large, on average more than 50% of women in every country experience dysmenorrhea. In Indonesia, the incidence of dysmenorrhea is very large, namely showing dysmenorrhea sufferers (60-70%) or 107,637 people 964.25%) consisting of 59,671 people (54.8%). This study aims to determine the Effect of Spiritual Emotional Freedom Technique (SEFT) on Menstrual Pain (Dysmenorrhea) in Young Girls at SMPN 05 Seluma in 2023.
This research was conducted using the Quasi Experiment method with a one group pretest-posttest design. The sampling technique was a total sampling of 15 young women who experienced moderate dysmenorrhea. Data analysis consisted of univariate, bivariate and multivariate analysis. Test the sample used by using the Wilcoxon test. The results of this study found that the average dysmenorrhea pain before and after being given SEFT was 5.13 and the average pain after being given green coconut water was 2.27. The statistical test results obtained p = 0.001, with a mean difference of 2.86. Shows that there is an effect of SEFT on the dysmenorrhea pain scale for young girls at SMPN 05 Seluma in 2023.It is hoped that the school at SMPN 05 Seluma can optimize UKS program services such as providing education to UKS officers so they can train SEFT which has an effect on reducing dysmenorrhea pain in young women.

Eraydın, C., Çorbacı, B., Dini, Ü., Uysal, H., & Yıldırım, E. (2023). Investigation of the Effect of Emotional Freedom Technique on Stress and Anxiety in Nursing Students in the Covid-19 Pandemic. *Black Sea Journal of Health Science*, *6*(1), 40-46. https://doi.org/10.19127/bshealthscience.1073640

COVID-19 pandemic has caused nursing students studying in the clinical field to stay away from the clinic for a long time due to the interruption of education. This process affected the anxiety levels of nursing students, causing them to feel inadequate and experience stress. This study aims to investigate the effect of the emotional freedom technique on nursing students' styles of coping with anxiety and stress. In the experimentally designed study with a pretest-posttest control group, the emotional freedom technique was applied to the experimental group in 4 sessions. In addition, the state anxiety scale, coping styles scale, subjective discomfort level scale was applied during the pre-application phase and after the emotional freedom technique session. As a result, it was determined that the students in the experimental group had higher mean scores of coping with stress inventory, seeking social support, optimism, self-confidence, and submissive approach measurement scores in the post-test, and state anxiety scale measurement scores measured in the post-test. Therefore, alternative approaches such as the

emotional freedom technique that nursing students can apply to reduce their anxiety levels and increase their coping with stress should be encouraged.

Dewi, I. P., Nugraha, N. J. A., & Pujiastuti, E. (2023). Dukungan Psiko-Spiritual PROLANIS melalui Spiritual Emotional Freedom Technique (SEFT) pada Kelompok Penderita Diabetes Mellitus. *Aksiologiya: Jurnal Pengabdian Kepada Masyarakat*, *7*(4), 726-733. https://doi.org/10.30651/aks.v7i4.10682

Diabetes Mellitus (DM) is a palliative disease because it requires long-term and comprehensive care. The impact of DM is not only physical, but also psychological or mental and spiritual aspects, such as anxiety, stress and depression. The government is trying to handle DM through PROLANIS (chronic disease management program) at PUSKESMAS. One of the PUSKESMAS that runs this program is Kujangsari, Bandung City, with 74 PROLANIS participants, but the activeness of participants ranges from 20 to 43 people per month. The programs implemented are health education about diet, diabetes exercise and blood sugar level measurement, psycho-spiritual support interventions are not included in it. Support interventions for psycho-spiritual health are carried out through Spiritual Emotional Freedom Technique (SEFT) training for PROLANIS DM participants and have proven to be one of the self-help therapies, with a decrease in anxiety levels, from an average of moderate and severe (36%) to being dominated by mild anxiety (74%).

Esnaola-Dorronsoro, O., González, L., & Mujika, A. (2023). Intervenciones de la matrona ante el miedo al parto. (Midwife interventions to reduce fear of childbirth). *Matronas Profesion, 24*(1), 7–8. MedicLatina.

To analyze the risk factors that influence the development of fear and the different interventions that can be offered by the midwife, and to identify instruments for measuring fear of childbirth.
Methods: Bibliographic review in PubMed, Virtual Health Library, Cochrane Library, Dialnet, Cuiden and Medes of studies published in the last 5 years, using Boolean combinations of keywords “fear”, “childbirth” and “midwife”.
Results: Thirty-three bibliographic references have been selected based on pre-established selection criteria 9 secondary studies, 17 quantitative, 4 qualitative and 3 protocols. The results are presented in three categories according to the established objective. Nulliparity, depression and poor social support are risk factors for tocophobia, among others. Several interventions have been shown to be effective in managing fear of childbirth: face-to-face counseling, psychoeducation, prenatal education, art therapy, and emotional freedom technique (ELT) and breathing awareness technique (BAT). The most commonly used instrument to measure fear of childbirth is the Wijma Delivery Expectancy Questionnaire (W-DEQ).
Conclusion: Socioeconomic and obstetric factors of the woman, as well as previous experiences, are associated with tocophobia. There is a wide variety of interventions for the management of fear of childbirth that have obtained positive results in the reduction of fear of childbirth. In addition, continuity of care has been shown to be the best model of care for reducing fear of childbirth. The availability of tools that make it possible to detect problematic situations related to fear of childbirth, the important repercussions it entails and the existence of interventions that can help to reduce it, call for the need to systematically assess tocophobia.

Finka Hanandayu Kawanda, & Ambar Relawati. (2023). Implementasi Terapi Spiritual Emotional Freedom Technique (SEFT) Untuk Menurunkan Kecemasan Pada Pasien Pre-

Operasi. *Jurnal Ilmu Kesehatan Dan Gizi*, *1*(3), 15–24. https://doi.org/10.55606/jikg.v1i3.1270

Pre-operative anxiety is the fear of pain after surgery, physical changes, facing surgical equipment and staff, death during anesthesia, failure of surgery or complications during surgery. Anxiety in patients who will undergo surgery can be overcome with non-pharmacological therapy, namely SEFT therapy which has a positive impact on reducing preoperative patient anxiety. This case study aims to determine whether implementing SEFT therapy can reduce anxiety in preoperative patients
Methods: The method is a case study focusing on one patient. First, a numerical rating scale was utilised to measure the intensity of anxiety of the patients using the STAI (State-Trait Anxiety Inventory), then using SEFT therapy over of 3 stages, namely set-up, tune-in, and tapping between 10-15 minutes 1 time per day for 2 days, then re-evaluate using STAI to measure anxiety levels after the intervention
Results: The results show that using the SEFT therapeutic intervention, the preoperative patient's anxiety level decreased from moderate anxiety to mild anxiety. Nurses could provide education to patients and their families in order to be able to reduce anxiety in the pre-operative phase so that patients can become more relaxed and comfortable.

Fitriasari, A., Khamida, K., & Budury, S. (2023). The Emotional Freedom Technique method strategy in reducing anxiety. *Community Development Journal: Jurnal Pengabdian Masyarakat*, *4*(2), 4818–4822. https://doi.org/10.31004/cdj.v4i2.16156

Mental health is an important aspect in realizing overall health. Data from various surveys show an increase in the number of people experiencing mental disorders, including anxiety. The high anxiety of the community requires a management to reduce anxiety levels through the action of Emotional Freedom Technique. The purpose of community service activities is to increase knowledge and demonstrate Emotional Freedom Technique in reducing anxiety. The method of this community service activity includes education about anxiety levels, anxiety management and demonstration of Emotional Freedom Technique actions. Data collection was carried out by giving a state trait anxiety inventory questionnaire pre-test before and after the action was taken. The results of this activity obtained that the anxiety level of participants before being given Emotional Freedom Technique was mostly in the moderate anxiety category of 16 participants (57%) and after being given Emotional Freedom Technique was mostly in the normal category of 15 participants (54%). The evaluation of the implementation of this community service activity shows the importance of understanding the community about anxiety and the action of Emotional Freedom Technique in reducing anxiety.

Ghoreishi S., Pourhadi S., Hosseini S., & Hamidia A. (2023). The Effect of Emotional Freedom Techniques on sleep quality, sleepiness and quality of life of older adults in adult day-care center. *Iran J Psychiatry Behav Sci.*; 17(4):e126985. https://doi.org/10.5812/ijpbs-126985.

Various physical and mental problems and diseases may develop with aging. Poor sleep quality is the third most common major problem in older adults, affecting all aspects of life. Emotional Freedom Techniques (EFT) can be used to treat the disease in older adults. This interventional study attempted to investigate the effect of EFT on sleep quality, sleepiness, and quality of life of older adults.

Methods: This was a quasi-experimental study. The selection of the participants was based on the convenience sampling method. Twenty-one people participated in the study and were divided into two groups of interventions. The study was conducted in the adult day-care center. In one group, 11 people and in the other group, 10 people were included. First, an educational session regarding sleep hygiene was held. Then, the EFT was administered for 4 weeks, 2 sessions per week, and each session lasted for 30 - 45 minutes in the intervention group by the student (first author); sleep hygiene training was also provided for the second group. Study measures included the PSQI (Pittsburgh sleep quality index), the Epworth Sleepiness Scale (ESS), and the Quality-of-Life Scale. Follow-ups were performed after the intervention and one month later. The statistical tests used were repeated measures and chi-Square tests. A P-value < 0.05 was considered as statistically significant.
Results: The trend of changes in sleep quality ($P = 0.001$, $P = 0.001$, respectively) and sleepiness ($P = 0.023$, $P = 0.001$, respectively) was incremental and significant before and after the intervention and one month later in each of the groups, but results show that there was no significant interaction effect for any subscale, including subjective sleep quality ($P = 0.786$), sleepiness ($P = 0.568$), and quality of life ($P = 0.289$).
Conclusion: According to the results, the EFT was effective on sleep quality, sleepiness, and quality of life of older adults in the adult day-care center, and sleep hygiene was influential.

Ghufron, M., & Anto, A. H. F. (2023). Islamic Therapy and Spiritual Emotional Freedom Technique (SEFT) Interventions in Reducing Post-Traumatic Stress Disorder (PTSD) for Survivors of Mount Semeru. https://doi.org/10.18326/infsl3.v17i2.207-232

This research aims to determine the effectiveness of Islamic and spiritual emotional freedom technique (SEFT) interventions in reducing the symptoms of post-traumatic stress disorder (PTSD) among the survivors of the Mount Semeru eruption. This research has three phases: 1) Mapping the PTSD levels among survivors (n = 250); 2) Randomly choosing the survivor with PTSD to engage in either intervention: Islamic therapy (n = 10), or SEFT (n = 12); 3) post-intervention interview to describe the PTSD state post-intervention (n = 3). The first phase employed the Impact of Event Scale-Revised (IES-R) to collect PTSD information among 250 survivors and then discovered that the mean of survivors' PTSD levels was moderate. The second phase was executed using a two-group pretest-posttest design and then analysed using a Wilcoxon-signed rank test; it revealed that either group significantly reduced the PTSD level among the survivors. Furthermore, the post-test results of both groups displayed no significant discrepancy. The third phase qualitatively confirmed that the PTSD level among the survivors was reduced after the intervention. Moreover, aside from intervention results, the interview exhibited that internal and external factors also determined PTSD development. The implication of the finding will be discussed further.

Harisa, A., Ma'rief, A. A., Syam, N. A., Yahya, N., Syarqiah, N., Toding, D., & Yodang, Y. (2023). PENANGANAN KECEMASAN PADA PASIEN CHRONIC KIDNEY DISEASE DENGAN TERAPI SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE (SEFT) DI RUANG HEMODIALISA RSPTN UNIVERSITAS HASANUDDIN: The Spiritual Therapy Emotional Freedom Technique (SEFT) to Handling Anxiety on Chronic Kidney Disease Patients in the Hemodialisa RSPTN Universitas Hasanuddin. *Jurnal Pengabdian Masyarakat Medika*, *3*(2), 125–132. https://doi.org/10.23917/jpmmedika.v3i2.2139

The World Health Organization (WHO) in 2018 stated that the prevalence of chronic kidney disease (CKD) sufferers is around 1/10 of the world's population with an estimated patient

mortality rate of 5-10 million each year. The prevalence of chronic kidney failure in Indonesia according to the Ministry of Health (2019) is estimated at 2 per 1000 population or 499,800 Indonesian population. Less than half of the prevalence of people with chronic kidney failure who have awareness in carrying out treatment such as hemodialysis therapy. Initial screening conducted by researchers in the Hemodialysis Room of RSPTN Hasanuddin University showed that 6 out of 10 patients experienced psychosocial disorders in the form of anxiety. The solution offered to reduce anxiety problems is by providing counseling, demonstrating / practicing the stages and steps of SEFT therapy, and evaluating the level of anxiety that patients have after SEFT therapy. This counseling activity aimed to provide information and increase the knowledge of patients undergoing hemodialysis therapy in the Hemodialysis Room of RSPTN Hasanuddin University regarding how to handle anxiety by applying The Spiritual Therapy Emotional Freedom Technique (SEFT) therapy. This activity was held on June 16, 2023, with 10 respondents participating in counseling. The results achieved from this counseling activity were that the majority of patients feel relaxed and their anxiety is reduced.

Hasibuan, S. H., Said, F. B. M., Abd Rashid, N., Huda, A., Kurnia, A., & Poddar, S. (2023). Adjuvant Hormonal Therapy and Emotional Freedom Techniques to Improve the Quality of Life of Patients with Breast Cancer: A Review of the Literature. *Al-Rafidain Journal of Medical Sciences (ISSN 2789-3219)*, *5*(1S), S76-80. https://doi.org/10.54133/ajms.v5i1S.300

Health-related quality of life (QOL) has been a major concern for both breast cancer survivors and patients seeking treatment. Studies were done to address this issue; however, not much is known about the benefits of the Adjuvant Hormonal Therapy Emotional Freedom Technique (AH-EFT). The study's objective is to evaluate the therapy's efficacy in breast cancer patients. The Adjuvant Hormonal Treatment-Emotional Freedom Method was examined in the current study using a review of the literature (AH-EFT). The finding indicates that integrating this therapy with conventional treatment improves the patient's quality of life during these times. Nurses working in the cancer ward are advised to use this therapy for clinical improvement. Future studies are required to evaluate the intervention with different populations and dosages or durations.

Idris, I., Pautina, M. R., Korompot, S., Madina, R., Sari, P., Rawanti, R., & Idris, N. I. F. (2023). Pengembangan Panduan Bimbingan Kelompok Dengan Emotional Freedom Technique (EFT) Untuk Mereduksi Kecemasan Adaptasi Kebiasaan Baru Siswa. *JAMBURA Guidance and Counseling Journal*, *4*(2), 80-89. https://doi.org/10.37411/jgcj.v4i2.2641

The spread of Covid 19 is on a sloping trend so that the Government has begun to develop a transition road map from the covid 19 pandemic to endemic conditions. Adaptation of new habits is a public campaign by the Ministry of Education and Culture in informing and educating the public about the implementation of learning in the 2020/2021 Academic Year and early January during the pandemic to endemic transition. Adaptation of new habits is so that we can work, learn and do activities productively side by side with the pandemic by paying attention to health protocols, mental health and psychosocial support towards adaptation of new habits in the school environment. This development research uses the Borg and Gall development model. The purpose of this research is to produce a group guidance guide with emotional freedom technique (EFT) to reduce students' new habit adaptation anxiety. The output of this research is a group guidance guide with emotional freedom technique (EFT) to reduce students' new habit

adaptation anxiety. Based on the results of small group product trials, it is stated that the product made is suitable to be used as a guide to reduce students' new habit adaptation anxiety. The results of the research are in the form of a group guidance guide with emotional freedom technique (EFT) to reduce students' new habit adaptation anxiety.

Iqbal M, Salami S, Rahmi L. (2023). Implementation of Spiritual Emotional Freedom Technique (SEFT) to Reduce Academic Tension of the Students at Baldatul Mubarakah Islamic Boarding School. Journal of Community Research & Service 2023;7(1):50-8.

There is significant cause for concern regarding the number of children who experience stressful situations while attending Islamic boarding schools; thus, preventative treatment is required to avoid negative outcomes and ensure academic achievement. The purpose of this research is to demonstrate that students at Baldatul Mubarakah Islamic Boarding School can benefit from engaging in Emotional Freedom Technique (EFT) therapy to lower their levels of academic stress. This investigation is an experimental study with pre-test and post-test control groups developed for their participation. Ten students from the Islamic boarding school Baldatul Mubarakah participated in the study. Of them, five were assigned to the experimental group, and the remaining five were assigned to the control group. As a direct result of this, there was a difference between the levels of stress felt by the experimental group and the control group while they were at the Islamic boarding school. More specifically, the experimental group felt much less stress than the control group.

Kawanda, F. H., & Relawati, A. (2023). Implementasi Terapi Spiritual Emotional Freedom Technique (SEFT) Untuk Menurunkan Kecemasan Pada Pasien Pre-Operasi. *Jurnal Ilmu Kesehatan dan Gizi*, *1*(3), 15-24. https://doi.org/10.55606/jikg.v1i3.1270

Pre-operative anxiety is the fear of pain after surgery, physical changes, facing surgical equipment and staff, death during anesthesia, failure of surgery or complications during surgery. Anxiety in patients who will undergo surgery can be overcome with non-pharmacological therapy, namely SEFT therapy which has a positive impact on reducing preoperative patient anxiety. This case study aims to determine whether implementing SEFT therapy can reduce anxiety in preoperative patients
Methods: The method is a case study focusing on one patient. First, a numerical rating scale was utilised to measure the intensity of anxiety of the patients using the STAI (State-Traite Anxiety Inventory), then using SEFT therapy over of 3 stages, namely set-up, tune-in, and tapping between 10-15 minutes 1 time per day for 2 days, then re-evaluate using STAI to measure anxiety levels after the intervention
Results: The results show that using the SEFT therapeutic intervention, the preoperative patient's anxiety level decreased from moderate anxiety to mild anxiety. Nurses could provide education to patients and their families in order to be able to reduce anxiety in the pre-operative phase so that patients can become more relaxed and comfortable.

Khasanah, D. U., Himawan, F., & Suparjo, S. (2023). Kombinasi Istighfar, Syukur Dan Emotional Freedom Technique Dapat Menurunkan Tingkat Stres Penyandang Diabetes Mellitus. *Bhamada: Jurnal Ilmu dan Teknologi Kesehatan (E-Journal)*, *14*(2), 66-73.

Stress is one of the psychosocial problems experienced by people with Diabetes Mellitus, especially during the COVID-19 pandemic. Stress if not handled properly can increase blood

glucose levels and reduce the quality of life of people with Diabetes Mellitus. The purpose of this study was to analyze the effect of the combination of Istighfar, Syukur and Emotional Freedom Technique on the stress levels of people with Diabetes Mellitus. The research design was quasi-experimental pre-test-post-test with control group. The number of samples was 31 respondents, consisting of 16 intervention groups and 15 control groups with purposive sampling techniques. Pre and post stress levels were measured using the Subjective Unit of Distress (SUDS) questionnaire.
Results: The results of the Independent T-test showed a significant difference in stress levels between the intervention group and the control group (p value = 0.013; α <0.05).
Conclusion: There is an effect of giving a combination of Istighfar, Syukur and Emotional Freedom Technique on reducing stress levels in people with Diabetes Mellitus.

Khotimah, N. I. H. H., Jundiah, R. S., Abidin, I., Imam, H., Aisah, A. R. N., Ma'ruf, M. A. A., & Nugraha, R. M. P. (2023). Emotional Freedom Technique (EFT) dengan Metode Basic Recipe untuk Menurunkan Tekanan Darah. *Faletehan Health Journal*, *10*(02), 199-206. https://doi.org/10.33746/fhj.v10i02.610

Hypertension impacts on coronary artery blockage, infarction, heart failure, stroke, anxiety, and depression and cause of death; thus, a proper treatment must be done. One of the treatments is EFT therapy. This study aimed to analyze the effects of emotional freedom technique (EFT) therapy twice a week with the basic recipe method on lowering blood pressure. The design used in this study was a true experimental approach with a pre-posttest and control design. The sample of 50 people with hypertension was obtained by the consecutive sampling technique. They were divided 25-25 into the intervention and the control group. The data analysis used t-test. The results showed that the average systolic pressure before giving EFT therapy was 147.60 mmHg and the average diastolic pressure was 88.60 mmHg. Meanwhile, the average systolic pressure after giving EFT therapy was 136.20 mmHg and the average diastolic pressure was 76.24 mmHg. The blood pressure of the intervention group after EFT therapy showed a significant difference both in the systolic pressure (p value 0.020) and in the diastolic pressure (p value< 0.001). The analysis results showed that the blood pressures were lowered significantly after EFT therapy was given twice a week. EFT therapy is very useful for hypertensive patients as an alternative treatment to control their blood pressure.

Kordi, M. (2023). The effectiveness of emotional release technique (EFT) on the expression anxiety of second secondary students in Bagh-e Malek city*. Quarterly Journal of Approach to Philosophy in Schools and Organizations. 2*(4), 72-84. DOI:10.22034/esbam.2024.435636.1043

This research was conducted with the aim of the effectiveness of the Emotional Release Technique (EFT) on the expression anxiety of the second secondary students of Baghe Malek city in 2021-2022.
Methods: The research method was semi-experimental with a pre-test-post-test design with a control group. The statistical population of the research included all the male students of the second secondary level of Bagh-e Malek city in 6 public schools with a volume of 1261 people, 30 people were selected as a sample by random cluster sampling and based on the cutoff score of the questionnaires. 15 people were randomly replaced in the experimental group and 15 people in the control group. The experimental group was trained in emotion release technique during 6 sessions of 50 minutes. The data were collected and analyzed using SPSS-23

software using the public speaking anxiety questionnaire (PSAS) by Barsolumi and Houlihan (2016).
Results: The results of multivariate analysis of variance showed that the mean of the cognitive, physiological, and total expression anxiety components in the experimental group decreased compared to the control group, but no significant difference was observed in the behavioral anxiety component between the two groups. Also, the results of covariance analysis showed that the emotion release technique has a significant effect on cognitive anxiety Eta = 0.31, behavioral Eta = 0.23, physiological Eta = 0.23 and expression anxiety Eta = 0.42.
Conclusion: The general conclusion of the research shows that paying attention to the training of emotion release technique for students with expressive anxiety is one of the necessities of the research and it is recommended to hold courses in this field in educational centers.

Kristanto, B., & Indriati, R. (2023). Efektivitas Terapi Spiritual Emotional Freedom Technique (SEFT) Untuk Menurunkan Perilaku Merokok Pada Remaja. KOSALA: Jurnal Ilmu Kesehatan, 11(1), 53-63. https://doi.org/10.37831/kjik.v11i1.272

Lestari, I. (2023). Spiritual Emotional Freedom Technique (SEFT) as an Effort to Improve Mood Swing Premenstruation Syndrome. KARYA TULIS DOSEN.

Towards or during the menstrual cycle there are changes in the balance of various hormones such as endorphins, serotonin, and other hormones that determine mood. Mood swings, commonly known as premenstrual syndrome, fluctuate involving alternating feelings of happiness, sadness, anger, and depression, which are often known as Mood Swings. This condition can be minimized with non-pharmacological therapy, one of which is SEFT (Spiritual Emotional Freedom Technique). The purpose of this study was to prove the effect of SEFT (Spiritual Emotional Freedom Technique) therapy in improving the mood of Premenstrual Swing Syndrome at Darussalam Islamic Boarding School. The design of the study was a pre-experimental one-group pretest-posttest approach. The population was all female students who experienced premenstrual syndrome Mood Swings at Darussalam Islamic Boarding School with a total of 232 respondents. A sample of 186 respondents was selected by random sampling technique. The instruments in the study were standard SEFT therapy procedures and the FDMS (Four Dimension Mood Scale).

Maulida, T., Sesaria, T. G., & Nurdin, A. (2023). Asuhan Keperawatan pada Pasien Hipertensi melalui Intervensi Terapi Emotional Freedom Technique (EFT) di Ruangan Diponegoro RSUD Arjawinangun Cirebon. ASJN (Aisyiyah Surakarta Journal of Nursing), 4(2), 60–68. https://doi.org/10.30787/asjn.v4i2.1331

Hypertension is an increase in blood pressure above 140 mmHg systolic and 90 mmHg diastolic. According to West Java BPS data, in 2022 the prevalence of hypertension in Cirebon Regency reached 80.72%. Symptoms that are often experienced by people with hypertension are headache. Management of hypertensive clients with pain in hospitals mostly leads or focuses on pharmacological management alone, so that non-pharmacological therapies are needed that have no side effects, such as EFT therapy. This study aims to describe, analyze and perform nursing care on hypertensive clients with pain who are given EFT therapy interventions to reduce pain and blood pressure.
Methods: Descriptive qualitative research type case study approach.

Results: The results of the assessment and examination obtained, namely the first client experienced a decrease in pain from 5 to 2 (1-10) and a decrease in blood pressure of 40 mmHg systole 10 mmHg diastole and the second client experienced a decrease in pain from 5 to 1 (1-10) and a decrease in blood pressure of 30 mmHg systole 20 mmHg diastole.

Megasari, A. L., Putri, N. R., & Setiawan, A. E. (2023). The Effect of Spiritual Emotional Freedom Technique Therapy on Anxiety Among the Coronary Heart Disease Patient Undergo Percutaneous Coronary Intervention. *Proceeding international*, *3*, 17-22. DOI: https://doi.org/10.33761/jd.v3i.4

One of the managements of coronary heart disease is percutaneous coronary intervention. Percutaneous coronary intervention often causes anxiety in coronary heart disease. Anxiety in coronary heart disease will undergo percutaneous coronary syndrome must intervene because it can have adverse effects such as unstable hemodynamic status. This study aims to determine the effects of SEFT in reducing anxiety in patients with coronary heart. This research used a design of pre-experimental quantitative method with a one-group pre-post test design approach. This research used a saturated sampling method with 30 respondents and was conducted in dr. Moewardi Hospital. SEFT was given to the respondents 15 minutes before percutaneous coronary intervention do. The anxiety of the patient was measured before and after SEFT. Anxiety assesses using the HARS questionnaire. HARS questionnaire has a score of 0-56. The results of this study are the mean score of anxiety decreasing from 28.50 to 20.60 after being given the SEFT intervention. The dependent t-test showed there is an effect of the application of SEFT therapy, it reduces anxiety in coronary heart patients who would undergo percutaneous coronary intervention with a p-value of 0.000. The application Spiritual Emotional Freedom Technique as an alternative to psychotherapy intervention can prevent or reduce anxiety in coronary heart patients who will undergo percutaneous coronary intervention.

Muslim, A. A., & Wahyuni, T. (2023). Spiritual Emotional Freedom Technique (SEFT) and Time Management to Reduce Academic Stress in Students During the Covid-19 Pandemic. *Indonesian Journal of Instructional Media and Model*, *5*(2), 85-95. https://doi.org/10.32585/ijimm.v5i2.4592

Academic stress is mental distress due to stressors related to the academic environment. The study of academic stress on adolescents and students has been extensively researched and has become a topic of great concern. Academic stress is mental distress due to academic stressors. Prolonged academic stress will not only affect the lives of adolescents but has the potential to reduce academic achievement. The research problem refers to the Spiritual Emotional Freedom Technique (SEFT) and whether time management can be used to reduce student academic stress. The research objective was to determine the effect of SEFT therapy and time management on reducing academic stress in students during the Covid-19 pandemic. This study used an experimental method to collect data and an experimental design that used a pretest - posttest control group design. The academic stress measurement tool uses the student - Life Stress Inventory (SSI). Data analysis using one way ANOVA. The results showed that there was an effect of the three experimental groups SEFT, time management, SEFT and time management on reducing academic stress in adolescents at school. This decrease has a higher score than the control group. SEFT has the greatest effect on reducing academic stress compared to all other experimental groups and the control group with a significance of 0.011.

Desoky MMA, Abdo Hussien A, Ibrahim AA, Metwally HMS. (2023). Emotional Freedom Technique for Reducing Primary Dysmenorrhea Intensity among Female Students*. Assiut Scientific Nursing Journal 2023;11*(37):33-42. doi:10.21608/asnj.2023.203538.1558

Dysmenorrhea is frequently described as painful menstruation that causes lower abdomen cramps and often spreads to the thighs and lumbosacral area. The present study aimed to evaluate the effectiveness of Emotional Freedom Technique for reducing primary dysmenorrhea intensity among female students. Design: A one-group pre-post-test procedure was utilized in a quasi-experimental design.
Methods: A convenient sample of 161 female nursing students from Faqous High Institute of Nursing at Zagazig University in El Sharkia Governorate was assigned to participate in the study. Tools: 1) a structured interviewing questionnaire sheet and 2) a visual analog scale.
Results: The mean score of the visual analogue scale was reduced among studied female students after the intervention compared to before the intervention, which was (9.2-¦1.3 vs7.8-¦1.4) with a 15.2 percent of improvement.
Conclusion: The Emotional Freedom Technique effectively reduces pain intensity and dysmenorrhea symptoms, which is quick and effective for self-treatment. Recommendation: Educating all students about the advantages of the Emotional Freedom Technique for minimizing dysmenorrhea during menstruation is important.

Eraydın, C., Çorbacı, B., Dini, Ü., Uysal, H., & Yıldırım, E. (2023). Investigation of the Effect of Emotional Freedom Technique on Stress and Anxiety in Nursing Students in the Covid-19 Pandemic. *Black Sea Journal of Health Science*, *6*(1), 40-46. https://doi.org/10.19127/bshealthscience.1073640

COVID-19 pandemic has caused nursing students studying in the clinical field to stay away from the clinic for a long time due to the interruption of education. This process affected the anxiety levels of nursing students, causing them to feel inadequate and experience stress. This study aims to investigate the effect of the emotional freedom technique on nursing students' styles of coping with anxiety and stress. In the experimentally designed study with a pretest-posttest control group, the emotional freedom technique was applied to the experimental group in 4 sessions. In addition, the state anxiety scale, coping styles scale, subjective discomfort level scale was applied during the pre-application phase and after the emotional freedom technique session. As a result, it was determined that the students in the experimental group had higher mean scores of coping with stress inventory, seeking social support, optimism, self-confidence, and submissive approach measurement scores in the post-test, and state anxiety scale measurement scores measured in the post-test. Therefore, alternative approaches such as the emotional freedom technique that nursing students can apply to reduce their anxiety levels and increase their coping with stress should be encouraged.

Herlina, S., Sartika, W., & Qomariah, S. (2023). Dampak Spiritual Emotional Freedom Technique (SEFT) Terhadap Tingkat Nyeri Haid pada Siswi di Pekanbaru. *Jurnal Mutiara Kesehatan Masyarakat*, *8*(2), 60-66. https://doi.org/10.51544/jmkm.v8i2.4571

As many as 55% of women in Indonesia in the productive age range experience pain during menstruation. Handling menstrual pain can be done through approaches using drugs and not using drugs. One of the non-medication methods that can be applied is SEFT. SEFT treatment is used to address emotional and physical aspects by performing light tapping on meridian

points. The study aims to assess the impact of SEFT on the level of menstrual pain in adolescent girls. The method used was a pseudo-experiment with a one group pretest posttest design, and the sampling technique was carried out through total sampling involving 24 subjects. The research was conducted at SMK Perpajakan Pekanbaru. Data collection tools used included observation sheets and NRS, with the data collection process involving editing, coding, scoring, and tabulation, followed by data analysis using the Wilcoxon Signed Rank Test. The results showed that before the SEFT therapy intervention, the majority of 24 respondents (75%) experienced moderate pain. After the SEFT therapy intervention, the majority of respondents (54.2%), or 13 people, experienced pain categorized as mild. The results of the Wilcoxon Signed Rank Test using SPSS showed a ρ-value of 0.000 <0.05, which means that the alternative hypothesis is accepted. It is concluded that SEFT has an effect on reducing menstrual pain in adolescents. SEFT can be an auxiliary method for adolescent girls in reducing menstrual pain.

Kristanto, B., & Indriati, R. (2023). Efektivitas Terapi Spiritual Emotional Freedom Technique (SEFT) Untuk Menurunkan Perilaku Merokok Pada Remaja. KOSALA: Jurnal Ilmu Kesehatan, 11(1), 53-63. https://doi.org/10.37831/kjik.v11i1.272

Smoking is one of the health problems that needs serious attention because the level of use is still high in Indonesia. Data from the Basic Health Research in 2018 stated that there was an increase in the prevalence of smoking in the population aged 10 years from 28.8% in 2013 to 29.3% in 2018. At this time, smoking is not only a problem for adults, but also increasingly prevalent among children and adolescents. This is evidenced by the increase in smoking prevalence in the population aged 10-18 years, which amounted to 1.9% from 2013 (7.2%) to 2018 (9.1%) (Indonesian Ministry of Health, 2020). Efforts to stop smoking behavior are not easy, especially for smokers in Indonesia. Various ways or methods are needed to reduce the number of smokers. One way to overcome smoking behavior is with Spiritual Emotional Freedom Technique (SEFT) therapy. For this reason, research is needed to assess the effectiveness of this therapy. The purpose of this study was to determine the effectiveness of Spiritual Emotional Freedom Technique (SEFT) therapy to reduce smoking behavior in adolescents. This type of research is an observational analysis with a correlation design, to determine the effectiveness of Spiritual Emotional Freedom Technique (SEFT) therapy to reduce smoking behavior in adolescents. The research subjects were adolescents in Tipes Village, Serengan District, Surakarta City, Central Java as many as 36 people. The results showed that the average cigarette consumption before the SEFT intervention per day was 6 cigarettes. While the average cigarette consumption after SEFT intervention per day is 3.6 cigarettes. The conclusion of this study is that Spiritual Emotional Freedom Technique (SEFT) therapy is effective for reducing smoking behavior in adolescents (p = 0.001).

Kurnia, V., Pauzi, M., Ramadanti, T., Gusmiati, R., & Fitri, S. D. (2023). Spiritual emotional freedom technique (SEFT) terhadap tekanan darah pada pasien hipertensi. Spiritual Emotional Freedom Technique (SEFT) on Blood Pressure in Hypertensive Patients. *Jurnal Kesehatan Holistic*, *7*(1), 28-36. https://doi.org/10.33377/jkh.v7i1.149

Hypertension become a major problem in many countries in the world and it the etiologies of cardiovascular. Nursing intervention performed in hypertension using complementary Technique that focus on their physical, emotional and spiritual response. Spiritual Emotional Freedom Technique provides a light taping on the body's 18 meridian points that intends to stimulate and activate, resulting a relaxing effect on the body. The purpose of study to find the Effect of

Spiritual Emotional Freedom Technique on Blood Pressure in people with Hypertension in area Rasimah Ahmad Health Center at Bukittinggi City in 2021.
Methods: This type of quantitative research using pre-experimental (One group pretest-posttest). sample in 19 respondents. Non-Probability Sampling techniques and data collection using observation sheets and computerized processing. The meaningful values for the four data groups are not normal distribution. Statistics used Wilcoxon signed rank test.
Results: The average systolic blood pressure before SEFT therapy is 141.32 mmHg and diastolic is 93.42 mmHg and the average systolic blood pressure after SEFT therapy is 136.58 mmHg and diastolic is 88.58 mmHg. The results of Wilcoxon Test obtained statistics obtained systolic value p = 0.003 and diastolic value p = 0.001,? =0.05 (p<?), there is a meaningful change blood pressure in people with hypertension.
Conclusion: Health care be used as a foundation for realizing evidence-based practice in handling people with hypertension with complementary therapies.

Rantesigi, N., Agusrianto, A., Supriadi, S., & Sufyaningsih, U. (2023). Pemberian Terapi Spiritual Emotional Freedom Technique (SEFT) bagi Pasien Terkonfirmasi Covid-19: Provision of Spiritual Emotional Freedom Technique (SEFT) Therapy for Covid-19 Convirmed Patients. Poltekita: Jurnal Pengabdian Masyarakat, 4(2), 586–593. https://doi.org/10.33860/pjpm.v4i2.1655

The covid-19 pandemic can have an impact on both physical and psychological problems for every individual, especially those who have to experience isolation/ quarantine. The forms of distress that arise due to COVID-19 include: sleep problems, fear of viruses, difficulty focusing, anxiety, and depression. Spiritual Emotional Freedom Technique (SEFT) is one technique that has been proven effective in dealing with anxiety and increasing motivation. The purpose of this activity is to increase knowledge, reduce anxiety, and reduce stress for confirmed Covid-19 patients. This community service was carried out in the Gebang Rejo Village by using video as a medium. This education related of the impact or danger of anxiety was attended by 24 participants, consisting of 20 women and 4 men. The community was very enthusiastic in listening to the educational materials. After providing education, then continued with the provision of SEFT therapy. From the results of the evaluation of the level of anxiety after community service, it was found that there was a decrease in the number of severe anxiety from 20,8% to 2,4%, moderate anxiety from 37,5% to 20,8% and an increase in mild anxiety from 41,6% to 75%. The conclusion is that giving SEFT therapy can reduce anxiety levels in confirmed covid-19 patients.

Rismayanti, I. D. A., Sundayana, I. M., Pamela, F. S., Supriati, L., & Wulandari, Y. (2023). Spiritual Emotional Freedom Technique (SEFT) to Reduce Blood Pressure Among Senior Citizens. *Jurnal Aisyah: Jurnal Ilmu Kesehatan*, *8*(2), 305-310. DOI: 10.30604/jika.v8i2.1810

Decreased elasticity of the aortic wall, thickening of heart valves, and decreased heart capacity are all part of the aging process. This is one of the causes of hypertension in the elderly. SEFT is one of Complementary therapy which is in the form of relaxation techniques in the form of mind-body therapy. This technique combines the energy system and spiritual healing by tapping certain points on the body that can help control blood pressure. Complementary therapy is a friendly choice of therapy for people who experience with degenerative process. The study aims was to determine the effect of SEFT on the elderly who experience hypertension in the working area of the Buleleng III Primary Health Care. One group pre-test and post-test were used. 48 respondents were selected using purposive sampling and were willing to participate. The paired

sample t-test was used to analyze respondents' blood pressure differences. SEFT therapy is proven to be able to reduce blood pressure in the elderly in Buleleng III Health Center (p-value less than 0.005). The decrease in blood pressure in the elderly after being given SEFT therapy is a finding that can be followed up as a complementary therapy solution in lowering blood pressure in the elderly.

Rachman WONN, Rahmadhania WO, Indriani C, Yani A, Ima L. (2023). Spiritual Emotional Freedom Technique Intervention on Anxiety Level of Hypertensive Heart Disease Patients. *Poltekita: Jurnal Ilmu Kesehatan,* 17(3):729-34.

Hypertension is one of the leading causes of various heart diseases. In patients with Hypertensive Heart Disease (HHD), anxiety symptoms can continue to increase, which can affect the treatment and healing process and can cause various complications. This study aims to determine the effect of Spiritual Emotional Freedom Technique (SEFT) therapy on anxiety levels in HHD patients in the ICCU room of Kendari City Hospital. This type of research is a pre-experiment with a one-group pretest-posttest design. The population in this study were all HHD patients treated in the ICCU room of Kendari City Hospital. The sampling technique used was purposive sampling, with a total sample size of 22 respondents. This research instrument uses the Anxiety Visual Analog Scale (VAS-A) questionnaire sheet to measure anxiety levels. The analysis method uses a paired-sample t-test. The results showed that the level of anxiety before and after SEFT therapy decreased. This can be seen from the statistical test p-value = 0.000 < α = 0.05, which shows a significant difference. It can be concluded that SEFT therapy influences reducing anxiety levels in HHD patients. It is expected for service institutions and other institutions to provide training for health workers to perform SEFT therapy to help reduce patient anxiety levels.

Rahmi, R., Nurjanah, D. S., & Naan, N. (2023). Komparasi Nilai Sufistik dalam Terapi Spiritual Emotional Freedom Technique dengan Terapi Mind Healing Technique. *Jurnal Riset Agama*, *3*(3), 450-462. https://doi.org/10.15575/jra.v3i3.32356

Spiritual Emotional Freedom Technique (SEFT) therapy and *Mind Healing Technique* (MHT) therapy have similar Sufistic values which make perceptions equalize the meaning of the Sufistic values of the two therapies. This research aims to find the sufistic values contained in SEFT Therapy, explain the Sufistic values contained in MHT Therapy, and most importantly to compare the sufistic values contained in SEFT therapy and MHT therapy. This research uses a qualitative approach with the research method Library Research or Library Study and Internet Searching or Internet Study. The results obtained from this research are that SEFT Therapy and MHT Therapy have three similar Sufistic values which have different meanings. The comparison of Sufistic values obtained from the two therapies is surrender, sincerity and gratitude. Surrender in SEFT Therapy is seen as an attitude of graceful acceptance of whatever happens in life, while surrender in the MHT view is a healing effort that does not force the results because it believes that healing is the right of Allah SWT. According to SEFT, sincerity refers more to blessing, which is a condition where a person will not complain about any misfortune that occurs in his life, then according to MHT, sincerity is sincerity that knows no boundaries and is selfless for anything given to other people. Lastly, the meaning of gratitude in SEFT is recognition of all the blessings that have been given by Allah SWT. while MHT interprets gratitude as an effort to enjoy the blessings given by Allah SWT.

Rochma E, Rohman R, Ansori W, Aiyanto F, Muthmainah Q, Dewi Suciningtyas P. (2023). Effect Of Seft Giving (Spiritual Emotional Freedom Technique) On The Level Of Anxiety Of Covid 19 Patients In The Edelweis Isolation, Orthopedic Hospital Prof. Dr. R. Soeharsosurakarta. *International Journal of Science, Technology & Management; ;4*(4):780-4.

Indra Ruswadi, Ike Puspitaningrum, & Niken Wulan Hasthi Murti. (2023). The Effectiveness of SEFT Complementary Therapy (Spiritual Emotional Freedom Technique) In Assist of Hypertension Treatment Program at Elderly. *The International Science of Health Journal*, *1*(4), 20–37. https://doi.org/10.59680/ishel.v1i4.824

Hypertension is a silent disease that causes of unexpected death for sufferers. They do not know that they have hypertension before checking their blood pressure. Various methods can be used to manage hypertension is using SEFT (Spiritual Emotional Freedom Technique). SEFT is a combination of spirituality such as prayer, sincerity, surrender with psychology energy. The purpose of this research is to determine the level of effectiveness of SEFT complementary therapy in assist of hypertension treatment programs at elderly.
Methods: The method of this research is a quantitative using Quasy Experiment Approach with pre-posttest control group design. The statistic analyzed descriptive and statistical test using Wilcoxon Signed Ranks Test.
Results: The results of the statistical test on the blood pressure of the experimental group showed that there was a significant difference in the systolic and diastolic blood pressure of hypertension sufferers (experimental group), before and after the SEFT complementary and the result of the statistical test on the blood pressure of the control group concluded that there was no significant difference on the blood pressure of hypertension sufferers without being given SEFT complementary therapy at the beginning of the treatment and at the end of the treatment. The finding of this study is the use of SEFT therapy that given together with hypertension therapy program can help to control the blood pressure of hypertension sufferers.

Saadoon OHMM, Ibrahim Gouda AM, Elmashad HA. (2023). Effect of Emotional Freedom Technique on Fear of Childbirth and Stress among Primiparous Women during the First Stage of Labor. *Assiut Scientific Nursing Journal,11(*39):301-11.

Fear of childbirth refers to feelings of uncertainty and anxiety before, during, or postpartum that have negative childbirth outcomes. Emotional Freedom Technique is a psychophysiological intervention that helps in reducing fear of childbirth, post-traumatic stress disorder, improving the individual GÇ's negative emotions and managing associated physical disorders. evaluate the effect of Emotional Freedom Technique on fear of childbirth and stress among primiparous women during the first stage of labor. Design: Quasi experimental study was used. Study sample: A purposive sample of one hundred and two primiparous women was allocated to either the intervention or the control group, with 51 women in each group. Tools of data collection: Three tools were used; a structured interview questionnaire, childbirth attitudes questionnaire & subjective units of distress scale.
Results: The present study findings showed that in the latent, active & transitional phases of labor after applying Emotional Freedom Technique, there were highly statistically significant decrease in fear of childbirth and stress of childbirth in favor of the intervention group (p= 0.001).

Conclusion: Emotional Freedom was an effective technique in reducing primiparous women's fear of childbirth and stress at the first stage of labor. Recommendations: Utilization of Emotional Freedom Technique as a routine care to reduce fear of childbirth and stress among primiparous women during labor

Salami & Fatmawati. (2019). The Implementation of Spiritual Emotional Freedom Technique (S-EFT) to Reduce Self-discomfort: A Study among College Students. *Proceedings of the 1st International Conference on Psychology*, pp. 137-46.

Siregar, M. A., Kaban, A. R., Harahap, Y. A., & Saftriani, A. M. (2023). Pengaruh Spiritual Emotional Freedom Technique (Seft) Dan Murottal Surah Ar Rahman Terhadap Kualitas Tidur Pasien Hemodialisa. *Jurnal Keperawatan*, *8*(2), 237-251. https://doi.org/10.32668/jkep.v8i2.1425

Hemodialysis has a negative effect on the psychological and physical patients so that in addition to causing hemodynamic disorders, patients will tend to experience sleep disorders. Poor sleep disorders will affect the quality of sleep and the healing process of the disease. As a nurse, nurses can provide nonpharmacological therapy in the form of a combination of relaxation and spiritual therapy, namely spiritual emotional freedom technique (SEFT) healing and listening to the Quran murottal surah Ar-Rahman. The purpose of this study was to analyze the effectiveness of the combination of SEFT and listening to the Quran murottal on the sleep quality of patients with hemodynamic disorders in the Hemodialysis room of RS Haji Medan. This study used quasi-experiments with one group pre-posts. The study was conducted on 35 patients in the hemodialysis room who had hemodynamic disorders with sampling techniques using purposive sampling. Intervention was carried out as many as 1 intervention for 1 cycle of SEFT and 30 minutes listening to the Quran murottal surah Ar Rahman using animated videos and headsets on patients after SEFT was carried out. Before and after the intervention, pretest and posttest were performed to assess the patient's sleep quality using the PSQI (Pittsburg Sleep Quality Sleep) questionnaire. Data analysis using SPSS with univariate analysis, bivariate analysis with t-paired t-test to analyze the effectiveness of the intervention.
Results: Sleep quality improved before and after the intervention. Based on the paired t test, a p value of 0.000 is obtained. So that the combination of SEFT and listening to the Quran murottal is effective for the quality of sleep of patients with hemodynamic disorders in the hemodialysis room of RSU Haji Medan. The combination of Spiritual emotional freedom technique (SEFT) and listening to the murrottal of the Quran can improve the quality of sleep of patients with hemodynamic disorders in the hemodialysis room of RS Haji Medan.

Sucipto S, Kristanto H, Dhevansa WC. (2023). Literature review: the effect of spiritual emotional freedom technique therapy on patients with depression*. Ind J Global Health Res,* 5(1):61-8.

Depression is a disorder of a person's feelings, emotions and behavior negatively which can make a person feel lost, empty and have no zest for life. To treat depression, you can use Spiritual Emotional Freedom Technique (SEFT) therapy which aims to change feelings, thoughts to become calmer and relaxed. and willingly accept trials. The purpose of this study was to analyze a journal entitled the effect of SEFT therapy on patients with depression. The research design used a literature review with a data collection strategy using inclusion-exclusion in the PICOS format. The search method in this study used the Google Scholar and Semantic

Scholar databases by entering the words "SEFT Therapy" OR "Depression". Search articles were limited to inclusion criteria and exclusion criteria. The inclusion criteria in this study were SEFT therapy in depression, the pre-experimental and quasy-experimental research designs, while the exclusion criteria was the management of depression without SEFT therapy. The results of the analysis of this study found that there was an effect before and after the Spiritual Emotional Freedom Technique therapy was carried out in patients with depression. The use of Spiritual Emotional Freedom Technique therapy must be done properly, from the therapeutic steps to the pronunciation of the therapy, because it is very influential in patients with depression.

Sukmana, M., Muda, I., & Zahra, K. A. (2023). Spiritual Emotional Freedom Technique (SEFT) As Implementation Of Nursing Care In Hypertension Patients With Lower Of Blood Pressure. *Mulawarman Nursing Indonesia Journal*, *1*(1), 28-35.

Hypertension is a non-communicable disease, and this degenerative disease is widespread, has a high mortality rate, and affects a person's quality of life and productivity. High blood pressure or hypertension is often called The Silent Killer because this disease is a hidden killer. Hypertension is defined as a condition that shows the results of an examination where the systolic blood pressure is above 140 mm Hg and the diastolic pressure is above 90 mmHg or more on two measurements with an interval of five minutes in a state of sufficient rest/calm. Treatment of hypertension can be done in two ways. Namely pharmacological and nonpharmacological. One of the nonpharmacological therapies that can be used is SEFT. The purpose of this study was to find out the description of SEFT therapy in reducing blood pressure in hypertensive patients
Methods: This research design uses a descriptive research design with a case study approach. The sampling technique is purposive sampling which will be carried out in June-July 2022 with three respondents.
Results: The study of 3 respondents showed different results. The average decrease in blood pressure of respondent 1 in Ny. M the difference is the systolic pressure of 8 mm Hg and the diastolic pressure of 15 mm Hg in respondent 2 Ny. The difference S is the systolic pressure of 10 mmHg and the diastolic pressure of 7 mmHg. While respondent 3 Ny. A, the difference in systolic pressure is 12 mmHg, and diastolic pressure is eight mmHg
Conclusion: There was a decrease in blood pressure in respondents with SEFT therapy for three days. Researchers concluded that hypertension could not only be treated with pharmacological treatment, such as complementary therapy and SEFT therapy.

Sulistyowati, D. A., & Rahmawati, U. A. A. (2023). PENGARUH TERAPI SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE TERHADAP PENURUNAN KECEMASAN PADA LANSIA SELAMA PANDEMI COVID-19 DI WILAYAH SURAKARTA. *Penerbit Tahta Media*. Retrieved from https://tahtamedia.co.id/index.php/issj/article/view/219

The author wants to convey to the community that by doing Spiritual Emotional Freedom Technique can reduce anxiety, Spiritual Emotion Freedom Technique (SEFT) is a combination of spiritual therapy and body energy systems that are useful for overcoming emotional and physical problems. SEFT therapy is one of the mindfulness therapies that can overcome various psychological problems, one of which is reducing anxiety levels. The advantage of SEFT therapy is the light tapping technique that can be done by anyone, does not require expensive costs, and is safe. SEFT therapy uses a psychological and emotional approach, one of the distinguishing things in this technique is the powerful power of prayer and is very influential in

reducing the anxiety of sufferers (Esch et al., 2013). There are 3 sequences carried out in this SEFT technique, the first is Set-Up which aims to neutralize negative thoughts, Tune-In by feeling the pain experienced, and tapping small taps using 2 fingertips on 18 key points of “The Major Energy Meridians”.

Suzanna S, Efroliza E, Hardika BD, Romiko R, Jumapmool A. (2023). The effect of mentoring and emotional freedom technique (m-eft) on nurses students' readiness and anxiety facing competency tests. ***Indonesian Nursing Journal of Education and Clinic 2023;8(1):*****1-9.**
https://doi.org/10.24990 /injec.v8i1.531

Competency Test is one of the mandatory instruments by the government to ensure quality graduates. Guiding students to prepare optimal results in the competency test, one of which is mentoring. The purpose of this study was to determine the effect of mentoring and emotional freedom technique (M-EFT) on the readiness and anxiety of nurse students to face the competency test.
Methods: This study is a quantitative study with a quasi-experimental research design with a pre-test and post-test approach with a control group with a statistical test used, namely the Mann Whitney test. The population in this study were nursing students from two institutions, namely the Muhammadiyah Palembang Institute of Health and Technology and the Musi Charitas Catholic University Palembang with a total sample of 153 people.
Results: There is a significant effect (0.001) of the intervention of mentoring and emotional freedom technique (M-EFT) on the readiness and anxiety of co-ners students to face the competency test.
Conclusion: there is a significant effect of M-EFT on students' readiness and anxiety to face the competency test. It is hoped that the M-EFT intervention can be used as an alternative method in overcoming the problem of learning readiness and anxiety in co-ners in educational institutions.

Syafrina, R. M., Kurniawati, T., & Faizah, N. (2023). Penerapan Terapi Spiritual Emotional Freedom Technique (SEFT) Dan Mendengarkan Bacaan Al-Qur’an Untuk Menurunkan Nyeri Post Operasi Pada Pasien Hernia Diruang Sulaiman 3 Rs Roemani Muhammadiyah Semarang. In ***Prosiding Seminar Nasional Unimus*** **(Vol. 6).**

Hernia is the protrusion of an organ, tissue or structure past the cavity wall. Hernia treatment can be done using a surgical procedure or incision called herniotomy. One of the pain managements in patients after hernia surgery that can be used is spiritual therapy, emotional freedom technique (SEFT), and listening to Qur'an readings. The spiritual, emotional freedom technique (SEFT) is a therapy performed with light tapping (tapping) at 18 points along the 12 energies of the body. The study aims to determine the effect of applying the Spiritual Therapy Emotional Freedom Technique (SEFT) to reduce postoperative pain.
Methods: This case study was conducted by evidence-based practice that has been adjusted, namely the provision of spiritual therapy emotional freedom technique (SEFT) and listening to Qur'an recitation in patients’ postoperative hernia as an additional standard to reduce the patient's pain scale, the sample in this case study is one respondent by measuring the pain scale before therapy and the pain scale after therapy. Spiritual Therapy Emotional Freedom Technique (SEFT) is carried out one time 552 for three days with a duration of therapy of 15 minutes per meeting.

Results: The results showed that Spiritual Emotional Freedom Technique (SEFT) Therapy and Listening to Qur'an Recitation had significant results in reducing pain with the results of the assessment of day one pain was a scale of 5 (medium) and day three a scale of 2 (mild pain) with signs of grimacing reduced, patients began to move positions gradually. The limitations of this case study are also due to the pharmacological therapy Ketorolac so that the pain scale drops gradually with an average decrease of 1 pain scale. Discussion Spiritual Therapy Emotional Freedom Technique (SEFT) is safe for patients with postoperative hernia pain because it can reduce pain intensity. The suggestion for providing SEFT therapy is so that nurses can accompany patients during therapy.

Utami, M. P. S., Fathonah, S., & Lestari, F. (2023). Penerapan terapi spiritual emotional freedom technique (SEFT) terhadap tingkat kecemasan pasien sirosis hepatis. *HealthCare Nursing Journal*, *5*(1), 496-500. https://doi.org/10.35568/healthcare.v5i1.2784

Hepatic cirrhosis is a chronic liver disease characterized by changes in liver tissue and loss of liver function with the onset of fibrosis and the formation of regenerative nodules. One of the psychospiritual problems that often arise in patients with hepatic cirrhosis is anxiety. Anxiety levels can be reduced with non-pharmacological therapy, namely Spiritual Emotional Freedom Technique (SEFT) therapy. This study aims to analyze the application of Spiritual Emotional Freedom Technique (SEFT) therapy in reducing the anxiety level of patients with hepatic cirrhosis. This research method uses case studies. The instrument used Standard Operating Procedures (SOP) according to Evidence Based Nursing (EBN) and the Hamilton Rating Scale For Anxiety (HRS-A) questionnaire, the subject was Mr. S with hepatic cirrhosis. The results of this study are Before being given SEFT therapy, the patient's anxiety level scored 25 (moderate anxiety), while after being given SEFT therapy the anxiety level dropped to 20 (mild anxiety). The application of SEFT therapy has a positive impact on the patient's condition, the application of SEFT therapy can routinely reduce anxiety levels in patients with hepatic cirrhosis.

Wijianti, A. S. S., & Susilo, E. (2023). Perbedaan Kecemasan Pasien Sebelum dan Sesudah Diberikan Spiritual Emotional Freedom Technique di Ruang IGD RSUD dr Gondo Suwarno: The Differences in Anxiety of Psychosomatic Patients Before and After Being Given the Spiritual Emotional Freedom Technique in the Emergency Room of RSUD Dr Gondo Suwarno. *Journal of Holistics and Health Sciences*, *5*(2), 395–405. https://doi.org/10.35473/jhhs.v5i2.360

Zukhruf, M. R., & Itryah, I. (2023). Penyuluhan Pecegahan Postpartum Blues Menggunakan Terapi Emotional Freedom Technique (EFT). *Jurnal Abdimas Bina Bangsa*, *4*(1), 500-505. https://doi.org/10.46306/jabb.v4i1.416

Postpartum blues is characterized by symptoms such as depression/sadness, crying, rapid mood swings, anxiety, headaches, unsteadiness, self-blame, feelings of inadequacy, difficulty sleeping and poor appetite. This activity uses Emotional Freedom Technique Therapy (EFT) to Prevent Postpartum Blues. Methods of observation and discussion/question and answer. Before starting counseling on how to use Emotional Freedom Technique (EFT) therapy to prevent postpartum blues, it turns out that many pregnant women do not know anything about postpartum blues and how to prevent postpartum blues during menstruation. after birth Meanwhile, after discussing how to prevent postpartum blues during childbirth with the help of emotional freedom therapy for pregnant women, it turned out that many pregnant women

received information about postpartum blues and how to prevent postpartum blues during childbirth. Postpartum blues is a period of emotional instability characterized by crying behavior, irritability, anxiety, confusion, and difficulty sleeping. This negatively affects the health of the mother and the development of the child. Postpartum mothers are expected to be able to fulfill their physiological and psychological needs.

Alawy, A., Rizki, A., Yusro, M., & Muhid, A. (2022). EFEKTIVITAS SEFT (SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE) UNTUK MENGURANGI KETERGANTUNGAN OBAT PADA LANSIA. *Jurnal Ilmu Kesehatan Bhakti Husada: Health Sciences Journal, 13(02), 116–125. https://doi.org/10.34305/jikbh.v13i02.515*

The elderly period is a phase where humans have experienced the last phase and experience physical deficiencies. During this period, the elderly will experience body aches and pains that cause anxiety about death in themselves. By consuming drugs with more than the dose that the doctor recommends in order to recover quickly and avoid death. This causes the elderly to experience dependence on drugs consumed to heal their bodies. This behavior must be eliminated with SEFT therapy or Spiritual Emotional Freedom Technique because the therapy is very effective, easy, safe and fast. Therefore, this literature review research aims to provide an explanation that SEFT therapy can reduce drug dependence in the elderly. The result of this study is that SEFT therapy can reduce drug dependence behavior in the elderly.

Annuar, K., & Saadah, N. (2022). TERAPI SEFT (SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE) UNTUK MENGATASI KECEMASAN BELAJAR SISWA. *Counselia; Jurnal Bimbingan Konseling Pendidikan Islam*, *3*(2), 29-40. https://doi.org/10.31943/counselia.v3i2.41

Today many students experience anxiety in learning. Learning anxiety is a psychological and physiological condition characterized by a sense of discomfort in cognitive, emotional and behavioral manifestations. Anxiety with a reasonable intensity can be considered to have a positive value as motivation, but if the intensity is very strong and negative, it will actually cause harm and can interfere with the physical and psychological conditions of the individual concerned. If the individual responds to anxiety irrationally, then the individual always feels anxious about his or her inability to complete certain tasks. Therefore, efforts to prevent or minimize student anxiety are through the emotional freedom technique. The working principle of the Emotional freedom technique is to harmonize and restore the disturbed energy system in the body, through stimulation of the body's energy points known as meridians by tapping (light tapping). The procedure for emotional freedom technique is the set up (the set up words), the tune-in, the tapping, the nine gamut procedure and the tapping again. This study aims to determine how the application of SEFT to students who have learning anxiety, the method used in this study is the literature review method.

Astuti, L., Siswiyanti, I. & Sonhaji, S. (2022). The effect of Spiritual Emotional Freedom Technique (SEFT) on anxiety during the active phase 1 labor. *Jurnal Riset Kesehatan 11(*1):14-20. doi: 10.31983/jrk.v11i1.8468

Anxiety often occurs in maternity mothers and not being treated will have an impact on the mother's physical and psychological. As many as 9% of mothers who experience anxiety will increase pain and result in a long labor process. Therefore, it is necessary to take action by the midwife to control anxiety so that the delivery process runs smoothly. SEFT is a psycho-religious

therapy that can reduce maternal anxiety without causing side effects. To determine the effect of SEFT on anxiety in maternity mothers during the active phase I. This is pre-experimental research with one group pre-post-test design. This study used purposive sampling. The statistical test used the dependent t-test. The average anxiety score before SEFT therapy was 24.44, with a minimum score was 20 and a maximum score was 29. The average anxiety score after SEFT therapy was 19.06, with a minimum score was 14 and a maximum score was 25. The results of the dependent t-test showed a p-value 0.000 (0.05) which means that there is a difference in the average anxiety score before and after the application of SEFT. There is an effect of the Spiritual Emotional Freedom Technique (SEFT) on reducing maternal anxiety scores during the Active Phase I in the Dempet Health Center Work Area. The application of SEFT can increase the relaxation that can be obtained from conditions of solemnity, sincerity, resignation, confidence, and gratitude so that mothers can produce responses that can reduce anxiety during the delivery process.

Calisanie NNP, Ira S. (2022). The Effectiveness of the Combination of Spiritual Emotional Freedom Technique and Slow Deep Breathing in Lowering Blood Pressure Reduction in Hypertensive Patients at UPT Puskesmas Pasundan, Bandung City. *Jurnal Keperawatan Komprehensif (Comprehensive Nursing Journal)* 2022 Jun 30;8(Special Edition).

Hypertension is the leading cause of death from stroke worldwide and a factor that exacerbates myocardial infarction if not treated properly. Hypertension in addition to causing physical injury can also cause emotional wounds such as stress. The combination of spiritual emotional freedom techniques and slow deep breathing can lower blood pressure in folks with high blood pressure as a result of because it may be a non-pharmacological treatment which will heal emotional wounds equivalent to stress. To decide the effectiveness of an aggregate of spiritual emotional freedom techniques and slow deep breathing decreasing blood stress in hypertensive patients.
Methods: This study used a quasi-experimental control group design with a pretest-posttest and a random test. The sample was selected by means of a targeted sampling of uo to 58 respondents, namely 29 intervention groups and 29 control groups. The instruments used are a digital sphygmomanometer, a chart and a notebook. There became a lower in systolic blood strain with the aid of using 24.20 mmHg and diastolic with the aid of using 7.55 mmHg. The effect of the ANCOVA test, the p-value of systolic 0.000 (p<0.05) and diastolic 0.002 (p&am;0.05) which suggests a significant conclusion.
Conclusion: The combination therapy of spiritual emotional freedom and slow deep breathing is powerful in decreasing systolic and diastolic blood strain in hypertensive patients.

Chakraborty, M. M. (2022). A Study To Assess The Effect Of Emotional Freedom Technique (EFT) On Stress & Anxiety Among Nurses Working In Covid Ward At Selected Hospital. (2022). *Journal of Pharmaceutical Negative Results*, 5041-5045. https://doi.org/10.47750/pnr.2022.13.S08.661

The impact of COVID-19 pandemic on nurses has been significant on their mental & physical health. To minimize their psychological impact Emotional Freedom Technique (EFT) is cost effective, self-administrative successful treatment in very minimum time and highly effective on stress and anxiety. To assess the effect of Emotional Freedom Technique (EFT) on stress & anxiety among nurses working in covid ward. The focus of the study was analysis of data related to the effect of Emotional Freedom Technique (EFT) on stress & anxiety among nurses in covid ward at Dr. D.Y. Patil Hospital in Pune city.

Methods: An evaluative with One- group pre-test post-test research design was adopted to this study. Non-probability purposive sampling technique was used for selecting 60 samples of covid ward nurses who met the designated set of criteria in the period of data collection in Dr. D.Y. Patil Hospital. In this study there was one experimental group, 60 covid ward nurses were taught EFT method by the researcher and advised to apply this technique continue for 10days twice a day, early morning & nighttime before sleep. Telephonic follow up was taken with record.
Results: In pre-test, 20% of the nurses working in covid ward had mild stress levels, 75% of them had moderate stress and 5% of them had severe stress. In post-test, 90% of them had mild stress levels and 10% of them had moderate stress and in pre-test, 73.3% of the nurses working in covid ward had mild anxiety levels, 25% of them had moderate anxiety and 1.7% of them had severe anxiety. In post-test, all of them had mild anxiety. The findings related to association of stress and anxiety levels with demographic variables said that p-value corresponding to number of children is small (<= 0.05), the demographic variable number of children and family type was found to have significant association with the stress among nurses working in COVID ward, and the association of stress with demographic variables said that p-values are large (greater than 0.05) So, there is no significant association with the anxiety among the nurses working in covid ward.
Conclusion: The research found that in pre-test nurses working in covid ward had mild stress levels and in post-test, all of them had mild anxiety.

Hardiyan D, Wahyiuni F, Riyandini FR. (2022). The effect of emotional freedom technique (EFT) to anxiety level of pre-percutaneous coronary intervention. *Nursing Care Journal, 1(*1):8-16.

Coronary Heart Disease (CHD) is a heart function disorder due to a lack of heart muscle blood due to narrowing of the coronary arteries. One of the invasive measures that the usual way to treat CHD is Percutaneous Coronary Intervention (PCI). The problem that often arises in pre-PCI patients is anxiety. The anxiety must be treated, because it can disrupt the patient's hemodynamic condition becomes unstable. This study aims to determine the effect of EFT on the anxiety of patients who will be treated undergoing PCI. This research design uses a quasi-experimental with the approach of one group pre-post test with control group. Number of samples in the study. These are 24 respondents who are divided into 2 groups, so that 12 respondents become intervention group and 12 respondents became the control group with a sampling technique sample using purposive sampling. The statistical test used is Paired T-Test to compare the pre-test and post-test scores in each group and Independent T-Test was used to compare the difference in anxiety between groups intervention and control groups. The results showed that EFT administration had significant effect on the level of anxiety of patients who will undergo PCI with difference in score 2.833 and p-value 0.05 (0.0001). The recommendation of this research is that EFT can be one of the additional interventions to overcome the anxiety of pre-PCI patients.

Hastuti, D., Kulsum, D. U., Pustiana, M. N., & Ropei, O. (2022). The Effect of Spiritual Emotional Freedom Technique on Decreasing the Intensity of Smoking Among Adolescent in Indonesia. *Malaysian Journal of Medicine and Health Sciences*, *18*, 68-72.

Spiritual Emotional Freedom Technique (SEFT) therapy using three stages, namely set up, tune in and tapping can overcome physical and psychological problems, including smoking behavior. This study aims to analyze the effect of SEFT therapy on decreasing the intensity of smoking in adolescents in Indonesia.

Methods: The research design was experimental design by using the one group pretest-posttest design. The sampling technique used was purposive sampling with a sample of 17 people.
Results: The results showed that the average smoking intensity in 1 day before SEFT therapy was 9.00 sticks while the mean smoking intensity in 1 day after SEFT therapy was 0.00. Statistical test results obtained p value = 0.001, meaning that in alpha 5% there was a significant difference in the average intensity of smoking in 1 day before and after SEFT therapy.
Conclusion: These research findings provided insight for the promotion of self-care in pregnant women. Self-care by yet another range of solutions is a positive and personalized method for health and wellbeing campaigning.

Hermawan, C. (2022). Penggunaan Emotional Freedom Technique (EFT) untuk Meningkatkan Hasil Belajar Siswa. Learning: *Jurnal Inovasi Penelitian Pendidikan dan Pembelajaran.* 2. 149-155. 10.51878/learning.v2i2.1229.

The purpose of this study was to determine the application of the Emotional Freedom Technique model to improve student learning outcomes in class VIII Mts. Darul Ulum YTM Tanjung Sari, Bogor Regency. and knowing the obstacles experienced by students regarding learning outcomes on prism and pyramid material. The method used in this study is a quasi-experimental method and data collection techniques with tests, questionnaires, and observations. The population in this study were students of class VIII Mts. Darul Ulum YTM Tanjung Sari, Bogor Regency. The sampling technique used was Cluster Random Sampling. The first hypothesis, the application of the Emotional Freedom Technique model can improve student learning outcomes in class VIII MTs. Darul Ulum YTM Tanjung Sari, Bogor Regency, was verified by looking at the results of the pretest and posttest. The average value of the initial test (pretest) in the EFT method class is 18,333 with an ability level of 18% which indicates a low level, while the average value of the final test (posttest) is 34,667 with an ability level of 34% which indicates a low level, in other words experienced an increase of 15% or 55. Based on these data, it can be seen that there was an increase in the learning process of students after using the Emotional Freedom Technique model. This shows a significant increase. Thus, the Emotional Freedom Technique model can improve student learning outcomes even though students experience obstacles.

Holida, N & Hafifah, V. (2022). Spiritual Emotion Freedom Technique (SEFT) untuk Menurunkan Tekanan Darah Lansia dengan Hipertensi: A Systematic Review. *Jurnal Penelitian Kesehatan, Suara Forikes, 13.* http://forikes-ejournal.com/index.php/SF/article/view/1602

An elder is someone who has reached the age of 65 and is below “old age”. Aging does not automatically lead to disability and dependence. However, a diminished ability to respond to stress. Physical changes due to aging combined with the position of age at high risk of disease and functional impairment cause the elderly to have at least one chronic disease. The purpose of this systematic review is to determine the effect of Spiritual Emotion Freedom Technique (SEFT) on reducing blood pressure in elderly with hypertension.
Methods: Database searches include Google Scholar, Science Direct, and Proquest with the keyword SEFT for lowering blood pressure. The next stage is to select articles according to the criteria, which are published in 2015-2020 with the full text of this Systematic Review using 15 articles that match the inclusion criteria.

Results: Spiritual Emotion Freedom Technique (SEFT) therapeutic intervention is a non-pharmacological intervention that is very effective in reducing blood pressure in elderly with hypertension.
Conclusion: Spiritual emotional freedom technique (SEFT) intervention is a non-pharmacological intervention that has a strong influence on reducing blood pressure in elderly people with hypertension.

Irman, O., & Wijayanti, A. R. (2022). Reduction of Hopelessness Through Spiritual Emotional Freedom Techniques Therapy in Chronic Kidney Disease Patients Undergoing Hemodialysis. Jurnal Keperawatan Indonesia, 25(2), 95–102. CINAHL Plus with Full Text. https://doi.org/10.7454/jki.v25i2.849

Hopelessness has been identified as a major psychological problem that exacerbates the clinical outcomes of chronic kidney disease (CKD) patients undergoing hemodialysis (HD). Hopelessness is mostly reduced by cognitive therapy, but the results are delayed, so a spiritual element is needed. Spiritual emotional freedom technique (SEFT) therapy can reduce hopelessness because it not only focuses on cognition, but also involves spiritual, psychological, and physical elements. This study aimed to determine the effects of SEFT therapy on the hopelessness of CKD patients undergoing HD. This research was quasi-experimental with pre- and post-test control group designs. The sample size was 64 respondents, who were divided into two groups, each consisting of 32 respondents who were selected by purposive sampling. SEFT therapy was conducted four times. Hopelessness was measured using the Beck Hopelessness Scale (BHS). The data were analyzed by paired t-test and independent samples t-test. Before receiving SEFT, the two groups did not indicate differences in hopelessness ($p = 0.141$). However, after receiving SEFT, the respondents' hopelessness in the experimental group was reduced significantly ($p = 0.000$). Hopelessness in the experimental and control groups also differed significantly after the intervention ($p = 0.000$). This study revealed that SEFT reduced the hopelessness of CKD patients undergoing HD. SEFT therapy can be implemented in clinical practice areas of nursing to support patient care.

Lestari, Y. et al. (2022). Effectiveness of the Emotional Freedom Techniques to reducing stress in diabetic patients. *International Journal of Health Sciences, 6(*2); 555-562 e-ISSN: 2550-696X, p-ISSN: 2550-6978 https://doi.org/10.53730/ijhs.v6nS1.7074

The research aimed to recognize the EFT effect on the stress reduction of diabetes mellitus patients. The Research used a quasi-experimental design non-randomization pre-test post-test group design. The value for stress level before EFT was performed with a p-value of 0,000 and for stress level after EFT p-value was 0,000. From the statistic, it was concluded that there was a significant EFT effect on stress reduction in patients with diabetes mellitus. The Emotional Freedom Technique (EFT) including the mind-body therapy relaxation technique was an integrated system between energy medicine and EFT therapy using a tapping method on body meridian points. EFT therapy firmly helped the patients to manage their minds from emotional pressure (negative energy) therefore it helped patients with stress. It helped all patients mainly patients with diabetes mellitus.

Lisarni, L. et al. (2022). The effectiveness of Spiritual Emotional Freedom Technique in improving sleep quality among cancer patients. *International Journal of Nursing and Health Services (IJNHS), 5*(4). doi: 10.35654/ijnhs.v5i4.611 https://www.researchgate.net/

**publication/
362826877_The_Effectiveness_of_Spiritual_Emotional_Freedom_Technique_in_Improving_Sleep_Quality_among_Cancer_Patients**

Cancer patients often experience sleep disorders. One of the non-pharmacological treatments thatcan improve sleep quality is the spiritual, emotional freedom technique (SEFT).
The study aimed to identify the effectiveness of SEFT on sleep quality among cancer patients.
Methods: This research applied a quasi-experiment with a pre-test and post-test approach using anon-equivalent control group design. The total sample of this study was 30 respondents collected by purposive sampling. The sleep quality index questionnaires measured sleep quality.
Results: In the pre-test, the average sleep quality score among respondents in the experimental group was 12.33, then became 8.93 after the post-test with a p-value < 0.007. Meanwhile, the pre-test score for sleep quality among respondents in the control group was 13.40, then became 13.20 after the post-test with a p-value of 0.026.
Conclusion: it can be concluded that SEFT can improve the sleep quality of cancer patients. Improving the quality of sleep in cancer patients can reduce fatigue, the main side effect of undergoing therapy.

Mulianda, D., Rahmanti, A., & Tiara, A. (2022). Spiritual Emotional Freedom Technique (SEFT) Terhadap Penurunan Nyeri Pasien Post Operasi. *Jurnal keperawatan sisthana*, *7*(2), 72-81. https://doi.org/10.55606/sisthana.v7i2.126

Almost all surgeries cause pain, the pain that is felt is the result of the incision. The effects of pain that do not subside are myocardial ischemia, increased morbidity, and hopelessness. One intervention to relieve postoperative pain is Spiritual Emosional Freedom Technique (SEFT). The purpose of this case study is to describe the reduction in pain scale of postoperative patients in Nusa Indah Room TK.III 04.06.02 Bhakti Wira Tamtama Semarang Hospital after SEFT intervention. This type of research is descriptive using a case study approach. The subjects in this study were 2 postoperative patients with criteria of moderate to high pain. Analysis of pain measurements using the Numerical Scale Branch scale. The analysis showed that there was a decrease in pain scale after the intervention. On subject 1 the pain scale 7 (high pain) became the pain scale 4 (moderate pain) and subject 2 the pain scale 8 (high pain) became the pain scale 4 (moderate pain). Effective SEFT therapy is used to reduce postoperative pain in the room because it is easy and simple. Good therapy is applied by nurses in the room to reduce the scale of pain in postoperative patients.

Marifah, A. R., Setyowati, S., & Afiyanti, Y. (2022). The effect of the spiritual emotional freedom technique (seft) on anxiety reduction in hydatidiform mole patients. *Journal of Maternity Care and Reproductive Health*, *5*(2). http://mcrhjournal.or.id/index.php/jmcrh/article/view/233

A hydatidiform mole is an abnormal form of pregnancy. Women diagnosed with might face anxiety and lose hope of getting pregnant and having a child. Hydatidiform mole is potentially life-threatening and has the potential to be malignant. One of the treatments for this abnormality is curettage. This study aimed to determine the effect of *the Spiritual Emotional Freedom Technique* (SEFT) therapy on anxiety reduction in patients with hydatidiform mole. This study reported the intervention trials of SEF therapy to five post-curettage women in a private hospital. The researchers collected the data through observation and questionnaire using *Hamilton Anxiety Rating Scale* (HARS). The results showed changes in anxiety scores in patients with

hydatidiform mole. In conclusion, SEFT therapy was effective in reducing women's anxiety. Therefore, it is expected that nurses apply SEFT treatment as an alternative nursing intervention to reduce patients' anxiety.

Ningsih, Nurna & Lukman, & Ardianty, Cindy. (2022). Application of Spiritual Emotional Freedom Technique on Anxiety of Hypertension Patients in the Work Area of the Simpang Periuk Public Health Center Lubuklinggau City. *East Asian Journal of Multidisciplinary Research. 1*. 1903-1912. doi: 10.55927/eajmr.v1i9.1627

Hypertension can be caused by various factors, including individual anxiety and stress, and hypertension can trigger anxiety in sufferers. Efforts that can be made to prevent and overcome hypertensive anxiety can be achieved by treatment or non-pharmacological interventions spiritual emotional freedom technique (SEFT), which can maintain blood pressure stability in the normal range. Various SEFT studies have shown a decrease in anxiety levels. The purpose of the study: to obtain an overview of nursing care in the application of spiritual emotional freedom technique in reducing anxiety in hypertensive patients. Research Methods: using descriptive research with a case study approach. Performed on both subjects with a medical diagnosis of hypertension and complaints of mild to moderate anxiety. Activities are carried out 2x/week with a duration of 20-30 minutes. The Results: there was a decrease in the anxiety of both respondents from moderate to mild anxiety, with complaints of reduced weakness, no cold sweats, relaxed body, and no heart palpitations. Simpang Periuk, Lubuklinggau City.

Nuroh, S. (2022). The effect of spiritual emotional freedom technique (SEFT) therapy to overcome thanatophobia in the elderly*. Acta Islamica Counsenesia: Research and Counseling Applications, 2*(1), 39-50. https://jurnal.pabki.org/index.php/aiccra/article/view/188

This study aims to determine how much influence SEFT therapy has in overcoming thanatophobia in the elderly. The method used is a quantitative method using an associative approach. Collecting data in this study using observation, questionnaires, interviews, and literature study. The results of this study indicate that the effect of SEFT therapy to overcome thanatophobia in the elderly congregation of the Nurul Ikhsan Mosque has a correlation of 69.8% which can be said to be quite high. Based on the regression coefficient test, the Sig value is 0.012 0.05, meaning that there is an effect of SEFT therapy to overcome thanatophobia in the elderly congregation of Masjid Nurul Ikhsan. After therapy, it can be seen that there is a decrease in the level of anxiety towards death, in this case the anxiety in the high category decreases by 62%, in moderate anxiety there is a decrease by 80%, and in the mild anxiety level there is a decrease of 100%.

Nurkhastana, I., Winarti, R. & Rohana, N. (2022). THE EFFECT OF SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE (SEFT) THERAPY METHODS ON CHANGES IN ADOLESCENT SMOKING BEHAVIOR. *Jurnal Ilmu dan Teknologi Kesehatan STIKES Widya Husada*, *13*(2).

Smoking behavior in adolescents is a difficult behavior to change. In cigarettes there are addictive ingredients that make dependence on the wearer. The phenomenon obtained in Bendungan Village, there are 42 teenagers aged 15-19 years who have smoking behavior due

to invitations from friends, curiosity, often seeing parents smoking and the desire of teenagers themselves. The Spiritual Emotional Freedom Technique (SEFT) method by tapping 2 fingers on 18 key points in the body's 12 energy pathways. The purpose of this study was to determine the effect of the SEFT therapy method on changes in smoking behavior in adolescents in Bendungan Village, Pa belan District, Semarang Regency. The research design used is a quantitative method using a pre-experimental type with a one group pretest- posttest design. The sampling technique used 30 respondents. The research instrument is a questionnaire that has been tested for validity in research (Anggraeni, 2019) with the title "Peer Relationships with Smoking Behavior in Early Adolescents" the number of respondents in this assessment is 15 people with an r value of 0.518 provided that the value of r product moment > r table (0.514), then it is declared valid. The analytical method used is Paired Sample T-test. The results showed that smoking behavior before SEFT therapy was in the moderate category (86.7%) than after being given SEFT therapy in the good category (63.3%). The results of the analysis with the Paired Sample T-test test obtained p value = 0.000 means p value <0.05, meaning that there is an effect of SEFT therapy method on changes in smoking behavior in adolescents in Bendungan Village, Pabelan District, Semarang Regency.

Nuroh, S., Lessy, Z., & Bastian, M. F. (2022). Effectiveness of Spiritual Emotional Freedom Technique (SEFT) In Reducing Students' Anger. *Jurnal Studia Insania*, *10*(1), 10–26. https://doi.org/10.18592/jsi.v10i2.5603

Because of unstable emotions, teenagers have sometimes fallen in a precarious situation, such as violating societal rules and religious norms. Managing emotion therefore is a pivotal aspect to nurture them towards maturity. This study aims to (1) determine the ability of controlling students' anger; (2) measure effectiveness of the use of Spiritual Emotional Freedom Technique (SEFT) in reducing students' anger, and (3) describe the applicability of Spiritual Emotional Freedom Technique (SEFT) in student learning. By using the qualitative approach, data collection methods are in-depth interviews, observations, and documentation. The results of this study show that the ability of students in controlling their anger is relatively low, and the applicability of the SEFT in student learning can be done through developing a Learning Implementation Plan (RPP) in supporting their spiritual aspects even though it is only a nurturing effect and not an instructional one because using only the SEFT in reducing students' angry emotions is considered ineffective.

Nurrohmah, F. I., & Rinaldi, M. R. (2022). Terapi Spiritual Emotional Freedom Technique (Seft) Untuk Menurunkan Kecemasan Pada Lansia. *Jurnal Psikologi TALENTA*, *8*(1), 18-25. https://pdfs.semanticscholar.org/f4a4/018cf3c781b3557ceb294bb2f81beb1b2b3f.pdf

Elderly or old age has a higher tendency to face the anxiety disorders. Spiritual emotional freedom technique (seft) therapy is given to reduce the perceived the level of anxiety by the subjects. This research used a quantitative approach with the experimental type. The subjects in this research amounted to 7 elderly women with a vulnerable age 60-70 years in Pedukuhan D in the work area of Puskesmas X. The data analysis result used the SPSS which showed sig value = 0.062, for the pretest and sig value = 0.602, and for the posttest value with the p value = 0.05. According to those data analysis results, it meant that there was a decreasing anxiety between before and after giving a spiritual emotional freedom technique (seft) therapy (pretest score average = 11.14 and posttest average =6.43). Based on the comparison of pretest and

posttest score, it can be concluded that spiritual emotional freedom technique (SEFT) therapy can reduce the anxiety in the elderly.

Pratama, E. R., Suri, S. I., & Damaiyanti, S. (2022). Pengaruh Terapi Spiritual Emotional Freedom Technique (SEFT) terhadap Penurunan Kecemasan pada Penderita Hipertensi di Wilayah Kerja Puskesmas Tigo Baleh Kota Bukittinggi. *Malahayati Nursing Journal*, *4*(8), 1983-1994. https://doi.org/10.33024/mnj.v4i8.6738

Continuously high blood pressure can cause serious complications, so that patients can experience anxiety because the various illnesses they suffer do not go away and even get worse, so that the hope for recovery is very thin, moreover, the pessimism of the hypertension victims makes these sufferers feel anxious. and give in to the situation. To overcome the patient's anxiety so that it does not worsen, the patient is expected to always be in a relaxed state and surrender to God for the illness he is suffering from, this can be done with SEFT relaxation therapy. The purpose of this study was to determine the effect of SEFT therapy on reducing anxiety in hypertension sufferers in the Tigo Baleh Public Health Center, Bukittinggi City in 2021. This study was a quantitative study using a quasi-experimental design that was One Group Pretest-Posttest. The population in this study were all patients with hypertension in the working area of the Tigo Baleh Health Center, Bukittingi City with a total sample of 27 people. The results of the study showed that there was an effect of SEFT therapy on reducing anxiety in patients with hypertension in the working area of Tigo Baleh Public Health Center, Bukittinggi City with $p = 0.000$ ($p<0.05$).
Conclusion: It can be concluded that there is an effect of SEFT therapy on reducing anxiety in hypertension sufferers in the working area of Tigo Baleh Health Center, Bukittingi City. In this study, it is recommended for Puskesmas nurses to be able to apply SEFT therapy to hypertensive patients to reduce anxiety.

Putri, N. O., & Diatanti, N. (2022). Spiritual Emotional Freedom Technique (SEFT) training as a solution to anxiety in the midst of COVID-19 pandemic. *Community Empowerment*, *7*(3), 442-446.

The Covid-19 pandemic has now spread to practically every region of the globe, including the Malang Regency. The psychological influence in the form of anxiety is the one that is felt most directly. As a result, community service activities on the theme of anxiety management using SEFT therapy are carried out in order to maintain public health, particularly in the psychological aspect. The coordination step precedes the implementation stage, which is followed by the evaluation stage. This service activity yielded positive effects, as shown by the participants' greater comprehension. This service initiative is expected to alleviate the community's anxiety in the occurrence of a pandemic.

Ramadina, R. D., Sari, E. D. A. R., Fatmawati, N. A., Uma, V., & Dianova, R. D. W. D. (2022). Penggunaan Terapi SEFT (Spiritual Emotional Freedom Technique) dalam Memperbaiki Kualitas TIdur dan Stabilitas Tekanan Darah: Literature Review. *Community of Publishing in Nursing (COPING)*, *10*(3), 320-325.

Spiritual Emotional Freedom Technique is a relaxation technique that combines body system techniques with spiritual healing that uses emphasis on certain points on the body. Spiritual Emotional Freedom Technique helps individuals to be free from emotional stress (negative energy), because it causes increased blood pressure in hypertensive patients and causes sleep

quality disorders. The purpose of the literature review was analyzed the impact of SEFT in improving sleep quality and blood pressure stability. Literature review using electronic data search using databases, namely Google Scholar and Garuda (Digital Reference Garba). The keywords used are "quality of sleep", "Spiritual Emotional Freedom Technique", "blood pressure stability", which have inclusion criteria, namely journals published in the last 7 years, using Indonesian language, and have exclusion criteria, namely systematically sorting out journals according to the topic. Results from 4 journals that have been found show that the use of SEFT therapy can improve sleep quality and reduce blood pressure. The use of Spiritual Emotional Freedom Technique (SEFT) therapy is very suitable and recommended for the elderly to improve sleep quality and blood pressure. SEFT therapy only needs to be done every day for 5-15 minutes.

Rejeki, S., Santi, Y. R., Hidayati, E., & Rozikhan, R. (2022). Efektivitas Terapi Spritual Emotional Freedom Technique (Seft) Terhadap Tingkat Kecemasan Pada Pasien Pre Operasi Sectio Caesarea. The effectiveness of Spiritual Emotional Freedom Technique (SEFT) on anxiety levels in pre-operative Sectio Caesarea patients. *Jurnal Ilmu Keperawatan Dan Kebidanan*, *13*(2), 543-548.

Sectio Caesaria (SC) is a laparotomy and hysterectomy surgery to remove the baby from the uterus. Delivery by this method in Indonesia was 17.6%, while in Central Java SC delivery was 17.10%. Childbirth with SC often causes anxiety that can affect the labor process. Therefore, it must be treated. Spiritual Emotional Freedom Technique (SEFT) therapy is one of the therapies that combines the body's energy system and spiritual therapy with the tapping method at 18 points along 12 body energy pathways. This study is to determine the effect of SEFT therapy on anxiety of pre section caesarea mothers. This research design uses one group pre-test-post-test without control group design with a sample size of 28 respondents with purposive sampling method. This study used the VAS-A questionnaire. From this study after the Shapiro wilk normality test and Wilcoxon test data analysis obtained the results that before the SEFT therapy had a mean of 4.86 with moderate anxiety 92.9% and mild anxiety 7.1% while after the SEFT got the mean of 3.96 with moderate anxiety 67.9% and mild anxiety 32.1%. The results of the analysis (p value = 0.000 <0.05) means that there is an effect on the provision of SEFT therapy on anxiety levels before Sectio Caesarea surgery. From the results of this study, Sectio Caesarea patients can do SEFT therapy to reduce anxiety before surgery. From this study after the Shapiro wilk normality test and Wilcoxon test data analysis obtained the results that before the implementation of SEFT therapy had a mean of 4.86 with moderate anxiety 92.9% and mild anxiety 7.1% while after the SEFT got the mean 3.96 with moderate anxiety 67.9% and mild anxiety 32.1%. The results of the analysis (p value = 0.000 <0.05) means that there is an effect on the provision of SEFT therapy on anxiety levels before Sectio Caesarea surgery. From the results of this study, Sectio Caesarea patients can do SEFT therapy to reduce anxiety before surgery. From this study after the Shapiro wilk normality test and Wilcoxon test data analysis obtained the results that before the implementation of SEFT therapy had a mean of 4.86 with moderate anxiety of 92.9% and mild anxiety of 7.1% while after SEFT was performed the mean result was 3.96 with moderate anxiety 67.9% and mild anxiety 32.1%. The results of the analysis (p value = 0.000 <0.05) means that there is an effect on the provision of SEFT therapy on anxiety levels before Sectio Caesarea surgery. From the results of this study, Sectio Caesarea patients can do SEFT therapy to reduce anxiety before surgery. 0.05) means that there is an effect on the provision of SEFT therapy on the anxiety level of patients before Sectio Caesarea surgery. From the results of this study, Sectio Caesarea patients can be treated with SEFT therapy to reduce anxiety before surgery. 0.05) means that there is an effect on the

provision of SEFT therapy on the anxiety level of patients before Sectio Caesarea surgery. From the results of this study, Sectio Caesarea patients can be treated with SEFT therapy to reduce anxiety before surgery.

Santi, Y. R., & Megasari, A. L. (2022). Spiritual Emotional Freedom Technique Berpengaruh terhadap Kecemasan Pasien Pre Operasi Sectio Caesaea. *Jurnal Keperawatan Jiwa*, *10*(4), 803-810. https://jurnal.unimus.ac.id/index.php/JKJ/article/view/10176

Approximately 60-80% of pregnant women who will undergo sectio caesarea surgery experience anxiety. Anxiety can affect changes in hemodynamic status, thus affecting the success rate of the procedure. In addition, it can also hinder the postoperative healing process. The purpose of this study is to prove the effect of spiritual emotional freedom technique therapy on anxiety of preoperative section caesarea patients. The research method is experimental design with one group pre-test-post-test design. The sample of this study were all primigravida pregnant women who will undergo sectio caesarea surgery at Bhakti Wira Tamtama Hospital Semarang. The sampling technique was purposive sampling by considering the inclusion and exclusion criteria. The research subjects obtained in November 2021 were 28 respondents. Anxiety was measured using the Visual Analogue Scale for Anxiety (VAS-A) instrument. the results of this study obtained an average anxiety score before intervention of 4.89, while the average score after intervention was 3.62. The results of the analysis test using the Wilcoxon test showed a p value of 0.000 (<0.05), meaning that there was an effect of applying the spiritual emotional freedom technique on the anxiety of preoperative sectio caesarea patients. This is supported by a decrease in the mean score of anxiety after being given an intervention of 1.27. The application of spiritual emotional freedom technique is proven to reduce the anxiety of preoperative section caesarea patients.

Salis, M. K. (2022). Similarity check Effect Of Emotional Freedom Technique For Emotional Stability In Adolescent Prisoners. *Indonesian Nursing Journal of Education and Clinic (INJEC)*.

Saputra, C., Saputra, I., Azhar, B. & Putri, V. (2022). Implementasi SEFT (Spiritual Emotional Freedom Technique. Dalam Upaya Peningkatan Kualitas Hidup Lansia. *Journal of Character Education Society, 5(1).* https://doi.org/10.31764/jces.v5i1.6366 https://journal.ummat.ac.id/index.php/JCES/article/view/6366

The quality of life that occurs in the elderly age range often decreases. This has an impact on reducing the ability of the elderly to meet the needs of daily activities of the elderly and reducing the health status of the elderly. One of the efforts that can be done is to do complementary therapy, namely SEFT therapy. This service activity was carried out in the East Labuh Baru Village Area for 36 Elderly Groups. Methods The activities carried out are Training and Role Play on SEFT Therapy in the Elderly. The results of the implementation of service activities show that the activities are carried out according to the planned time and process. The results of the pretest and posttest analysis showed an improvement in the quality of life of the elderly where the mean pretest value of 54.11 increased to 70.6 after SEFT therapy was carried out in the elderly. It is recommended for the elderly to always be active in doing SEFT therapy at home with continuous family assistance.

Saragi, M. M., & Hariani, M. (2022). Memelihara Respon Psikologis Ibu Hamil dengan "Emotional Freedom Techniques (EFT) di Masa Adaptasi Kebiasaan Baru Covid 19. Jurnal Kreativitas Pengabdian Kepada Masyarakat (PKM), 5(12), 4342-4352.

Community service is carried out in the form of providing Emotional Freedom Technique therapy to pregnant women during the Covid 19 Pandemic Adaptation period. Participants who took part in the implementation of Emotional Freedom Technique Therapy were pregnant women, totaling 38 people. The purpose of Community Service is to introduce the Emotional Freedom Technique to overcome the negative responses that mothers have during the Covid 19 pandemic. From the results of the activity, the psychological response with depression experienced by pregnant women before the EFT was carried out was in the Normal category 35 people, mild 3 people and after it was done EFT all respondents experienced a psychological response to depression in the Normal category. Prior to the EFT, the anxiety of pregnant women was in the Normal category 16 people, 20 people mild and 2 people moderate. After the EFT was done, there was a change in anxiety, the anxiety category was Normal 34 people, mild 4 people and no pregnant women experienced moderate anxiety. Psychological responses to stress experienced by pregnant women before doing EFT were 31 people in the Normal category, 6 people mild and 1 person moderate. After doing EFT, there was a change in psychological stress, namely the moderate category became non-existent, 1 person mild, the rest 37 people were in normal condition. The Community Service activities took place very enthusiastically, all pregnant women were able to demonstrate the EFT Therapy well. Doing EFT regularly at home will maintain body balance, reduce stress levels, help calm the mind and body by eliminating emotional stress and anxiety.

Sari, R. Y., N. M., Muhith, A., Faizah, I., Awwalia, E. S., & Rohmawati, R. (2022). Spiritual Emotional Freedom Technique as a promotive and preventive effort in palliative care for people with diabetes mellitus. *Community Service Journal of Indonesia, 4*(2), 52-58.

Diabetes mellitus is a progressive disease that requires long treatment and large costs with various complications that can affect the physical, psychological and spiritual so promotive and preventive efforts are needed for palliative care that can improve the quality of life for people with diabetes mellitus. The purpose of this activity is to train health cadres and the community in increasing knowledge and how to carry out treatment with the Spiritual Emotional Freedom Technique as a promotive and preventive effort in palliative care for people with DM. The method used in this community service activity is to provide training and education on health services. This activity was carried out from April-May 2022 and was attended by 15 health cadres and 50 residents in RW 05, Wonokromo Village, Surabaya. The results show that the activity has achieved success according to the success indicators that have been set, namely 15 health cadres were successfully recruited; average attendance was 100%, participants participated enthusiastically, knowledge of cadres after training and residents after counseling increased significantly.

Ratna YS, Nety MH, Abdul M, Imamatul F, Evi SA, Riska R. (2022). Spiritual emotional freedom technique as a promotive and preventive effort in palliative care for people with diabetes mellitus*. CSJI, 4(*2).

Diabetes mellitus is a progressive disease that requires long treatment and large costs with various complications that can affect the physical, psychological and spiritual so promotive and preventive efforts are needed for palliative care that can improve the quality of life for people with diabetes mellitus. The purpose of this activity is to train health cadres and the community in increasing knowledge and how to carry out treatment with the Spiritual Emotional Freedom Technique as a promotive and preventive effort in palliative care for people with DM. The method used in this community service activity is to provide training and education on health services. This activity was carried out from April-May 2022 and was attended by 15 health cadres and 50 residents in RW 05, Wonokromo Village, Surabaya. The results show that the activity has achieved success according to the success indicators that have been set, namely 15 health cadres were successfully recruited; average attendance was 100%, participants participated enthusiastically, knowledge of cadres after training and residents after counseling increased significantly.

Sinaga, R. (2022). The effect of spiritual emotional freedom technique (seft) therapy on sleep quality in elderly in tebes lues village, bies district, Central Aceh district year 2022. *Science Midwifery*, *10*(4), 3529-2536. https://midwifery.iocspublisher.org/index.php/midwifery/article/view/995

Elderly is an age where individuals will experience various declines in their abilities. In general, this aging process can cause various problems, both physically, biologically, mentally, socially and economically. There are two types of management that can be done, namely pharmacological and non-pharmacological management, one of which is Spiritual Emotional Freedom Technique (SEFT) therapy. This study aims to identify the effect of Spiritual Emotional Freedom Technique (SEFT) therapy on sleep quality in the elderly in Tebes Lues Village, Bies District, Central Aceh Regency in 2022. The method used in this study is a quasi-experimental or quasi- experimental. The type of design in this study is in the form of a non-equivalent design (pretest and posttest) control group design. The pre-test sleep quality in the intervention group was mostly in the moderate category of 9 (52.9%), and the post-test sleep quality was mostly in the mild category of 10 (58.5%). The pre-test sleep quality in the control group was mostly in the heavy category 10 (58.5%), and the post-test sleep quality was mostly in the heavy category 11 (64.7%). There is a significant difference in sleep quality before and after being given the Spiritual Emotional Freedom Technique (SEFT) in the intervention group with a p-value of 0.000.

Sirait, H. S., Said, F. M., & Umar, N. S. (2022). The Effect of Online-based Emotional Freedom Technique on the Blood Pressure during the Covid-19 Pandemic. *International Journal of Nursing Information*, *1*(2), 27-31.

Complications due to hypertension are dangerous. Therefore, self-care management is needed. Freedom emotional technique (EFT) therapy is a non-pharmacological treatment that can help change blood pressure. During the Covid-19 pandemic, online EFT is the right solution. This study aims to determine the effect of online-based EFT on blood pressure during the Covid-19 pandemic. This research method uses pre-experimental, namely one group pretest and posttest design. The sample was selected using purposive sampling technique with a total sample of 50 respondents. The research location is Kalimeang village, Karangsembung Sub-district, Cirebon District, Indonesia. The research instruments used were observation sheets, sphygmomanometers, and stethoscopes. The data analysis used the Wilcoxon test. The results of this study indicated that online-based EFT therapy affected the change in blood pressure

among patients with hypertension during the covid-19 pandemic. This research contributes to the reference of nursing practice by applying EFT therapy to patients to change their blood pressure with online treatment.

Suharnadi, P., Rasimin, R., Yaksa, R. A., & Ferdiansyah, M. (2022). Penerapan Emotional Freedom Technique (EFT) untuk mengatasi Kecemasan terhadap Orang Lain dalam Layanan Konseling Kelompok di SMPN 14 Kota Jambi. *Jurnal Pendidikan Dan Konseling (JPDK), 4*(6), 10723–10729. https://doi.org/10.31004/jpdk.v4i6.10095

Anxiety is defined as a psychological state characterized by pressure, fear, anxiety and threat and anxiety that comes from the environment. Emotional Freedom Technique (EFT) is a technique for eliminating negative emotions and thoughts that become a source of positivity and can only be done through tapping on the meridian points that are connected and can eliminate these negative emotions. This type of research is included in Service Action Research (PTL). The subjects in this study amounted to 7 students in class VIII SMPN 14 Jambi City with the initials ANH, KAK, AAM, HFH, KDR, ADS, FNS. This research consists of 3 cycles, where each cycle consists of Planning, Implementation, Evaluation, and Reflection. To see the process of each cycle carried out by collecting SGS / SUD sheets and interview guidelines and supported by success criteria. The results showed that using Emotional Freedom Technique (EFT) can overcome the problems experienced by students, namely anxiety towards others. The 3rd cycle has the best results, which can overcome the problems of female students, and it can be concluded that the results of the intensity of fear measured from the SGS / SUD sheet in cycle III have a very significant change. This can be seen from the implementation of cycles I, II and III. Judging from cycle III, it can be categorized as having reached 90% of 100%, which means that there is gradual success starting from the beginning of the action process in cycle I to cycle III.

Tambunan, M., Suwarni, L., Setiawati, L., & Mardjan, M. (2022). EFT (Emotional Freedom Technique) as an alternative therapy to reduce anxiety disorders and depression in people who are positive Covid-19. *Psikostudia: Jurnal Psikologi. 11.* 59. 10.30872/psikostudia.v11i1.7104.

The increasing number of deaths from Covid-19 is in line with anxiety disorders and depression in people who are positive for Covid-19. The emotional Freedom Technique (EFT) is known as an effective therapy to reduce mental health disorders in certain patients but has never been applied to people who are confirmed positive for Covid-19. This study aims to analyze the effectiveness of EFT as an alternative therapy in reducing anxiety and depression in people who are positive for Covid-19. This research design uses a quasi-experimental approach with a one-group pretest and posttest approach. A total of 22 people were isolated in the Health Training Unit (UPELKES) provided by the Pontianak Government in June 2021. The data analysis technique used paired t-test (95% CI). There was a significant decrease in anxiety (t value = 6,738) and depression scores (t value = 2,585) after EFT therapy was given (p-value < 0.05). Thus, EFT can be an alternative therapy in overcoming anxiety and depression disorders in people who are confirmed positive for Covid-19.

Thalib, Abdul H. S., and Fitri J. Saleh. "Effectiveness of Spiritual Emotional Freedom Technique on Improving Quality of Life in Post Stroke Patients." *Jurnal Ilmiah Kesehatan Sandi Husada*, vol. 11, no. 1, 2022, pp. 82-88, doi:10.35816/jiskh.v11i1.709.

The prevalence of stroke each year is increasing. Strokes that are not treated properly will cause a decrease in the patient's quality of life. Provide an overview of evidence from previous studies on quality of life in post-stroke patients before and after spiritual emotional freedom technique intervention.
Methods: Conduct a literature review by searching through electronic databases namely Garuda, Pubmed, and Google Scholar, and obtained 3 relevant research articles from 2011-2021 based on inclusion and exclusion criteria. After being given the ACT of SEFT found an improvement in quality of life in post-stroke patients. Terapi SEFT (Spiritual Emotional Freedom Technique) is effective in improving the quality of life in post-stroke patients.

Wahyuni, D., Effendi, Z., & Mukarima, Y. (2022). Spiritual Emotional Freedom Technique (SEFT) Reduce Sleep Disorder. *Malaysian Journal of Medicine & Health Sciences*, *18*.

The Spiritual Emotional Freedom Technique (SEFT) is a novel way to use the Emotional Freedom Technique (EFT), which has been shown to help people overcome emotional issues. In SEFT therapy, the spiritual aspect is believed to have a faster and greater impact on overcoming emotional problems. Previous research indicated that there were sleep disorders in stroke patients because of anxiety. There are few studies on the use of SEFT in hospitalized stroke patients.
Methods: Experimental research design with pretest-posttest. The research site is a hospital in Palembang, using the sample calculation formula and the selection of respondents using purposive sampling technique having inclusion and exclusion criteria with strict conditions, totaling 15 people. Measurement of sleep disorders used a questionnaire adapted from the Sleep Disorder Questionnaire (SDQ) which was changed according to Palembang culture, Indonesian language, had been evaluated by four experts and tested on 20 stroke patients in a private hospital. Statistical test used paired t-test.
Results: Statistical test with a paired t-test, p-value 0.001 with a difference of 27.067 (95% CI 24,382 to 29,750) and t-table value of 21.627 which was greater than the t-table (2.144).
Conclusion: In this study, stroke patients had emotional problems as the cause of sleep disorders. By using SEFT, the patient will verbally repeatedly express his feelings, hopes, prayers and accept his illness sincerely. This will reduce emotional problems. Tapping on acupressure points provides a stimulus to the nervous and endocrine systems so that they become relaxed, and easy to fall asleep.

Wati, N.L., Sansuwito, T.B., Riyanto, D.A., Sustiyono, A., & Musfirowati, F. (2022). The Effectiveness of Emotional Freedom Technique on Public Speaking Anxiety in University Student: An Integrated Review. *Open Access Macedonian Journal of Medical Sciences*. doi:10.3889/oamjms.2022.7919

Public Speaking Anxiety is the most frequently feared condition among university student in academic activities. Emotional freedom technique has gained increased popularity and appears as a promising way to reduce emotional distress in different setting and populations. However, limited review has examining EFT treatment on public speaking anxiety. This integrative review was to examine the effectiveness of EFT programs on public speaking anxiety in university students. The review was carried out using the framework for integrated reviews obtained from Google Scholar, PsycINFO, and PubMed. Articles were included when reporting primary studies on the efficacy of EFT programs on public-speaking anxiety for university students in Bahasa Indonesia and English. The total of 5 were evaluated critically and included in the review. Two of the studies were undertaken in the United Kingdom, and one each in Australia, Turkey, and

Indonesia. Two of the studies were randomized controlled, two used mixed methods, and one queasy experiment design. A majority of the interventions were able to reduce public speaking anxiety. This review shows that implementation of EFT, even within limited resources, is both achievable and worthwhile. EFT programs should be introduced early in the curriculum for university student in their first year of a Bachelor program.

Winarti, R., Nurkhastana, I. & Rohana, N. (2022). The effect of Spiritual Emotional Freedoom Technique (SEFT) therapy methods on changes in adolescent smoking behavior. *Jurnal Ilmu dan Teknologi Kesehatan* STIKES Widya Husada, 13(2). ISSN 2086-8510 (Print), ISSN 2655-5875 (Online).

Smoking behavior in adolescents is a difficult behavior to change. In cigarettes there are addictive ingredients that make dependence on the wearer. The phenomenon obtained in Bendungan Village, there are 42 teenagers aged 15-19 years who have smoking behavior due to invitations from friends, curiosity, often seeing parents smoking and the desire of teenagers themselves. The Spiritual Emotional Freedom Technique (SEFT) method by tapping 2 fingers on 18 key points in the body's 12 energy pathways. The purpose of this study was to determine the effect of the SEFT therapy method on changes in smoking behavior in adolescents in Bendungan Village, Pabelan District, Semarang Regency. The research design used is a quantitative method using a pre-experimental type with a one group pretest-posttest design. The sampling technique used 30 respondents. The research instrument is a questionnaire that has been tested for validity in research (Anggraeni, 2019) with the title "Peer Peer Relationships with Smoking Behavior in Early Adolescents" the number of respondents in this assessment is 15 people with an r value of 0.518 provided that the value of r product moment > r table (0.514), then it is declared valid. The analytical method used is Paired Sample T-test. The results showed that smoking behavior before SEFT therapy was in the moderate category (86.7%) than after being given SEFT therapy in the good category (63.3%). The results of the analysis with the Paired Sample T-test test obtained p value = 0.000 means p value <0.05, meaning that there is an effect of SEFT therapy method on changes in smoking behavior in adolescents in Bendungan Village, Pabelan District, Semarang Regency.

Wati NL, Sansuwito TB, Rai RP, Darmawati I, Anggareni R, Amir MD, et al. (2022). The effect of EFT (Emotional Freedom Techniques) to the self-esteem among nurses. *Malaysian Journal of Medicine and Health Sciences 2022;18*(supp. 2):239-42.

Nurses are imperative people as health providers for helping people in health services, but many have problems with self-esteem. Self-esteem is an essential component in building good mental and health. One of the complementary therapies that can help improve mental health is the Emotional Freedom Technique (EFT). Tapping on certain body spots with words or affirmations is EFT, a safe psychological energy therapy. This study aims to examine the effect of EFT on self-esteem.
Methods: A pre-post test was used in this quasi-experimental investigation. The sampling technique used convenience sampling for 115 participants who joined EFT Training. Self-esteem was measured using the Rosenberg Self Esteem Scale, which was administered to all participants. It was decided to use the paired t-test to determine the mean difference between before and after the intervention.
Results: TEFT was effective in increasing self-esteem, with a substantial outcome (P value=0.000).

Conclusion: Emotional Freedom Technique (EFT) can be an alternative to boosting nurses' self-esteem.

Zuhroidah, I., Toha, M., & Sujarwadi, M. (2022). Efektifitas Tehnik Self Emotional Freedom Technique (SEFT) Terhadap Penurunan Intensitas Nyeri pada Petani di Era Pandemi Covid 19. *Jurnal Keperawatan*, *14*(3), 861–872. Retrieved from https://journal2.stikeskendal.ac.id/index.php/keperawatan/article/view/545

Farming is one of the many jobs held by the people of Indonesia. It is something to be proud of that Indonesia is the 3rd highest rice-producing developing country in the world. Agriculture is the main sector of livelihood. The majority of Indonesia's workforce, especially in rural areas, on the other hand, data shows that most farmers are approaching old age. Degenerative factors and poor ergonomic positions when carrying out activities in rice fields cause various health problems and the most commonly experienced is back pain. The Covid-19 pandemic has an impact on the increasingly weak economic conditions of farmers, so it requires tireless hard work even though they are no longer young. This study aims to determine the effect of Spiritual Emotional Freedom Technique (SEFT) therapy on the intensity of pain experienced by farmers in the Covid-19 pandemic era. This research design is pre-experimental with a one group pre-posttest approach. The population is farmers in Mojoparon Village, Rembang District, Pasuruan Regency. The sample size used the Slovan formula, the sample was taken using purposive sampling. Independent variable pain intensity and Spiritual Emotional Freedom Technique (SEFT) as the dependent variable. Data collection instruments using VAS and SOP Spiritual Emotional Freedom Technique (SEFT) therapy. Data were processed descriptively followed by the Wilcoxon test. Descriptively there is a decrease in pain intensity experienced by farmers before and after receiving Spiritual Emotional Freedom Technique (SEFT) therapy. The results of statistical tests using Wilcoxon showed P Value: 0.00 < α (0.05) there is a significant effect of giving Spiritual Emotional Freedom Technique (SEFT) therapy on the pain intensity of farmers. Based on the above findings, Spiritual Emotional Freedom Technique (SEFT) therapy is an alternative method of dealing with farmers' pain that can be done independently, safely and cheaply.

Alamdar, B., Mohammadtehrani H., Behboodi M., Kiamanesh A. (2021). The Effectiveness of Emotional Release Technique (EFT) in Reducing Anxiety in Patients with Post-Traumatic Stress Disorder. *jarcp. 3* (2):14-26 http://jarcp.ir/article-1-72-en.html doi: 10.52547/jarcp.3.2.14

Emotional release is a new technique based on acupuncture and cognitive therapy that plays an essential role in eliminating energy disorders in the body and helping individual recovery. The present study aimed to determine the effectiveness of the emotional release technique in reducing anxiety in patients with post-traumatic stress disorder.
Methods: The present quasi-experimental study had experimental and control groups with a pretest-posttest and a two-month follow-up design. The statistical population consisted of 486 patients who visited Kerman Nourieh Psychiatric Hospital in 2018 and were hospitalized for post-traumatic stress disorder diagnosed by a psychiatrist. Among them, we selected 30 men with the inclusion criteria using the purposive sampling method and randomly assigned them to the experimental group (15 males) and the control group (15 males). The participants in the experimental group received six one-hour sessions as the Church emotional release technique (2014). All participants were assessed at the pre-test, post-test, and follow-up stages using the

Spielberger anxiety inventory (1983). We analyzed data using the repeated-measures analysis of variance.
Results: The results indicated that state anxiety (F=14.23, P= 0.008) and trait anxiety (F=3.07, P= 0.031) decreased in the experimental group and the effect remained stable in the follow-up phase.
Conclusion: Since the intervention of the emotional release technique decreased anxiety in people with post-traumatic stress by targeting the release of emotions, we suggest clinicians use the emotional release technique to reduce anxiety in individuals.

Anggreini, Eki & Sari, Ike Wuri Winahyu. (2021). Pengaruh Emotional Freedom Technique (EFT) Terhadap Gambaran Diri Pasien Kanker Payudara di Yogyakarta. The effect of Emotional Freedom Technique (EFT) on body image of breast cancer patients in Yogyakarta. *Jurnal Keperawatan Klinis dan Komunitas. 5.* 73-81. 10.22146/jkkk.49827.

Mastectomy and chemotherapy have side effects that can affect the body image of breast cancer patients. The Emotional Freedom Technique (EFT) is a complementary alternative medicine that has the power of tapping and suggestion that can correct physical and psychological problems in just minutes. The aim of this study was to determine the effect of EFT on the body image of breast cancer patients in one of hospital in Yogyakarta.
Methods: This study used a pre-experimental design with one group pre-test and post-test designs. The sampling used purposive sampling technique with a sample size of 17 respondents. The body image was measured using a valid and reliable Body Image Scale (BIS). Data were analysed using the Wilcoxon test.
Results: The body image of breast cancer patients before being given an EFT showed a median value of 8,00 (range of score from 0-30). Meanwhile, respondent's body image after being given EFT showed a median value of 4,00 (range of score 0-30). Wilcoxon test results obtained a p-value of <0,001, which means that there was a significant effect of EFT on the body image of breast cancer patients.
Conclusion: There is an effect of EFT on the body image of breast cancer patients. EFT therapy is a non-pharmacological alternative therapy that can be applied to improving negative body image in breast cancer patients.

Astuti RT, Ediyono S. (2021). Spiritual Emotional Freedom Technique (SEFT) Therapy in Stress and Traumatic During the Pandemic Covid-19: A Literature Review*. BISS-HSS* 2021; 2021:1-5. http://dx.doi.org/10.4108/eai.18-11-2020.2311619

The Covid-19 that occurred in Indonesia had an impact not only on physical, economic aspects but also resulted in psychological problems such as stress and traumatics on society. It is necessary to make efforts to prevent and control stress and traumatic disorders. Spiritual Emotion Freedom Technique (SEFT) is a therapy developed from spiritual therapy and psychotherapy that can be used to manage stress and traumatic stress. The purpose of this literature review is to provide a description regarding the development of Spiritual Emotional Freedom Technique (SEFT) therapy as a stress and traumatic management therapy during the Covid-19. Database searches via ScienceDirect, Pubmed and Google Scholar. The keywords used in the search for this article were Spiritual Emotional Freedom Technique (SEFT), Stress, Traumatic, Covid-19 by getting 40 articles and only 6 articles used were used through objective analysis, topic suitability, research method used, size. samples, research ethics, the results of each article, and the limitations that occur. There are effective results of using Spiritual

Emotional Therapy Freedom Technique in dealing with stress and traumatics during the Covid-19.

Budiman AB, Hafsa Ahdiyatunnisa. (2021). The Therapy Spiritual Emotional Freedom Technique (SEFT) Towards Anxiety In The Elderly At Rw 14 Kelurahan Solokpandan-Kabupaten Cianjur. 2021 p. 745-52.

The total elderly population (over 60 years old) in West Java in 2017 was 4.16 million. Factors which effect anxiety experienced by the elderly include bad memories. One way to decrease anxiety is SEFT therapy, that is a healing technique combining psychology and spiritual power. This research aims to evaluate the effect of SEFT therapy on anxiety amongst the elderly. The research used quasi experiment methods with pre-test post-test and a non-probability sampling technique with purposive sampling method, which obtained with 38 respondents of which 19 received SEFT therapy six times in a week and 19 were the control group. The results of this research shows an average anxiety level in the treatment group before intervention of 29.74 with standard deviation of 11.435 and after intervention this dropped to 20.79 with a standard deviation of 6.997. Within the control group, the average of anxiety level before was 26.58 with standard deviation 9.640 and after was 26.32 with standard deviation 8.564. The statistical test uses parametric test, which is paired t-test analysis which shows that there are differences in the average anxiety level after intervention in both groups with p value 0.036 (á .0.05). Based on the results it can be concluded that SEFT improved anxiety level significantly in the elderly. Therefore, the SEFT therapy can be applied in the community as an alternative therapy to overcome anxiety.

Dewi Musfira Hasal, Muriyati, & Alfira, N. (2021). Effect Of Spiritual Emotional Freedom Technique (SEFT) On The Decrease In Anxiety Levels In Cancer Patients. *Comprehensive Health Care*, *5*(2), 73-80. https://doi.org/10.37362/jch.v5i2.596

According to WHO 2013 data, every year the number of cancer patients in the world increases, the incidence of cancer is increasing from 12.7 million cases in 2008 to 14.1 million cases of 2012. The diagnosis of cancer is daunting for the patient and can affect the patient's psychological conditions especially anxiety. This anxiety is common because of the financial problems, diseases of symptoms, concerns about healing, concerns that cannot run function as humans maximally, and may affect the prognosis of disease that should be good, but becomes otherwise. The harassment of nonfarmochalate anxiety is by distraction and relaxation one of them is a Left. This study aims to determine the effect of the SEFT therapy on the decline of anxiety in cancer patients. Research methods using experimental pre-design by using the type of One Group Pre-test post-test design, with purposive sample technique and using the t-paired test of Wilcoxon test alternative. The results of the research obtained that the level of anxiety of respondents before the SEFT therapy is the average anxiety is as much as 11 people (73.3%). While the rate of anxiety of respondents after the SEFT therapy is the average of lightweight anxiety as many as 14 people (93.3%). From the results of the Wilcoxon test is obtained there is the effect of giving the SEFT to the decrease in anxiety level in cancer patients with value ρ value = 0,002 (ρ <0.05). The conclusion of this research is there is an enhanced influence between the spiritual therapy of the Emotional Freedom Technique (SEFT) to the decline in anxiety level in cancer patients at Griya Al-Afiat clinics.

Halid S, Hadi I, Zulkahfi Z, Idris BNA, Istiana D. (2021). The Effectiveness of The Emotional Spiritual Freedom Technique Dzikir's Combination on Decrease of Insomnia

Events. *Jurnal Ilmu Keperawatan Jiwa* 2021 Jun 13;4(2):401-8.

The National Sleep Foundation America reports that 80% of elderly have trouble sleeping. Meeting the need for sleep rest in the elderly can be improved by teaching stimulating ways to motivate sleep. Spiritual Emotional Freedom Technique combined with dhikr therapy can calm the heart and can provide purity. The purpose of this study was to determine the effectiveness of the Spiritual Emotional Freedom Technique combination of dzikir to reduce the incidence of insomnia in the elderly. The design used in this study was a pre-experimental design with one group pre-test-posttest design approach. The sample in this study amounted to 64 people using the total sampling technique. The independent variable is the Spiritual Emotional Freedom Technique Combination of Dhikr and the dependent variable is the decrease in the incidence of insomnia. The research instrument used a checklist observation sheet using construct validity and then analyzed using the Mc Nemar test. Based on the results of the Mc test. The Nemar test with a level of error (+¦) = 0.05 obtained a value of p = 0.000 (p <+¦), which means that there is a significant effect of the application of the Spiritual Emotional Freedom Technique Combination of Dzikir on the decrease in the incidence of insomnia in the elderly.

Hidayati, A., Emila, O., Dewi, F., Sumarni, S. 2021. Spiritual Emotional Freedom Technique (SEFT) improved autonomic nervous activity in primipara. *Bali Medical Journal 10*(1): 361-365. doi:10.15562/bmj.v10i1.2178 https://www.balimedicaljournal.org/index.php/bmj/article/view/2178

Anxiety is one of prevalent mental disorders in pregnant women and causes alteration in autonomic nervous system (ANS) function and cardiovascular system adaptation. It could potentially lead to increased risk of maternal complications and morbidity. SEFT had been known to lower anxiety level and autonomic nervous system activity but its application in pregnant women is still debated. Therefore, this study aimed to assess the effectiveness of SEFT in primipara women.
Methods: a quasi-experimental, non-equivalent control group study was conducted in Bantul District, Yogyakarta, Indonesia involving primipara who fulfilled the research criteria. SEFT was performed at the 9th month of pregnancy and 1 week before the estimated date of delivery. LF/HF ratio was assessed and compared in the two groups as representation of HRV and autonomic nervous activity.
Results: 62 primiparous women were enrolled in this study and divided equally to the intervention and control group. This study showed that the LF/HF ratio was already different between the two groups at the beginning of the study. However, while the mean of LF/HF ratio was decreasing in the intervention group, an increasing trend was observed in the control group. Finally, the comparison of the mean difference between the two groups revealed that SEFT significantly lowered the ratio of LF/HF in primipara, thus improving the HRV.
Conclusion: SEFT effectively lowered LF/HF ratio in primipara women which might indicate a better balance between sympathetic and parasympathetic nerve responses. However, further study should be conducted to validate the application of SEFT in pregnant women with anxiety.

Jasubhai S. (2021). Efficacy of Emotional Freedom Technique and Cognitive Behavioural Therapy on Stress, Anxiety, Depression, Short-Term Memory, Psychophysiological coherence and Heart Rate in Indian Adults. *Journal of Clinical Psychology and Mental Health Care* 2021 Mar 25.

World Health Organization reported depression as the fourth leading cause of mental illness worldwide and one of the leading causes of disabilities among adults. Living with depression may cause sleep deprivation, anxiety, stress and short-term memory loss. This is because the individual's mind may be occupied with negative thoughts. Depression affects a person's feelings, thinking, daily functioning, processing speed, memory, and executive functions. National Mental Health Survey of India in 2015-2016 reports that one in 20 Indians suffers from Depression. Earlier research indicated that Cognitive Behavioural Therapy (CBT) represents a superior approach in treating mild to severe depression symptoms, and Emotional Freedom Technique (EFT) received increased attention. The present study is in line with a study conducted in Australia in 2016 by Hannah Chatwin et al. The objective of the current study is to evaluate the efficacy of EFT and CBT in the treatment of stress, anxiety and depression, short-term memory loss, psychophysiological coherence and heart rate in Indian young adults. Subjects (n = 14), selected at random, from Ahmedabad (a metro city) in India, were screened for stress, anxiety and depression using Depression, Anxiety and Stress scale (DASS21) and Beck Depression Inventory (BDI2). They were also screened for short term memory using Digit Span test, which allowed assessments of each participant's initial complaints of forgetfulness, difficulty in concentrating and confusion. Their psychophysiological coherence score and heart rate were recorded pre- and post- interventions using emWave system. These subjects were randomly assigned to an 8 once a week CBT or EFT treatment program. All participants were screened after 3 sessions, 5 sessions, 8 sessions and 6 months of follow up using DASS21, BDI2 and Digit Span Test. They were also screened after 1 month for stress, anxiety and depression using DASS21 and BDI2. Findings of the study depicted that both intervention approaches produced significant reductions in stress, anxiety and depressive symptoms and concurrent improvement in short-term memory (STM), psychophysiological coherence and heart rate. The EFT treatment produced marked improvement in depression after 3 sessions. After 8 weeks of intervention, the CBT group reported significant improvement in depression and short-term memory, while EFT intervention therapy showed significant improvement in depression state after 1 month and 6 months of follow up respectively. Examination of individual cases showed clinically significant improvement in stress, anxiety, depression symptoms, short-term memory and psychophysiological coherence across both interventions. The results are consistent with the previous studies by Hannah Chatwin et al. (2016). Present findings suggest that EFT would be an effective intervention therapy in managing stress, anxiety, depression and STM and worthy of further investigation.

Krishnamurthy, D. & Sharma, A. (2021). Effectiveness of add-on Emotional Freedom Technique on reduction of depression: A quasi-experimental study*. Journal of Clinical and Diagnostic Research.* doi: 10.7860/JCDR/2021/49076.15276

Depression is a common psychological disorder prevalent in all age groups irrespective of gender, religion, ethnicity and geographical area. Emotional Freedom Technique (EFT) is a brief treatment and consists of cognitive therapy, acupoint stimulation on selected meridians of the body. The EFT is a self- help therapeutic tool to reduce the distress level. However, existing literature may not be sufficient to demonstrate effectiveness of adding adjuvant therapy, EFT will enhance the outcome among depressive patients along with conventional treatment. To determine effectiveness of add-on EFT on treating depression among patients with depression and to find out the effect of predictive variables on depression level.
Methods: It was a quasi-experimental study with pre-test and post-test design, involving a control group, conducted among patients admitted in open ward for observation and treatment in Hospital for Mental Health, Vadodara, Gujarat, India, with in this study, 100 samples were

selected by convenience sampling technique and data collection was done from March 2019 to July 2019. The Beck Depression Inventory was administered on first day to all the patients. In one group EFT was administered for 40 minutes for three consecutive days along with routine treatment. The other group {Treatment as usual (TAU) group} received only conventional treatment. Depression level was evaluated on third day after intervention by an independent assessor among both the groups. Data were analysed using frequency distribution, Wilcoxon test and Mann-Whitney test.
Results: A total of 100 subjects were included in study. Mean age (years) of EFT group was 44±12 and 42±13 among TAU group. In EFT group 24 (48%) were males and 26 (52%) were females; while it was 26 (52%) males and 24 (48%) females in TAU group. Mean depression score was 30.82±2 before intervention and after intervention it was found 27.20±4 among TAU group. Mean depression score was 30.96±3 before intervention and after intervention it came down to 24±4 in EFT group. On univariate logistic regression analysis, significant association was found with age less than 29 years {Odds Ratios (OR) 2.68; 95% Confidence Interval (CI) =0.398- 18.1}, primary education (OR 6.759; 95% CI=1.106- 41.296), secondary education (OR 2.95: 95% CI=0.56-15.66).
Conclusion: Study concludes that adding EFT as an adjuvant therapy along with conventional treatment antidepressant and psychotherapy will enhance the outcome of depression level among patients with depression.

Malik, A. (2021). Effect of emotional freedom technique on health and well-being. *IAHRW International Journal of Social Sciences Review*, *9*(2), 102-105. https://tinyurl.com/2p8hzk4y

Emotional Freedom Technique or EFT is a groundbreaking treatment method that helps in healing of both physical as well as emotional pain. It's proven to be effective for symptoms of post-traumatic stress disorder, anxiety and stress. In today's competitive world, life is stressful, especially for teenagers. It has also been believed that a lack of emotional harmony is one of the causes of physical symptoms and illness. Without the use of needles, EFT uses the fingertips to stimulate energy points throughout the body, which relax the person both mentally as well as physically. The technique of emotional freedom is used as an alternative method to be stress free and has excellent results even with chronic illnesses. These techniques are accepted and used in medical and psychiatric circles as well as in the field of psychotherapy and healing disciplines. The aim of this article is to review the effects of EFT on the health and well-being on both the general population as well as the population with mental disorders. Against this backdrop, this paper attempts to highlight and discuss the effect of EFT on the health and well-being of an individual.

Maryana, M. & Dewi, S. (2021). Spiritual emotional freedom technique increased patient self-efficacy. *Bali Medical Journal, 10(*3). https://doi.org/10.15562/bmj.v10i3.2830

Patients with a diagnosis of Diabetes Mellitus (DM) in Sleman Regency in 2020 were 20,097 patients. The treatment of diabetes requires good motivation from patients. Self-confidence or self-efficacy will help shape behaviors that support healing. Spiritual Emotional Freedom Technique (SEFT) was a therapy that can create positive emotional conditions and a calm mind so that the right thoughts emerge to decide attitudes in helping the healing process. This study aims to determine the effect of SEFT for self-efficacy of patients with DM-Type 2 at the working area of public health center Seyegan, Sleman, Yogyakarta, Indonesia.

Methods: This study used a quasi-experiment with pre-test post-test using control group design. Patients were assessed pre-test and post-test with the DM-Self Efficacy Scale. The intervention group was subjected to SEFT therapy. The sample of this study was 40 respondents from the intervention group and 40 respondents from the control group. The sampling technique used the purposive sampling technique. Data collection was carried out between July and August 2020.
Results: The results of the data collected were processed using the Wilcoxon test and the Mann Whitney test. Wilcoxon test results in the intervention group obtained p = 0.000 (p <0.05) and in the control group obtained p = 0.000 (p <0.05). Mann Whitney test results obtained p = 0.003 (p <0.05).
Conclusion: SEFT technique affects the increasing self-efficacy in type II DM patients.

Mayer-Gutdeutsch, H. (2021). Klopfen mit PEP nach Michael Bohne zur Reduktion von Alkohol-Craving – ein Fallbeispiel. "Tapping with PEP with Michael Bohne on reducing alcohol craving: A case study. *psychopraxis. neuropraxis* 24, 172–177. https://doi.org/10.1007/s00739-021-00723-2

By means of a case study it is shown that the process-oriented embodiment psychology (PEP) "tapping technique" can achieve good results with alcohol craving. At the beginning, the main areas of application, the current state of tapping techniques and the predecessors of the applied PEP method are mentioned. After a brief explanation of the specific approach, the most important of the discussed effect hypotheses, a neurobiological effect hypothesis, is briefly dealt with. This is followed by a detailed report on the treatment process and its results. The 1year catamnesis demonstrates the sustainability of the method for this patient. In addition, it should be emphasized once again that such an application must always remain part of a more comprehensive psychotherapeutic treatment in order to succeed in the long term.

Wati N, Sansuwito T, Sirait H, Pusporini L, Ruswadi I, Rahayu S, et al. (2021). The Effect of Emotional Freedom Technique to the Public Speaking Anxiety (PSA) among Nursing Students. *Malaysian Journal of Medicine and Health Sciences 2021 Dec 1;* 17:86-9.

Public Speaking Anxiety is one of the problems faced by nursing students when in class, clinical and community settings. Anxiety, tension, and depression can all be reduced using Emotional Freedom Techniques (EFT). EFT is a scientifically validated method of treating anxiety that involves acupoint stimulation. The goal of this study was to see if EFT could help nursing students overcome their fear of public speaking.
Methods: This was a quasi-experimental study involving a pre-post test on one group. The sampling technique used total sampling. 87 nursing students from public speaking trainees in West Java and Banten joined this study. The Subjective Units of Distress Scale was used to assess public speaking anxiety. Paired t-test was used to assess the mean difference between pre- and post-intervention.
Results: EFT was helpful in lowering public speaking anxiety, with a substantial outcome (P value=0.000).
Conclusion: Emotional freedom techniques can be an alternative to improve the soft skills of nurses, especially in public speaking and support the role of nurses as health educators.

Nurul, H. (2020). The effect of Spiritual Emotional Freedom Technique (SEFT) on depression levels in the elderly. *Journal of Holistic and Traditional Medicine*, *4*(03), 387–392. Retrieved from https://jhtm.or.id/index.php/jhtm/article/view/70.

Depression is a feeling of sadness and pessimism associated with an affliction. Depression is a mental health problem which most commonly occurs in the elderly. Elderly with depression are had a higher risk of suicide. Based on the survey of July until October 2014 found that 7 of 10 elderly with depression. It shows the high incidence of depression in the elderly in UPT Panti Sosial Lanjut Usia Blitar Tulungagung 2015. The purpose of this study was to determine the effect of SEFT therapy for depression level in the elderly. This research used pre-experiment design, with one group pre-post test design. Data source of this research is the primary data. Total population was 18 people and the 15 people selected to be the subject by purposive sampling. The independent variable of this study is SEFT therapy, and the dependent variable is the depression level in the elderly. The results of this research were there were some differences of depression level before and after give SEFT therapy. Before SEFT therapy, the level of mild depression about 46.7% and middle level depression was 53.3% then after give SEFT therapy mild level depression is about 86.7% and middle level depression is 13.3%. The data were analyzed with statistical test by Wilcoxon test. P value 0.001 obtained depressed levels, then H0 is rejected and H1 is accepted. There are differences in the level of depression before and after given SEFT therapy in elderly SEFT in UPT Panti Sosial Lanjut Usia Blitar Tulungagung 2015. Thus, respondents expected SEFT therapy as a non-pharmacological therapy for depression.

Pandey, N., & Mitra, M. P. (2021). Emotional Freedom Technique as an intervention tool in dealing with stress among mothers of children with intellectual disability. *Tathapi - UGC Care Journal, 19*(44).

Stress describes unpleasant emotion or feeling that affects one's level of functioning. It is psychological discomfort (like sadness, anxiety, distraction, and symptoms of mental illness) that interrupts individual's activities of daily living. Stress is one of the most disturbing emotions being faced by the mothers of children having intellectual disability. Hence, the present work on Emotional Freedom Technique (EFT) as a therapeutic intervention in dealing with stress of mothers of children with Intellectual Disability (ID). EFT is self-help technique that helps deal with stress. It involves tapping near the energy meridian points around our body in order to reduce tension, promote physical and emotional healing and thus maintain a healthy mind body connection. The objective of the present work is to establish the fact that EFT is one of the effective ways of dealing with stress among mothers of children with intellectual disability. Purposive sampling was used to include ten (out 20) mothers having children with Intellectual Disability. Subjective Unit of Distress (SUD) and Parental Stress Scale (PSS) questionnaire were used as screening tools. Clients' feedback was taken after a gap of one month. The result of the study revealed that EFT is effective in reducing stress. The overall result shows that EFT is an effective way of dealing with stress among mothers of Children with Intellectual Disability.

Priyanto, W., Widyana, R., Veraseri, M. (2021). Spiritual emotional freedom technique (seft) to reduce the diabetes distress in people with diabetes mellitus*. Indigenous: Jurnal Ilmiah Psikolog,* 67-77, oct. 2021. ISSN 2541-450X. https://journals.ums.ac.id/index.php/indigenous/article/view/12867. https://doi.org/10.23917/indigenous.v6i2.12867.

This study aimed to examine the effectiveness of Spiritual Emotional Freedom Technique (SEFT) to reduce the distress levels in people with diabetes mellitus at productive age. Participant in this study were 12 people, 33-61 years old male and female with moderate and high levels of diabetes distress as measured with diabetes distress scale/ DDS17. This research design was an experimental pre-post-test control group design with experimental group and control group. The data analysis technique used in this study was statistical analysis with the Wilcoxon sign rank test and the Mann Whitney U-test. The results of the Wilcoxon Sign Rank Test showed a significance value of p= 0.028 (p <0.05) and was strengthened by the results of the Mann Whitney U-Test with a significance value of p= 0.004 (p <0.05) and a decrease in the value of $\bar{x}$ = 63.33 to $\bar{x}$ = 20.33, which means there is a significant difference in the level of diabetes distress in people with diabetes mellitus at productive age before and after being given the SEFT for Healing intervention. These results indicate that SEFT for Healing can reduce the level of diabetes distress and the hypothesis is accepted. SEFT for healing is proven effective and can be used as one of the therapies to reduce the distress in people with diabetes.

Qurrotu Ayun. (2021). Efektifitas Terapi Hypno EFT Untuk Menurunkan Dampak Emosi Destruktif Pada Mahasiswa PTKIN Di Kota Salatiga. *IMAGE*, *1*(1), 27-49. Retrieved from https://www.unaki.ac.id/ejournal/index.php/image/article/view/248

This study aims to test empirically the influence of hypno EFT therapy to reduce the impact of destructive emotion on the students. Participants in this study were students of Islamic Religious Higher Education in Salatiga City. Determination of participants based on pretest scores ranging from 51 to 100 with novaco anger inventory scale and SUD scale from 0 to 10. Subjects in this study amounted is four students who scored high on both scales. The type of research used is experimental research that belongs to the pretest posttest one group design. Analysis of data using Wilcoxon Sign Rank Test. Intervention techniques in this study using hypno EFT therapy, which is a therapeutic technique that combines hypnotic conditions in the subject of research with EFT therapy. The results showed that hypno EFT therapy is effective to reduce the impact of destructive emotion on the students.

Rahmadania, W., & Zoahira, W. O. (2021). Terapi Spritual Emotional Freedom Technique (SEFT) terhadap Tingkat Kecemasan pada Keluarga Pasien yang Kritis. *Jurnal Keperawatan Silampari*, *5*(1), 610-618. https://doi.org/10.31539/jks.v5i1.1872

This study aims to determine the effect of SEFT therapy on anxiety levels in families of critically ill patients at the Kendari City Hospital. This study uses a quasi-experimental method with one group pretest-posttest design. The results of this study statistically and clinically showed an effect of SEFT therapy on the anxiety level of the critically ill patient's family with a p-value = 0.001 (p <0.05) and the mean difference in anxiety value > 10. In this study, there was a decrease in anxiety levels from severe anxiety. (pretest) became moderately anxious after SEFT therapy (posttest). Although the decline was only to moderate anxiety, the patient's family said they became calmer, and a feeling of resignation appeared about the critical condition of their family members. The decrease in anxiety is also marked by a reduction in the frequency of pulse and breathing to normal after being given SEFT therapy. In conclusion, SEFT decreases the anxiety level of critical patients' families.

Silaban, J. (2021). Terapi Emotional Freedom Technique Menurunkan Nyeri Post Sectio Caesarea. Jurnal Ilmiah PANNMED (Pharmacist Analyst Nurse Nutrition Midwivery Environment Dentist) 16(2):430-434 10.36911/pannmed.v16i2.1081

Every surgery will experience pain, ranging from mild pain to very severe pain. 93% of section caesarea (SC) patients experience moderate to severe pain using a visual analog scale (VAS). Pain causes disruption to sleep rest, limited to meeting needs such as self-care, baby care and bounding attachments. Pain is minimized by pharmacological and non-pharmacological approaches. One of them is Emotional Freedom Technique (EFT) therapy. Research purposes. Knowing the effect of EFT therapy on pain in post SC mothers in Sidikalang Regional Hospital. Methods. This study used a quasi-experimental design with a one group pre-posttest design approach. Data collection in the Mawar Room of Sidikalang Regional Hospital with a population of 298 people and a sample of 20 people with incidental sampling technique. Data were analyzed by different paired t test.
Results: Shows that the average pre-test pain in post SC mothers is moderate pain (46.45), and the average post-test pain is mild pain (32.45). Different test results paired t test, pre-test and post-test found 11,570> 1,729 (t arithmetic> t table). From the test results it was found that there is significantly different mean before and after EFT therapy.
Conclusion: There is an effect of EFT therapy on pain in post SC mothers. Suggestion. So that health workers are willing and able to do EFT therapy to reduce post SC pain.

Uma, D.T. & Safreena, I. (2021). A quasi-experimental study to appraise the perceived competency and effect of emotional freedom technique on postpartum blues among postnatal mothers in selected hospitals, Chennai. *TNNMC Journal of Obstetrics and Gynaecological Nursing, 9*(1), 7 – 13. Online ISSN: 2456-7027. https://tinyurl.com/hkd37fah

A mother's joy begins as new life is stirring inside; when a tiny heartbeat is heard for the first time, and a playful kick remains her that she is never alone. The delivery of a child yields excitement and joy, and the new mother is expected to welcome her new responsibility with happiness. For some, this new responsibility may not be an enjoyable experience because of ignorance or mishandling of postpartum psychological health. Postnatal mothers may struggle with their mental health as they transit to motherhood. To assess the effect of Emotional Freedom Technique on level of Postpartum blues.
Methods: Quasi experimental pretest post-test with control group design was adopted and the samples consist of 30 postnatal mothers. Edinburgh postnatal depression scale was used to assess the postpartum blue level.
Results: Only 13.3% of the postnatal mothers had adequate perceived competency in terms of knowledge regarding postpartum blue. In experimental group, 13 postnatal mothers who had moderate level of postpartum blue during pertest improved after implementation of the Emotional freedom technique where majority 66.7% of the mothers came to mild level. There is a significant change in the postpartum blue between pertest and post-test among experimental group which is statistically proved by that 't' value of 5.72 (Df=14, table value=2.14 at 0.05 level of significance).

Yunita Sari R., Muhith A., Rohmawati R., Soleha U., Faizah I., Afiyah, R.K., Suryadi, R. F. (2021). Spiritual Emotional Freedom Technique against anxiety and psychological well-being of Type 2 DM patients during the COVID-19 pandemic. *Open Access Maced J Med Sci., 9*(G). https://oamjms.eu/index.php/mjms/article/view/7217 https://doi.org/10.3889/oamjms.2021.7217

The COVID-19 pandemic makes patients with type 2 diabetes mellitus experience an increase in anxiety, considering that diabetes mellitus is one of the dangerous comorbidities for people infected with the COVID-19 virus so that it affects their psychological well-being. Low psychological well-being will have an impact on decreasing self-care, thereby increasing the occurrence of complications. The purpose of this study was to analyze the effect of the spiritual emotional freedom technique (SEFT) on anxiety and the psychological well-being of patients with type 2 DM during the COVID-19 pandemic.
Methods: The research design employed is quasi-experimental research with the untreated control group design with dependent pre-test and post-test samples. The sampling technique used is probability sampling which is a random sampling to meet the inclusion and exclusion criteria with a total sample of 110 respondents with the distribution of the intervention group consisting of 55 respondents and the control group consisting of 55 respondents. The instrument used to measure the level of anxiety is the Hamilton Rating Scale for Anxiety and psychological well-being of Ryff's psychological well-being. The statistical tests used are Paired Sample t-Test and Independent t-test with significant $p < 0.05$.
Results: The results showed that the mean level of anxiety in the intervention group before the implementation of the intervention was 21.89 (moderate), while after the intervention was 10.98 (mild) and the psychological well-being before the intervention was 147.49 (low), while after the intervention was 170.91 (moderate). Furthermore, in the case of the control group, the mean level of anxiety before the intervention was 19.16 and after the intervention was 19.11 and psychological well-being before the intervention was 146.67 while after the intervention was 146.45. Furthermore, the data analysis obtained that the SEFT affected the level of anxiety and psychological well-being of patients with type 2 diabetes during the COVID-19 pandemic with $p = 0.00$.
Conclusion: The SEFT that is routinely implemented can reduce the level of anxiety so that it can improve the psychological well-being of patients with type 2 DM during the COVID-19 pandemic.

Safitri, W., Dhamayanti, I., Irdianti, M. & Sari, F. (2021). The Emotional Freedom Technique reduces the anxiety of the elderly with hypertension. *Indonesian Journal of Global Health Research, 3(*4). https://doi.org/10.37287/ijghr.v3i4.609
https://tinyurl.com/mujhy485

One of the aging processes that experienced by the elderly in cardiovascular system health problems is hypertension. A relatively long treatment and recovery cause anxiety. The emotional freedom technique is a non-pharmacological method for dealing with anxiety. To find out the effect of the emotional freedom technique on the anxiety level in elderly with anxiety.
Methods: Research design is a pretest and posttest quasi-experiment with a control group. This study was conducted in Sragen village area. The sampling technique used purposive sampling. The total sampling is 144 respondents, divided into two groups namely 72 respondents of a treatment group and 72 respondents of the control group. The tool of the study was a questionnaire of Hamilton Rating Scale for Anxiety to rate the level of anxiety experienced by elderly with hypertension. The data were analyzed by using Wilcoxon test and Mann Whitney test. Wilcoxon test showed *p value 0.000< 0,0,* there was a significant effect on the anxiety level of the elderly with hypertension and Mann-Whitney test obtained *p value* 0.042, showing that the group given the emotional freedom technique treatment was effective in reducing the anxiety level compared to the control group. Emotional freedom technique is effective to reduce the anxiety level of elderlies with hypertension.

Wati, N., Dewi, N., Meilena, N., Lestari, R. (2021). Emotional Freedom Technique (EFT) Therapy on Chronic Kidney Disease (CKD) Patients to Reduce Fatigue. *Jurnal Keperawatan 12*(1). https://doi.org/10.22219/jk.v12i1.9763 https://ejournal.umm.ac.id/index.php/keperawatan/article/view/9763

Fatigue is one of the most common symptoms felt by patients who experience chronic kidney disease, the level of fatigue experienced from low to severe. Some management to deal with fatigue has been done a lot, but the results have not been maximized. Emotional Freedom Technique (EFT) is a psychological therapy that can treat many diseases, both physical illness and psychological illness. This study aims to determine the effect of EFT therapy on fatigue in CKD patients.
Methods: This type of research is a quasi-experimental design with a control group pre-post-test Sample divided into two groups, consisted of 19 people, selected through purposive sampling.
Results: The results showed that the p-value in the treatment group = 0,000 means that there is an effect of therapy EFT on health in CKD patients, whereas, in the control group, there is no difference with the p-value = 1,000. The change in CKD patients' fatigue level after EFT therapy is due to a combination of techniques that support the effectiveness of EFT therapy.
Conclusion: With this study, it is expected that hospitals can carry out EFT therapy to reduce fatigue in CKD patients to help cure patients.

Wijayanti LA, Nurseskasatmata SE. (2021). Spiritual Emotional Freedom Technique (SEFT In Reducing Primary Menstrual Pain Intensity Toward Female Students. Atsma Negeri 6 Kediri*. Annals of RCSB 2021;25*(3):3100-8.

Menstrual pain is a medical condition that occurs during menstruation that can disrupt activity. Besides, it requires treatment that is indicated by cramps or pain in abdominal or pelvic area. Based on WHO data in 2015, incident rate of dysmenorrhoea in Indonesia was 55% among productive ages, which the 15% of them complained about activity that became limited due to menstrual pain. Furthermore, this research aimed at determining Spiritual Emotional Freedom Technique (SEFT) in reducing the intensity of primary menstrual pain toward female students at public senior high school6 Kediri, East Java Province, Indonesia. This sample selection utilized total sampling method and research targets were selected based on population characteristics that had been determined. Meanwhile, measuring instrument in this research was observation sheet of descriptive pain scale based on theory from Judha, M., S. & Fauziah, A., 2012. Results of this research showed that most of female students at public senior high school 6 Kediri experienced moderate menstrual pain before being treated by Spiritual Emotional Freedom Technique, then, most of female students at public senior high school 6 Kediri experienced mild menstrual pain after being treated by Spiritual Emotional Freedom Technique. In conclusion, core version of Spiritual Emotional Freedom Technique (SEFT) could reduce the intensity of primary menstrual pain. Besides, core of SEFT method could be utilized as a treatment option in order to reduce non-pharmacologically menstrual pain when experiencing primary dysmenorrhea.

Altuntas, S. & Duzguner, S. (2020). A Qualitative Research on Individual, Social and Spiritual Changes in Women Supported with Emotional Freedom Technique*. Ankara Üniversitesi İlahiyat Fakültesi Dergisi 61:*2, 453-492. DOI: https://doi.org/10.33227/auifd.781006

Emotional Freedom Technique (EFT) is a widespread practice aimed at providing psychological support in recent years. Being discovered in Chinese medicine in the 1980s this technique regards mind and body as a whole. EFT began to be practiced recently in Turkey. The aim of this study is to investigate the effects of EFT on people. "What are the effects of EFT practice to personal, social, and spiritual dimensions of human?" is the main research question. To answer this question, 21 women were interviewed before and after EFT. The observations were noted. Content analysis was conducted to the qualitative data. As a result, it was found that people acquired awareness about themselves and their environment and felt closer to Allah.

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

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.

Asmawati, Ikhlasia, M., & Panduragan, S. L. (2020). The effect of Spiritual Emotional Freedom Technique (SEFT) therapy on the anxiety of NAPZA (narcotics, psychotropic, and other addictive substances) residents. *Enfermeria Clinica,* 30 Suppl 5, 206–208. DOI:10.1016/j.enfcli.2019.11.055 Corpus ID: 220796367

Anxiety disorders are subjective feelings about mental tension as a general reaction and inability to overcome a problem or feeling insecure. SEFT (Spiritual Emotional Freedom Technique) is a combined therapy of spiritual power energy and psychology. The ability to change a person's emotional state into relaxation is used as an additional intervention for NAPZA (narcotics, psychotropic, and other addictive substances) residents who are undergoing drug rehabilitation. This study aimed to determine the effect of SEFT therapy with a decrease in anxiety levels toward NAPZA residents. This research method uses a pre-experimental quantitative design. The approach used is one-group pre–post-test design. The sampling technique is consecutive sampling with a sample of 18 respondents. The results showed that there was an effect of SEFT therapy with a decrease in anxiety level toward NAPZA residents with the value of <0.001. SEFT interventions could reduce anxiety levels in NAPZA residents. It can be used as an additional therapy for the treatment of disease without interfering with medical treatment because health workers, families, and the general public can do it. This therapy is straightforward to do, inexpensive, and practical.

Balha, S, Abo-Baker, O. & Mahmoud, S. (2020). Effect of Emotional Freedom Techniques on psychological symptoms and cravings among patients with substance related

disorders. *International Journal of Novel Research in Healthcare and Nursing, 7*(2), 30 – 45. ISSN: 2394-7330.

Numerous researchers have found a recurrent co-occurrence of craving & psychological distress among addict patients. Thus, this necessitate applying evidence-based practice like the EFT techniques that are characterized by its simplicity and used it as a self-help tool for managing craving, and psychological symptoms like anxiety and depression. This study aimed to assess the effect of emotional freedom techniques on psychological symptoms & cravings among patients with substance related disorders.
Methods: Quasi experimental research design was used. The present study was conducted at Elmaamoura Hospital for psychiatric Medicine in Alexandria. The subjects of the study comprised of 90 patients. Tools: Three tools were used: Tool I: Interview questionnaire sheet (Socio-demographic and clinical data)., Tool II: Substance-related disorders &Alcohol Cravings (The Penn Alcohol Craving Scale (PACS)Tool III: The Symptom Checklist 90 scale (SCL-90 R),
Results: Applying psycho-educational program of emotional freedom techniques (EFT) significant reducing level of craving, and All statistically significant decrease was observed in the three global indices (GSI, PSDI, PST) and all of the SCL-90 subscales nine dimensions after the sessions, indicating a reduction in psychological distress ($P < 0.005$).
Conclusion: Applying psycho-educational program of emotional freedom techniques (EFT) significant reducing level of craving, significant improvements in psychological symptoms among substance related disorders. These results demonstrate that EFT could be an efficient adjunct tool for addiction treatment by reducing the high levels of craving & decreasing severity of the general psychological symptom distress among addict patients.

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.

Dewi, N.L., Arifin, M., & Ismail, S. (2020). The Influence of Gayatri Mantra and Emotional Freedom Technique on Quality of Life of Post-Stroke Patients. *Journal of Multidisciplinary Healthcare, 13,* 909 - 916. DOI:10.2147/JMDH.S266580 Corpus ID: 221880595

The quality of life in stroke patients is vital for survival. Nowadays, studies that show a decrease in quality of life in post-stroke patients are increasing. Various non- pharmacological modalities were explored in the past to improve rehabilitation. However, the study about the effects of religious mantra and its combination with the modern technique was lacking. Therefore, this study aimed to analyse the effects of Gayatri Mantra and Emotional Freedom Technique (EFT) on quality of life (QOL) of post-stroke patients.
Methods: A quasi-experimental with pretest and posttest with the control group design was conducted. Forty-six post-stroke subjects with reduced quality of life based on Stroke Specific Quality of Life were consecutively recruited and divided into controls and intervention groups. The intervention group received additional treatment with Gayatri Mantra and EFT. In contrast, the control group attends and adheres only to the standard hospital rehabilitation program.
Results: All indicators and the overall score of QOL in the intervention group showed significant improvement after treatment ($p<0.05$) compared with no improvement in the control group. Overall, a higher QOL score was observed in the intervention group at the end of the study. Mann–Whitney test shows significant differences between the final QOL score in intervention and control groups ($p<0.001$).
Conclusion: Gayatri Mantra and EFT are significantly increasing the quality of life of post-stroke patients.

Fachrin, S., Amelia, A., & Farinah, K. (2020). "The Effectiveness of Spiritual Emotional Freedom Technique (SEFT) Therapy against the Reduction of Work Fatigue in PT WIKA Beton Makassar," *International Journal of Science and Healthcare Research 5:*3, ss.338-344. Website: ijshr.com. Research Paper ISSN: 2455-7587.

The purpose of this study was to analyze the effectiveness of Spiritual Emotional Freedom Technique therapy to reduce work fatigue in workers at PT. WIKA Beton Makassar. This type of research was a quantitative approach with a quasi-experimental research method, and the research design used was a pretest-posttest control group design. In this study, the population was 60 workers and was taken into a sample of 38 respondents. Those were divided into 19 respondents in the experimental group and 19 respondents in the comparison or control group using a purposive sampling technique for sampling. The results of the different tests using the Wilcoxon Signed-Ranks test as the non- parametric analysis found that the intervention group value of ρ 0.000 <0.005 was obtained, and the control group got a value of ρ 0.001 <0.005. It indicated differences at the level of fatigue before and after therapy, both in the intervention and control group. Then the results of the Mann-Whitney test as the non-parametric comparison analysis showed that the intervention group got a value of ρ 0.000 <0.005, while the control group obtained a value of ρ 0.035 <0.005. The results of the analysis indicated that Spiritual Emotional Freedom Technique therapy was more effective in reducing work fatigue compared to the untreated control group. It is suggested that the results of this study can be a reference for company leaders, workers, and also future researchers to use SEFT therapy as an alternative therapy in reducing physical and psychological problems such as work fatigue.

Fadli, R., Putri, Y., Amalianita, B., Zola, N. & Ifdil, I. (2020). Treatment for anxiety using Spiritual Emotional Freedom Technique. *Journal of Counseling and Educational Technology, 3*(1), 41-46. doi: https://doi.org/10.32698/01151 file:///Users/freejjii/Downloads/115-346-1-PB.pdf

This study aims to describe SEFT and treatment in the treatment of anxiety. This study used rapport cases on three clients. The research instrument used is rapport Client Case,

observation and depression, Anxiety, and Stress Scale. The data obtained were analyzed by T-Test Statistic Nonparametric Wilcoxon Signed-Rank Test. The findings from the study showed that before treatment, the level of anxiety at very heavy levels and after the treatment became mild and normal. Based on T-test results found that there is a significant difference in anxiety level of clients before and after treatment. This means SEFT is effective for reducing client anxiety.

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.

Ikhlasia, M., & Panduragan, S. L. (2020). The effect of Spiritual Emotional Freedom Technique (SEFT) therapy on the anxiety of NAPZA (narcotics, psychotropic, and other addictive substances) residents. *Enfermeria Clinica, 30*(Suppl 5), 206-208. doi:10.1016/j.enfcli.2019.11.055

Anxiety disorders are subjective feelings about mental tension as a general reaction and inability to overcome a problem or feeling insecure. SEFT (Spiritual Emotional Freedom Technique) is a combined therapy of spiritual power energy and psychology. The ability to change a person’s emotional state into relaxation is used as an additional intervention for NAPZA (narcotics, psychotropic, and other addictive substances) residents who are undergoing drug rehabilitation. This study aimed to determine the effect of SEFT therapy with a decrease in anxiety levels toward NAPZA residents. This research method uses a pre-experimental quantitative design. The approach used is one-group pre–post-test design. The sampling technique is consecutive sampling with a sample of 18 respondents. The results showed that there was an effect of SEFT therapy with a decrease in anxiety level toward NAPZA residents with the value of <0.001. SEFT interventions could reduce anxiety levels in NAPZA residents. It can be used as an additional therapy for the treatment of disease without interfering with medical treatment because health workers, families, and the general public can do it. This therapy is straightforward to do, inexpensive, and practical.

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

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 (SpO2) in the music group.
Conclusion: 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

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. To outline some of the benefits of the Emotional Freedom Technique (EFT) intervention that can help patients reduce anxiety
Methods: The database used in this study was Scopus, Google Schoolar 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.
Results: 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. EFT can be applied in health services or applied independently.

Mishbahatul E, Has M, Pradany RN, Wahyuni SD. (2020). The Effect of Auditory Stimulation Spiritual Emotional Freedom – Technique Care (ASSEF-TC) Towards Elderly Anxiety in Werdha Nursing Home Surabaya. *Sys Rev Pharm,11*(3):805-8.

The problem that often occurs in the elderly is anxiety, and if it happens continuously, depression, other emotional illnesses, and even physical illness may occur. Decreasing the degree of stress can be done with several techniques, including Auditory Stimulation Care (ASC) and Spiritual Emotional Freedom Technique (SEFT). The researcher combines these two

techniques, which expected to provide a more optimal effect. This study aims to analyze the impact of ASSEF-TC on elderly anxiety in Werdha Nursing home Surabaya. This research uses to experiment with one group of pre-post designs. The number of the population was 36, and the sample was 17 respondents using purposive sampling. The independent variable is the ASSEF-TC, and the dependent variable is the anxiety level. The data collection instruments used the questionnaire of the Geriatric Anxiety Inventory (GAI) and were analyzed with the Wilcoxon sign rank test (a=0.05). The results showed the scale of respondents' anxiety after being given ASSEF-TC technique for 15 consecutive days decreased. The analysis test using the Wilcoxon sign rank test indicates that there is an effect of the ASSEF-TC technique on elderly anxiety (p=0.000). This study found that there is a significant effect of the ASSEF-TC technique on reducing stress in the elderly. From the result of the study, it is hoped that the board management can implement the ASSEF-TC method to reduce the degree of anxiety of the elderly regularly.

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.

Niken, S., Wahyuningsih, W., & Prasetyorini, H. (2020). The Application of Spiritual Emotional Freedom Technique on Pain in Cancer Patients*. Indonesian Journal of Global Health Research, 2(*4), 351-358. https://doi.org/10.37287/ijghr.v2i4.248

Cancer patients often experience pain complaints on their parts of body. The pain felt by patients can interfere with the patient's daily activities, leading to a decreased quality of life. The provision of Spiritual Emotional Freedom Technique (SEFT) to cancer patients is done to help overcome the problem of physical and psychic pain. This therapy combines body energy and spiritual therapy using three stages consisting of the setup, the tune in, and the tapping. A mild tapping or tapping method is given at 18 points on the body. This study aimed to find out the extent of the effect of SEFT on the pain of cancer patients. This research was a descriptive

through a case study approach. The number of participants was 4 participants. The sampling was done purposively. The inclusion criteria of this study are cancer patients who complained moderate to severe pain. The pain level was measured using the Numeric Rating Scale (NRS). The data were collected using literature studies, in-depth interviews, and observations. Data analysis was done by using an interactive model that classifies the process into data reduction, data presentation, and conclusion drawing (Verification). The application of case studies using SEFT theory has a meaningful influence to reduce pain.

Oktiawati, A., Itsna, I. & Ni'mah, J. (2020). Emotional Freedom Technique (EFT) reduces the anxiety of mothers who have low birth weight babies (LBW). PERINTIS HEALTH JOURNAL (Perintis's Health Journal). 7. 8-15. 10.33653/jkp.v7i1.421.

The case of Low-Birth-Weight Infants (LBW) is one of the contributions to infant mortality, especially in the perinatal period so that it requires special care and attention, causing feelings of anxiety in mothers because every mother after giving birth. One easy way to reduce anxiety is with Emotional Freedom Technique (EFT) therapy. Medical record data of RSUD Dr. Soeselo Tegal Regency cases of LBW from January to September 2019 amounted to 421 cases. The purpose of this study was to determine the level of anxiety before and after the application of EFT. This study used quasi experimental with a research design using One group pre-post test design. The sample in this study were 28 mothers who had LBW. Anxiety measurement tool using a questionnaire adopted from the Hamilton Rating Scale for Anxiety (HRS-A). The statistical test used was the Wilcoxon test. The results of the statistical test obtained a p value of 0.000, meaning that there is an effect of EFT on the level of anxiety in mothers who have LBW.

Permatasari, A., Pujiastuti, E., Mulyantoro, D. (2020). Spiritual Emotional Freedom Technique (SEFT) Intervention on Blood Pressure among Pregnancy with Hypertension. *International Journal of Nursing and Health Services (IJNHS) 3*:3, 402-410. DOI: 10.35654/ijnhs.v3i3.233

Pregnant women with hypertension are the most dominant cause of maternal and neonatal mortality in midwifery services. Spiritual Emotional Freedom Technique (SEFT) is a relaxation technique that can provide a relaxed feeling to overcome improve blood flow and reduce blood pressure. The study aimed to examine the effectiveness of giving SEFT to decrease blood pressure in the class of pregnant women with hypertension. A quasi-experimental pretest, and posttest with an equivalent control group was applied in this study. We selected 15 respondents using purposive sampling. The SEFT intervention was carried out at 12 points on the body for 1x / day with a duration of 30 minutes for 14 days. The results showed that patients in the experimental group have systolic blood pressure reduction of about 12 mmHg with p value 0,00. The experimental group has diastolic blood pressure education about 12.8 mmHg with p value 0.00. SEFT given at 12 body points 1x / day with 30 minutes' duration for 14 days proved effective in reducing blood pressure in the class of pregnant women with hypertension. Further research needs to examine SEFT so that other variables related to hypertensive pregnant women can be added by adding a biomarker examination such as Nitric Oxide (NO).

Purwandari, E. et al. (2020). Terapi Berhenti Merokok dengan Spiritual Emotional Freedom Technique (SEFT). Smoking Cessation Therapy with Spiritual Emotional Freedom Technique (SEFT). *WARTA LPM, 23(*2); September 2020. 10.23917/warta.v23i2.9538 https://journals.ums.ac.id/index.php/warta/article/view/9538

Adolescents as the next generation of the nation need to be prepared to be healthy and qualified human beings. However, our young generation is being threatened by smoking. Based on a study conducted by the School of Strategic and Global Studies for the University of Indonesia's national security study in 2018, it shows that active smokers are at the age of 25-38 years with a percentage of 44.75. Young people have a large percentage, as many as 33.03 percent of 1000 respondents aged 18-24 years are still active smokers. This condition was found by SMA Al-Kautsar as a partner. Based on information obtained from the counseling teacher of SMA Al-Kautsar, it was found that most male students smoke. This is a concern for the service team to carry out a community service program at Al-Kautsar High School with the theme "SELF DEVELOPMENT TRAINING FOR TEENAGERS". This service activity aims to be able to provide education to high school adolescents about the dangers of smoking in terms of health, emotions and spirituality. In addition, this activity is also to apply smoking cessation interventions to students as active smokers in groups and help students overcome smoking addiction. The method used was psychodeducation and SEFT therapy. SEFT therapy was conducted on 3 active smokers (as volunteers). SEFT Therapy, or an extension of Spiritual Emotional Freedom Technique (SEFT) is one of the alternative therapy techniques to overcome emotional and physical problems. The therapy is done by lightly tapping on certain nerve points or meridians in the body. A series of systematic techniques are used in the body system to improve the state of mind, emotions, and behavior to reduce smoking habits. The results of SEFT therapy in this community service activity show a decrease in the scale of pleasure felt by children as indicated by nausea, dizziness, bitterness, coughing and even vomiting. The provision of SEFT therapy can change the mindset of students to reduce their activities in smoking. So, SEFT can be an alternative therapy that can be used for smoking addiction that can be applied in school settings.

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.

Rokayah, Y., Kurniawati.D.I, R., & Rumiatun, D. (2020). The Effectiveness of SEFT Method to Overcome Dysmenorrhea Problem on Senior High School Students of Cipanas in 2018. *Advances in Health Sciences Research, 20.* DOI:10.2991/ahsr.k.200204.064

Adolescence is a period marked by physical, emotional and psychological changes called puberty. One sign of puberty is the occurrence of menstruation, a disorder that arises in the menstrual cycle, namely dysmenorrhea. According to Anwar 1, the prevalence of dysmenorrhea in Indonesia is 60-70%. Handling of dysmenorrhea can be overcome by the SEFT (Spiritual Emotional Freedom Technique) method, a blend of the science of Acupuncture and Psychology that is enhanced with a Spiritual touch. This research was a quasi-experimental research design with one group pre-post-test method. The sample was determined by purposive sampling. The

research was conducted by providing training to female students, then practiced on their own. The sample was taken from a total population of 82 people, data collection was carried out by assessment and observation using an observation sheet. The results revealed that descriptively the average pain scale had a higher reduction in the intervention group than that in the control group. The results of the statistical test showed that in the intervention group, the p-value of 0,000 was obtained, there was a difference in the mean score of the pain before and after the intervention of the SEFT Method in the intervention group. In the control group, the p-value was 0.003 showing that there was a difference in the mean score of the pain at the first measurement and the second measurement in the control group. For the mean difference in the two groups, the p-value was 0.000 revealing that there was a difference in the mean score of the pain in the intervention group after being given the treatment of the SEFT method different from the mean score of pain in the control group that was not treated with the SEFT method. Socialization is needed for all students about the benefits of the SEFT method in reducing dysmenorrhea during menstruation.

Rostami, K., Tiznobaik, A., Maleki, L., Mirzaei, M., & Taheri, N.K. (2020). Investigating the effect of teaching eft technique on reducing anxiety of nurses during corona outbreak. https://tinyurl.com/mr28jhv9

Corona virus is a family of viruses that can cause a wide range of diseases Nurses are among those who have to attend hospital settings due to their job nature and are exposed to suspected patients with Corona so they experience high level of stress and anxiety The "Emotional Freedom Technique" (EFT) is an alternative treatment for removing physical pain and emotional distress This study was conducted to investigate the effect of using EFT on anxiety of nurses during Corona outbreak The present study was a clinical trial The statistical population of the present study included all nurses working in hospitals The data collection tool consisted of two sections: demographic information and the Nursing Stress Scale NSS developed by Gray-Toft James Anderson After entering the data into computer, they were analyzed through SPSS24 software and by paired T-tests and analysis of variance with repeated observations It should be noted that the significance level of the study was considered at P 0 05 The independent T-test showed that the mean work stress score in the case and control groups did not differ significantly before the intervention (p =0 14) Analysis of variance with repeated observations showed that the mean work stress scores in the EFT training group were not the same in three times and there was a significant statistical difference among them (P 0 001) Teaching EFT technique is very effective for nurses to reduce work stress by considering practical skills when exposed to stressful conditions.

Roziika,A., Santoso, M., Zainudin, M. (2020). Penanganan Stres di Masa Pandemi Covid-19 Dengan Metode Emotional Freedom Technique (EFT). (Handling stress during the Covid-19 pandemic with the emotional freedom technique (EFT) method)*. Jurnal Pekerjaan Sosial, 3*(2). https://jurnal.unpad.ac.id/focus/article/view/28454

Since December 2019, Corona Virus Disease 2019 (COVID-19) has become the main focus of the world. There are more than 8 million positive cases of COVID-19 diagnoses worldwide with a total of more than 400 thousand deaths. The spread that continues to occur widely and quickly has an impact on human social life which results in excessive thoughts that are uncontrollable and cause stress. The writing of this article uses a descriptive method with literature study data collection techniques related to the topic discussed. The writing of this article aims to discuss

the impact of the COVID-19 pandemic that can affect mental health and discuss Emotional Freedom Therapy as an alternative therapy to reduce stress levels during the COVID-19 pandemic. The use of EFT, which is quite efficient as an alternative during the COVID-19 pandemic, can reduce stress levels and eliminate negative energies that can cause anxiety, fear, and stress.

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.

Stoantziki, A. (2020). Investigation of high school students' opinions after the application of emotional release techniques (EFT). (PhD thesis in Greek). https://polynoe.lib.uniwa.gr/xmlui/handle/11400/172

Στοαντζίκη, Α. (2020). Διερεύνηση των απόψεων των μαθητών του λυκείου μετά την εφαρμογή των τεχνικών συναισθηματικής απελευθέρωσης (EFT).

This thesis is a qualitative study investigating students' views about the application of emotional release techniques (EFT). The method of Grounded Theory was used to conduct the study, which is used to gain a deeper understanding and interpretation of the phenomena being studied. At the same time, it is an ideal method for cases where a topic is being researched for the first time, in order to better understand it (Glaser & Strauss, 1967). From the analysis of the data, the following categories emerged: 1) Initial reactions of the students in the first contact with the EFT. 2) Reasons for the student's use of emotional release techniques. 3) Revocation and release of negative emotions and symptoms. 4) Identification of the cause or causes of negative emotions. 5) Differences between group and individual session. 6) The effects of negative emotions and physical symptoms after the application of EFT. The students showed particular interest in the treatment and argued that they could repeat it on their own so that they could be free from feelings of anxiety or fear. Most found the technique enjoyable. The main symptoms were fear and anxiety. Students often experience anxiety, stress and fear. Some students identified their trauma by retrieving some memory or experiencing emotions. Students prefer individual therapy. After the application, all students reported that the intensity of emotions was significantly reduced.

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

Pain is a major problem in perioperative patients who can, causing 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 and pain of post op patients who received SEFT therapy and did not receive SEFT therapy.
Methods: The research design used was a quasi-experimental pre posttest 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.

Trejos Parra, J. J., García Osorio, C. L., Vélez Vitola, O., & Muñoz García, M. (2020). Effectiveness of emotional freedom techniques with a recreational plastic expression program in post-traumatic stress of school age children boarded for abuse-related trauma: Eficacia de un programa de técnicas de libertad emocional con expresión plástica recreativa en el estrés postraumático de escolares internados por maltrato. *Psicología Desde El Caribe, 37(*1), 75–98.

We present an experimentally controlled and randomized investigation with pre- and post-trial results, carried out on 47 children boarded for abuse-related trauma in four different shelters. A gradual scale was utilized based on the DSM-5 criteria for post-traumatic stress disorder (PTSD). The program included six sessions that implemented Emotional Freedom Techniques (EFT), together with recreational plastic expression. The Plastic Expression was appropriate, considering the under-developed verbal skills and the hypoactivation of the speech area under the PTSD, and it facilitated the approach of memories in a safe, group-oriented environment. The recreational usage brought along the comfort which in turn helped to counteract the avoidance present at the onset of the PTSD. The EFT gave way to a rapid decrease in the distress response and contributed to the immediate elaboration of memories. The program significantly decreased the level of the PTSD, facilitated learning of new and effective forms of coping, and contributed by opening the mind towards a personal life project.

Yavari Kermani, M., Razavi, S., & Shabani, M. (2020). The Effectiveness of Emotional Freedom Technique on anxiety and post-traumatic stress syndrome in women with spontaneous abortion. *Journal of Applied Family Therapy*, 1(4), 53-71. doi:10.22034/aftj.2021.266082.1050

The aim of this study was to determine the effectiveness of emotional release technique on anxiety and post-traumatic stress disorder in women with spontaneous abortion.
Methods: The present study was a single-case experimental design of multiple asynchronous baseline that among 21 women with abortion trauma of Shahid Beheshti Hospital in Isfahan in April and May 1398 by purposive sampling and after screening using a list Spielberger (1983) Anxiety and Self-Reporting Scale of Post-Traumatic Stress Disorder Symptoms Foa, Rigs, Dansio & Ratbam (1993) selected six women. These women were individually treated in twelve forty-five-minute sessions with two follow-up sessions in Church (2014) emotional release techniques sessions. Data were analyzed by visual mapping, stable change index and recovery percentage formula.
Results: The results showed that the intervention of emotional release technique reduced trait anxiety among women participating in the treatment phase 38.75% improvement and follow-up phase 43.06%, state anxiety in the treatment phase 47.14% improvement and follow-up phase / 91. 47% and post-traumatic stress syndrome improved by 49.92% in the treatment phase and 50.29% in the follow-up phase.
Conclusion: The results showed that the use of this treatment in cases where the person suffers from post-traumatic stress with other associated disorders, including anxiety, can help improve both problems in the person at the same time.

Yayah R, Rery K, Darti R. (2020). The Effectiveness of SEFT Method to Overcome Dysmenorrhea Problem on Senior High School Students of Cipanas in 2018*. Advances in Health Sciences Research 2020; 20*:305-8.

Adolescence is a period marked by physical, emotional and psychological changes called puberty. One sign of puberty is the occurrence of menstruation, a disorder that arises in the menstrual cycle, namely dysmenorrhea. According to Anwar1, the prevalence of dysmenorrhea in Indonesia is 60-70%. Handling of dysmenorrhea can be overcome by the SEFT (Spiritual Emotional Freedom Technique) method, a blend of the science of Acupuncture and Psychology that is enhanced with a Spiritual touch. This research was a quasi-experimental research design with one group pre-post-test method. The sample was determined by purposive sampling. The research was conducted by providing training to female students, then practiced on their own. The sample was taken from a total population of 82 people, data collection was carried out by assessment and observation using an observation sheet. The results revealed that descriptively the average pain scale had a higher reduction in the intervention group than that in the control group. The results of the statistical test showed that in the intervention group, the p-value of 0,000 was obtained, there was a difference in the mean score of the pain before and after the intervention of the SEFT Method in the intervention group. In the control group, the p-value was 0.003 showing that there was a difference in the mean score of the pain at the first measurement and the second measurement in the control group. For the mean difference in the two groups, the p-value was 0.000 revealing that there was a difference in the mean score of the pain in the intervention group after being given the treatment of the SEFT method different from the mean score of pain in the control group that was not treated with the SEFT method. Socialization is needed for all students about the benefits of the SEFT method in reducing dysmenorrhea during menstruation.

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

Anxiety is one of the most recurrent mental illnesses with 10–44% prevalence in developing nations and is the 4th 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.
Methods: 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., Nopriywanto, 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

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 these 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.

Begré, S. (2019). [Touching the Soul—Energy Psychology in Psychosomatics]. Therapeutische Umschau. *Revue Therapeutique, 76(*5), 252–260. https://doi.org/10.1024/0040-5930/a001089

This article presents two ways to manage stress from the booming field of energy psychology. Despite the already considerable density of publications, they are still less common in primary care and psychotherapeutic practices and institutions. We are talking about the Shiatsu and the Emotional Freedom Techniques. Both methods move at the interface between body and mind. Common to both methods is the emphasis on mindfulness as an important treatment goal in the therapy process. In the current social trend, they are thus increasingly integrating eastern ways of thinking and treatment approaches into our western-oriented medicine. The article gives an overview of the genesis of both methods, possible mechanisms of action, their scientific evidence and their practical application technique.

Fatmasari, D., Widyana, R., & Budiyani, 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[a] (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 of 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).

Idris, I., & Idris, I. (2019). Emotional Freedom Technique Dalam Mengatasi Kecemasan Siswa Menghadapi Ujian. *Tadbir: Jurnal Manajemen Pendidikan Islam*, *7*(2), 106–115. https://doi.org/10.30603/tjmpi.v7i2.1115

Pada prinsipnya, ujian bertujuan untuk mengetahui perubahan tingkah laku, baik potensial maupun aktual dan kecakapan baru yang dicapai oleh siswa setelah mengikuti proses pembelajaran. Tetapi sering kali siswa menganggap ujian sebagai masalah besar sehingga timbul kecemasan ketika harus menghadapi ujian. Kecemasan tersebut disebabkan kurang rileksnya tubuh dan pikiran saat menghadapi suatu persoalan sehingga menjadi tegang seperti adanya persepsi yang kuat dalam diri siswa, di mana nilai ujian yang baik merupakan tanda kesuksesan belajar sedangkan nilai ujian yang rendah merupakan kegagalan dalam belajar. Adanya persepsi tersebut membuat siswa menganggap bahwa nilai satu-satunya indikator dalam melihat keberhasilan sehingga prestasi belajar siswa tidak sesuai dengan harapan. Oleh karena itu upaya mencegah atau meminimalisir kecemasan siswa tersebut melalui emotional freedom technique. Prinsip kerja Emotional freedom technique, adalah menyelaraskan dan memperbaiki kembali sistem energi dalam tubuh yang tergangu, lewat stimulasi pada titik-titik energi tubuh yang disebut sebagai meridian dengan menggunakan tapping (ketukan ringan). Prosedur emotional freedom technique yaitu the set up (the set up words), the tune-in, the tapping, the nine gamut prosedure dan the tapping again.

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 ≤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.

Isti YP, Isniatun M. (2019). SEFT Based Individual Counseling to Reduce the Academic Anxiety. *KSS;3*(17).

The results showed that the level of academic anxiety experienced by junior high school students in the Province of Special District of Yogyakarta can be categorized as moderate. It was also revealed that Guidance and Counseling teachers also have been doing something in reducing these problems by providing counseling either individually or in groups to their students and using a variety of appropriate approaches and techniques, though it was not maximized. Based on these results, the need for more simple and techniques can then be applied when the Guidance and Counseling teachers provide individual counseling services. One technique which can be given is the SEFT technique (Spiritual Emotional Freedom Technique). Due to the problems above, this research aims to produce SEFT-based individual counseling skills model in reducing the students' academic anxiety.

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.
Methods: 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 sphagnomanometer. 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

To determine Effectiveness of Emotional freedom technique (EFT) on reduction of depression among depressive patients.
Methods: Quasi Experimental study. 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. 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 compared to treatment as usual.
Conclusion: Emotional freedom technique is a simple noninvasive tool, which helps to reduce the depression level.

Latifah L, Setiawati N, Rismawati I. (2019). ARE THERE ANY EFFECTS OF TAPPING THERAPY IN REDUCING ANXIETY AND LABOR PAIN IN THE LATENT PHASE? *Annals of Tropical Medicine and Public Health 2019 Jan 1;22*:403-10.

Extreme pain and anxiety can cause negative effect in labor and delivery. Great anxiety can enhance pain, and it has proven having related to premature birth, sectio caesarea (SC), prolonged labor, excessive use of analgesics, low birth weight, baby's asphyxia, babies' smaller head circumference, and childhood mental disorder. Emotional Freedom Technique (EFT) or tapping therapy has ability to reduce anxiety and gives relaxing effect as of reducing labor pain. The aim of this study is to define the influence of tapping therapy to anxious reduction and labor pain during latent phase on nullipara mother.
Methods: Quasi experiment nonrandomized pretest-posttest with control group design was used in this study. The data were collected by using two questionnaires, State-Trait Anxiety Inventory (STAI) and Numeric Rating Scale (NRS). Data analysis used t-test. Participants in this study were 13 respondents, 8 in the control group and 5 in the intervention group.
Results: Regarding paired t-test, p value on pain and anxious variable was higher than a value (5%) or 0,05, so that there are no significant differences on pain and anxious level between the previous and the following tapping therapy on both groups.
Conclusion: Tapping therapy is not effective in reducing anxious and labor pain scale on nullipara's latent phase.

Lina, L., Sabriyanti, H., Sartika, A. (2019). Decreased the anxiety scale of hemodialysis patients with the Spiritual Emotional Freedom Technique (SEFT) and Autogenic Relaxation*. Southeast Asia Nursing Research, 1*(3). 142-47. https://jurnal.unimus.ac.id/index.php/SEANR/article/view/5315

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 than 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.

LIU Wanying, JIN Ruihua, NIU Jingmeng, & ZHANG Xiao. (2019). Effect of emotional freedom techniques on anxiety and depression in elderly patients with coronary heart disease. *Nursing of Integrated Traditional Chinese & Western Medicine, 5*(8), 123–125.

To investigate the effect of emotional freedom techniques (EFT)on anxiety and depression in elderly patients with coronary heart disease.
Methods: Totally 52 patients with coronary heart disease were divided into observation group(n=25) and control group(n=27). All patients received comprehensive treatment and health

guidance, and those in the observation group were given EFT three times a day for 4 weeks. The scores of Self-rating Anxiety Scale (SAS)and Self-rating Depression Scale (SDS)before and after intervention were compared between the two groups.
Results: After 4 weeks of intervention, the SAS and scores were decreased in both two groups and were lower in the observation group than those in the control group(P<0.05).
Conclusion: EFT can effectively release the anxiety and depression in elderly patients with coronary heart disease and improve their mental health.

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 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 have 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.
Methods: 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).
Results: 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.

Salami, & Fatmawati. (2019). The Implementation of Spiritual Emotional Freedom Technique (S-EFT) to Reduce Self-discomfort: A Study among College Students. *Proceedings of the 1st International Conference on Psychology*.

Studying at the university gives some challenging experiences for college students which aims to increase their level of academic quality. Reading some books, submitting assignments, finishing some projects, doing oral presentations, taking final exams, and writing a thesis are numerous requirements that must be completed before they are awarded a degree. There are students who are able to cope with those challenges easily, but some of them have to struggle due to some serious cases they have, such as: communication anxiety, family related issue, lack of self-confident, bullying, etc. Those problems may increase the level of self-discomfort which then affect their academic performance. In order to help those students in facing their

problem, Spiritual Emotional Freedom Technique (S-EFT) was applied. S-EFT is performed to ensure the energy flows smoothly in the body by tapping certain points of acupuncture. When the energy is balance, the biochemical system in the body will be influenced as well. While this process occurred, the therapist also reads the affirmation sentence to help the client release the stress and decrease self-discomfort. In this condition, usually, the brain wave is at alpha, so the affirmations will be accepted by the unconscious mind and level of sincerity (ikhlaṣ) could be achieved. Subjective Unit of Discomfort Scale (SUDS) was carried out during the period for evaluating the progress of the therapy.

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 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. J*MMR (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.

Yulita R., Yani F. (2019). Effects of spiritual emotional freedom techniques (SEFT) on anxiety reduction in chronic kidney failure patients undergoing hemodialysis at Dustira Cimahi Hospital. *3rd International Seminar on Global Health,* pp.402-6.

Chronic renal failure (CRF) is a progressive disorder of kidney function where the body is unable to maintain metabolism and fails to maintain fluid and electrolyte balance resulting in an increase in urea. Based on WHO in 2015 CRF occupies chronic diseases with the 20th highest mortality rate in the world. Whereas in Indonesia according to Indonesia Renal Registry data in 2015 the prevalence of chronic renal failure undergoing hemodialysis reached 15,424 with an increase of 10% each year. CRF patients need treatment for long periods of time, one of which

is hemodialysis. Hemodialysis has physical side effects; this is a physical stressor that affects the patient's biopsychosocial. One of the main psychological problems that often arises is anxiety. One way to reduce anxiety is Spiritual Emotional freedom techniques (SEFT). The study aimed to determine the effect of Spiritual Emotional Freedom Techniques (SEFT) on anxiety reduction in chronic kidney failure patients undergoing hemodialysis.
Methods: This study was conducted using pre-experimental, with a pre-test-post-test one group design research design. The sample in this study consisted of an intervention group (n = 22). Measurement of anxiety using the Hamilton Anxiety Rating Scale (.HARS). The statistical test used is the T-dependent test.
Results: The results of the intervention group showed a significant decrease in anxiety scores (p = 0.001).
Conclusion: That chronic kidney failure patients given Spiritual Emotional Freedom Techniques (SEFT) decreased anxiety.
Suggestions: for nursing are expected to increase nurses' knowledge about the benefits of providing Spiritual Emotional Freedom Techniques (SEFT) to anxiety in patients with chronic kidney failure undergoing hemodialysis.

Aftrinanto, 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 those 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 Padjajaran, 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.

CA, L. R., Hadi, I., Tanra, J., Islam, A., Hatta, M., Hadju, V., ... & Ibrahim, K. (2018). The Effectiveness of Spiritual Qur'anic Emotional Freedom Technique (SQEFT) Intervence Against the Change of Brief Psychiatric Rating Scale (BPRS) on Patient with Schizophrenia. *Health Notions, 2*(8). https://doi.org/10.33846/hn.v2i8.296

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. There were 7 mental patients schizophrenia participate of 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 p-value 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.

Gandari N., Sentana I. (2018). The Effect of Emotional Freedom Techniques Therapy towards Learning Concentration Level of Students. *Journal of Health Research;1(*2):66-73.**

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 difference 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.

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 preliminary study about dysmenorrhea which did in ten Ibrahimy 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 Ibrahimy midwifery academy student of sukorejo situbondo year 2017. Design of this research used pre-experimental. The population in this research were ibrahimy 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 Rink Test with maximum level a = 0.05, the result showed that the p < a was 0,000 then H0 rejected, it means 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 Puskemas 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-posttest 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-value <0.05) and diastolic blood pressure p-value of 0.022 (p-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-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.

Jasubhai S, Mukundan CR. (2018). Cognitive Behavioural Therapy and Emotional Freedom Technique in Reducing Anxiety and Depression in Indian Adults. *International Journal of Emergency Mental Health and Human Resilience 2018 Jan 1*;20.

WHO places Major Depressive Disorder (MDD), or depression, as the fourth leading cause of mental disability world-wide. According to a survey done by WHO in February 2017, found 7.5% of Indians suffer from major or minor mental disorders requiring expert intervention. National Mental Health Survey of India in 2015-2016 reports that one in 20 Indians suffer from Depression especially women in the age-group of 40-49 years suffers more. Earlier research indicated that Cognitive Behavioural Therapy (CBT) represents a superior approach in treating mild to severe depression symptoms. Whereas Emotional Freedom Technique (EFT) has received increased attention. The present study is in line with a study conducted in Australia in 2016 by Hannah Chatwin et al. The objective of the current study is to evaluate the comparative effectiveness of CBT and EFT in the treatment of anxiety and depression in Indian adults. Random subjects (n = 10) were selected from Ahmedabad (a metro city) in India who were screened positive for anxiety disorder and depression using Depression, Anxiety and Stress scale (DASS21) and Beck Depression Inventory (BDI2). These subjects were randomly assigned to an 8-week CBT or EFT treatment program with 1 session per week. All participants were screened after 3 sessions, 5 sessions, 8 sessions and after 1 month of follow up using DASS21 and BDI2. Findings of the study depict that both intervention approaches produce significant reductions in anxiety and depressive symptoms. The EFT treatment produced marked improvement in depression after 3 sessions. After 8 weeks of intervention, the CBT group reported significant improvement in depression while EFT intervention therapy showed significant results after 1 month of follow up. Examination of individual cases showed clinically significant improvement in anxiety and depression across both interventions. The results are consistent with the previous studies by Hannah Chatwin et al. (2016). Present findings suggest that EFT is of paramount importance as pivotal tool in managing anxiety and depression in Indian population.

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

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 forthose 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

The prevalence of children in Indonesian prison in 2015 as many as 2,207 children. The impacts 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 $p = 0.000$ ($p < 0.05$).
Conclusion: 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

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 difference 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).

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.
Methods: 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 was 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

Anxiety during pregnancy in primiparous mother will be a hard burden because of the immature both psychological and reproductive organs which can increase the risk of maternal mortality, 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.
Methods: 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 R2 = 0.57, where- as blood cortisol level p = 0.004 and R2 = 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

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. 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 lead 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 Rsud Kota Surakarta*. Journal of Health Sciences, 7*(2).

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.
Methods: 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.

Results: 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.

Pfeiffer A. Was ist dran am klopfen?: eine Übersichtsarbeid.(2018). *Psychotherapeutenjournal 16*(3):235-43.

Die sogenannten Klopftechniken wie die Prozess- und Embodimentfokussierte Psychologie (PEP) oder die Emotional Freedom Technique (EFT) haben auch in Deutschland längst Einzug in den klinischen Alltag gehalten. Vor allem Krankheitsbilder mit einem hohen körperlichen Arousal scheinen, will man den Anwendern Glauben schenken, gut auf die Behandlung mit Klopftechniken anzusprechen. Aufgrund der esoterisch anmutenden Wirkhypothesen einiger Techniken stehen ihnen jedoch weiterhin viele klassisch ausgebildete Psychotherapeuten kritisch gegenüber. Doch was sagen die wissenschaftlichen Studien der letzten Jahre über die Wirksamkeit der Klopftechniken? Für welche Krankheitsbilder ist eine Anwendung zu empfehlen? Die vorliegende Übersichtsarbeit soll einen Einblick in die Studienlage geben, die einzelnen Studien kritisch analysieren und ihre Ergebnisse mit Studien anderer Psychotherapieformen vergleichen. Auf dieser Grundlage sollen ferner wissenschaftliche Wirkhypothesen diskutiert werden.

Pfeiffer A. What is it about tapping? An overview study. *Psychotherapeutenjournal 2018;16*(3):235-43. (Article in German).

Tapping techniques such as process- and embodiment-focused psychology (PEP) or the Emotional Freedom Technique (EFT) have long since found their way into everyday clinical practice in Germany. If the users are to be believed, clinical pictures with a high level of physical arousal in particular seem to respond well to treatment with tapping techniques. However, many classically trained psychotherapists continue to be critical of some techniques due to their seemingly esoteric hypotheses of effectiveness. But what do the scientific studies of recent years say about the effectiveness of tapping techniques? For which clinical pictures is their use recommended? This review is intended to provide an insight into the study situation, critically analyze the individual studies and compare their results with studies of other forms of psychotherapy. On this basis, scientific hypotheses of effectiveness will also be discussed.

Purwoko, B., & Arianto, A. (2018). The Implementation Of Emotional Freedom Technique (EFT) Within The Scope Of Education. *Advances in Social Science, Education and Humanities Research;* 2018. doi:10.2991/icei-18.2018.163

The purpose of this study is analyzing 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. "Pengaruh Spiritual Emotional Freedom Technique (Seft) terhadap Penurunan Dismenore Primer pada Remaja Putri." *Quality Journal of Health, 1*(1);14-19. doi: 10.36082/qjk.v12i1.25

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 disturbs 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 nonpharmacological therapies pain reductions.

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 p-value 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 (α = 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.

Sriwahyuni A, Merianti L, Amelia D. (2018). The influence of self-emotion freedom technique (SEFT) therapy toward smoking behavior among adolescents. *Malaysian Journal of Nursing 2018;9*(3):28-33.

Approximately, 6 million people die each year because of smoking 80% of whom live in developing countries, and the highest number belongs to adolescent. Smoking teenager are 3 times more likely to use alcohol, 8x more to smoke marijuana and 22x more to use cocaine. The occurrence of smoking among adolescent is a big problem in Indonesia. Besides, it can cause the disease and damage the cognitive and affective aspect that will eventually corrupt future generation. This study is aimed to develop therapies that may affect adolescent smoking behavior. This research uses quasi experiment method with pre - posttest design with control group. Respondents in this study were students in 7 private senior high schools with sample selection using purposive sampling. Respondents consist of 50 treatment groups and 50 control groups. Treatment provided is Self Emotion Freedom Technique (SEFT) therapy and counseling conducted 4 times in 2 months. Meanwhile, the control group is given only counseling at the same time. The results of this study show a significant decrease in the treatment group with an average value of 2.9 or 3 cigarettes per day. There is also a decrease in control group, which is 0.8 or 1 cigarette per day. Statistically, the difference between the treatment group and control group indicates that SEFT therapy has an effect on adolescent' smoking behavior with t count > t table of 4.832> 2.635. It can be concluded that, SEFT therapy can be applied and developed in order to reduce adolescents' smoking behavior.

Efroliza, E. (2023). The Effect of Mentoring and Emotional Freedom Technique (M-EFT) on Nurses Students' Readiness and Anxiety Facing Competency Tests. *INDONESIAN NURSING JOURNAL OF EDUCATION AND CLINIC (INJEC)*, *8*(1), 22-30.

Competency Test is one of the mandatory instruments by the government to ensure quality graduates. Guiding students to prepare optimal results in the competency test, one of which is mentoring. The purpose of this study was to determine the effect of mentoring and emotional freedom technique (M-EFT) on the readiness and anxiety of nurse students to face the competency test.

Methods: This study is a quantitative study with a quasi-experimental research design with a pre-test and post-test approach with a control group with a statistical test used, namely the Mann Whitney test. The population in this study were nursing students from two institutions, namely the Muhammadiyah Palembang Institute of Health and Technology and the Musi Charitas Catholic University Palembang with a total sample of 153 people.
Results: There is a significant effect (0.001) of the intervention of mentoring and emotional freedom technique (M-EFT) on the readiness and anxiety of co-ners students to face the competency test.
Conclusion: there is a significant effect of M-EFT on students' readiness and anxiety to face the competency test. It is hoped that the M-EFT intervention can be used as an alternative method in overcoming the problem of learning readiness and anxiety in co-ners in educational institutions.

Warrier, A. (2018). Effect of EFT tapping on anxiety and quality of life. *Phonix International Journal for Psychology and Social Sciences (PIJPS), 2*(2), 53–73. http://www.phonixcentre.in/journals.php

Emotional Freedom Technique (EFT) as a new therapeutic technique in energy psychology has positive effects on psychological and physiological symptoms, and quality of life. It has deep roots in modern psychology as well as the ancient science of acupuncture. It is also called tapping because EFT involves tapping with your fingertips on acupoints on your body. Studies were conducted to understand the effect of EFT Tapping on anxiety and quality of life in adults. Ethical approval was secured. Clients over the age of 20 years and staying in the Delhi NCR area were invited to participate in a two-week intervention program. At the start and end of their intervention, participants were asked to complete STAT and WHOQOL-BREF questionnaires. Sixty-five participants gave consent, 61 completed questionnaires, and 46 fulfilled the inclusion criteria. The range in age was 20-75 years. The researcher conducted three tapping sessions in a time span of two weeks. The main presenting conditions were anxiety. STAT and WHOQOL-BREF scores showed both emotionally and statistically significant improvements after the intervention. Statistically there was significant improvement for anxiety and quality of life (all $p <$ 0.001). Mean anxiety scores improved from 8.3250 (high) at start to 6.9750 (average). Mean quality of life scores improved from 65.5313 at start to 67.1125 (higher mean shows better quality of life) at end (SD = 6.81, $p < 0.001$). Improvements were seen in all participants. Despite the limited sample size and other limitations, significant improvements were shown. The results support the potential of EFT as a cost-effective intervention to reduce anxiety and thereby help improve quality of life. However, there were few data available comparing EFT to standard-of-care treatments such as cognitive behavioral therapy, and further research is needed to establish the relative efficacy of EFT to established protocols.

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

Anxiety is an unpleasant feeling that is typically associated with uneasiness, fear or worry. It is a normal human emotion 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.
To evaluate the effectiveness of Emotional Freedom Techniques on anxiety
Methods: Quasi experimental nonequivalent control group design by using non probability purposive sampling technique.
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 posttest, 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 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 Design is 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

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.
Methods: 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 α <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

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.
Conclusion: 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

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.
Results: 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.

Soto-Vásquez, M. R., & Alvarado-García, P. A. A. (2017). Efecto del extracto fluido de Passiflora edulis y técnicas de libertad emocional EFT en el tratamiento de la ansiedad ante los exámenes: Effect of fluid extract of Passiflora edulis and emotional freedom techniques EFT on test anxiety treatment. *Medicina Naturista, 11*(2), 85–90.

The aim of the present research was to evaluate the effect of fluid extract of Passiflora edulis and Emotional Freedom Techniques (EFT) on test anxiety levels in university students. A pre-test and post-test experimental study was carried out, with 48 participants, divided into three experimental groups and one control. Test anxiety was assessed using the CAEX questionnaire. Test anxiety levels decreased after the treatment of phytotherapy in conjunction with emotional freedom techniques, finding statistical significance ($p<0.05$) in these results.

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 solutions. 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.

Young Hwan Kim. (2017). A Case Study of Emotional Freedom Technique (EFT) Counseling for well-being. *Journal of the Korea Entertainment Industry Association 2017;11(3)*:223-34.

Panic disorder is significant variable physical factor in external stimulus which rises up inside physical sense regardless of agoraphobia. Emotional inside fear and catastrophic intentional tendency level can be decreased by medicine treatment. However, it still needs the Emotional Freedom Technique (EFT) to handle of Emotional inside fear and catastrophic intentional tendency level. In this study, we have conducted and investigated EFT method through self-examination with picture card for client who has physical and psychological problems. In this case, the themes of research are below. The first one is that how the EFT counseling can be effect on client's "panic attack and agoraphobia: The second one is that how the EFT counseling can be decreased client's "anxiety"? Third, what is the cause for change of panic disorder? The summaries of investigation are also below. First of all, the EFT Counseling was able to decrease client's panic attack and agoraphobia. In addition, it could decrease expectation anxiety, ability decline and hypochondriasis. Second, the EFT counseling could decrease client's anxiety with respiratory system disorder, exposure anxiety disorder, cardiovascular anxiety disorder and agnosia disorder. Finally, the main effects for summaries as above are described as below. First, the client could have right knowledge about panic disorder and trust that knowledge. Second, the client could remind retrospective memory and distinguish between present and past problem. Third, the client could carry out effective self-examination and self-exposure training through the picture card dividing. Fourth, the client could have confidence with high real

adaptability through self-exposure training by counselor. Fifth, the client could have positive thinking, psychological stability and high expectation for the treatment. Finally, we have confirmed that the EFT with self-examination by using picture card could be effective counseling for who has client who has physical and psychological problems.

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, J.H., & Oh, P.J. (2016). Effects of Non-pharmacological Interventions on Primary Insomnia in Adults Aged 55 and Above: A Meta-analysis. *Korean Journal of Adult Nursing, 28*, 13-29. doi:10.7475/KJAN.2016.28.1.13

This study was performed to evaluate the effects of non-pharmacological interventions on sleep disturbance amongst adults aged 55 and above.
Methods: PubMed, Cochrane Library, EMBASE, CINAHL and several Korean databases were searched. The main search strategy combined terms including non-pharmacological interventions and presence of insomnia. Non-pharmacological interventions included cognitive behavioral therapy, auricular acupuncture, aromatherapy, and emotional freedom techniques. Methodological quality was assessed using Cochrane's Risk of Bias for randomized studies and Risk of Bias Assessment tool for non-randomized studies. Data were analyzed by the RevMan 5.3 program of Cochrane Library.
Results: Sixteen clinical trials met the inclusion criteria with a total of 962 participants. Non-pharmacological interventions were conducted for a mean of 5.5 weeks, 7.7 sessions, and an average of 70 minutes per session. The effects of non-pharmacological interventions on sleep quality (ES=-1.18), sleep efficiency (ES=-1.14), sleep onset latency (ES=-0.88), awakening time after sleep onset (ES=-0.87), and sleep belief (ES=-0.71) were significant, and their effect sizes were ranged from moderate to large. However, the effects on total sleep time and insomnia severity were not significant.
Conclusion: The findings of the current study suggest that non-pharmacological interventions have a positive impact on attitudes and beliefs about sleep, sleep quality, sleep duration, and sleep efficiency. Therefore, the findings of the study provide evidence to incorporate various non-pharmacological interventions into nursing practice to improve both sleep quality and quantity in patients with insomnia.

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±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) <α (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

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 pre-test post-test 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 posttest 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.

Banerjee, P., Puri, A. & Luqman, N. (2015). Emotional Freedom Technique: An alternative therapy in destressing. *International Journal of Application or Innovation in Engineering & Management, 4*(9). ISSN 2319 – 4847.

In the present-day competitive world, life is full of stress especially for students who are on the threshold of the beginning of their career. It also has been accepted that emotional disharmony is one of the important factors in physical symptoms and disease. Emotional Freedom Technique is being widely used as an alternate healing method for freedom from stress/ disease and with astounding results too on chronic illness. Such techniques are being accepted and used in medical and psychiatric circles as well as in the range of psychotherapies and healing disciplines. In this paper, an attempt was made to study the effects of Emotional Freedom Technique (EFT) on stress level of various subjects. It was hypothesized that there will be a significant drop in the stress level of the subjects after using the technique. A sample of university students was selected, and the results were noted. Pre and posttest design was used. It was concluded that the Emotional Freedom Technique had a positive effect on the stress level of subjects as they felt more relaxed, comfortable and calm after going through EFT. The long-term benefits of this technique are discussed.

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 session 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). Effeciveness 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 Emotional 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 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 Wilxocon 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. Wilxocon 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. Wilxocon 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. Wilxocon 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.

Park, W., Mollahaliloglu, S., Linnik, V., & Chae, H. (2015). Scientific Evidence for Korean Medicine and Its Integrative Medical Research. *Evidence-based complementary and alternative medicine: eCAM*, *2015*, 967087. https://doi.org/10.1155/2015/967087. Abstract not available.

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

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 led to a sensory overload or overstimulation resulting in critically susceptible stress-related benchmarks in children and adolescents. 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.
Results: The activities incorporated into the manual are designed for secondary classrooms and are modifications and adaptions 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 Puhkesmas 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 ± 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.

Wijaya, D. (2015). Effect of therapy spiritual emotional freedom technique (SEFT) changes on blood pressure in elderly with hypertension. *J Nurs Care, 4:*5. http://dx.doi.org/10.4172/2167-1168.C1.014

Elderly period is the last period of human development, where a person has decreased physical function and social in nature. There is one method to treat hypertension, that is the method of Spiritual Emotional Freedom Technique (SEFT) i.e., by tapping on the 18 key points along the body's 12 energy pathways. This study aims to determine the effect on blood pressure SEFT method especially in the elderly with hypertension in the hamlet Rejosari Authorship Terri Year 2015. The method used is pre-experiment with one group pre-test post-test design. Blood pressure levels were measured before and after treatment SEFT therapy for 6 sessions in 2 weeks. Each session takes 20 minutes, and blood pressure was measured. Sampling was done by purposive sampling with a sample of 16 people. Analysis of data using Shapiro Wilk test Paired T Test and analyzed using computer software obtained results p value (0.000) less than of value (α=0.05). These results indicate that SEFT therapy effective in lowering blood pressure. The analysis results showed that the therapy SEFT effectively changes blood pressure with values (p value=0.000). Therefore, SEFT therapy can be used as alternative therapy to lower blood pressure in elderly hypertensive patients. By doing non-pharmacological therapy is expected to reduce the patient's physical complaints and can enrich the knowledge and skills to help nursing care.

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 http://dx.doi.org/10.20473/jn.v9i1.3233

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 obstetrics 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, visualization, meditation, relaxation, imagery and desensitizes

(Zainuddin, 2008). The purpose of this study was to explain reducing stress on patients 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 rounds. 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.
Results: 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.

Hajloo M, Ahadi H, Rezabakhsh H, Mojembari AK. (2014). Investigation on emotional-freedom technique effectiveness in diabetic patients' blood sugar control. *Mediterranean Journal of Social Sciences, 5*(27):1280-5.

Chronic diseases are a major cause of death and illness in the world and diabetics is in sixth rank. As Harati (2009) noted the prevalence of 2nd type diabetes in Iran has accelerated so that more than 1 percent of Iranians over age 20 are affected by it each year. The present study is done in order to improve glycemic control in diabetic patients, reducing the need for costly medical services and enhance their mental health and remove the burdens of the patients and the community. The research method selected 30 diabetic patients of Imam Hossein in Tehran with testing (pretest - posttest of control group) and sampling method in 2012 and randomly classified them into two groups: group1 (treated with EFT- method by Gary Craig, 1995) and the control group. Testing of blood glucose, HbA1C was used as a tool for gathering information for one - way analysis of covariance univariate. The results (Fob:7.24>Fcr:4.22) showed that EFT method was effective in controlling blood glucose levels in diabetic patients.

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), 53-60. doi: 10.24990/injec.v1i1.52

Every woman who undergoes Sectio Caesaria (SC) surgery for delivery their babies often complain about pain after the surgery, and it became very disturbing. The effect of the pain cause mobilization 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 nonrandomized 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 analyze 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 (α = 0.05). EFT or tapping can be one of many nonpharmacological treatments as complementary therapy to reduce pain after SC surgery.

Neelakshi G, Ajitha Lis A, Malarvhizi A. (2014). Effectiveness of emotional freedom technique on anxiety among wives of alcoholics in a selected village at Thiruvallur district*. Int J Nursing Didactics, 4(7)*:35-7.

The aim of the study was to assess the effectiveness of emotional freedom technique on anxiety among wives of alcoholics in a selected village at Thiruvallur district. The wives of alcoholics suffer a lot due to their alcoholic husband resulting in anxiety, so they need interventions.
Methods: Pre experimental one group pretest and posttest design. Methodology: The study was conducted at Anaikattucheri village, Thiruvallur district. The samples were wives of alcoholics residing at Anaikattucheri village, Thiruvallur district, who fulfilled the inclusion criteria. Using purposive sampling technique, 30 samples were selected.
Results: There was a statistically significant difference in the level of anxiety with a paired 't' value of 6.675 at $p < 0.001$ in the posttest. There was a statistically significant association existing between the level of anxiety and the demographic variables in the posttest such as type of family, monthly income of the family and kind of abuse, husband's education, occupation, amount of money spent daily for drinking and income at $p < 0.05$ respectively.
Conclusion: Thus, the study concludes that practicing Emotional freedom technique reduces anxiety and thereby enhances the quality of life among wives of alcoholics.

Park, C. (2014). Redesigning education programs for alleviating disaster response officials' stress· PTSD and it's empirical analysis for effectiveness. doi:10.12812/KSMS.2014.16.4.147

Firefighters receive extreme stress and suffer from PTSD in disaster. But we have not been paid attention to them. The purpose of this study is to analyze the problems of previous PTSD education programs in fire academy and to present the practical educational programs for firefighters to use in the disaster field. In the empirical analysis of these practical educational programs (EFT program), this program is more effective than existing theory-focused education training program.

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 happens 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 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.

Hong, N-J, Kum, C-J, Park, H-M & Lee, J-Y. (2013). A case report of sleep disorder with anxiety. *The Journal of the Korea Institute of Korean Medical Informatics, 19*(2).

This case report presents a 29-years-old male patient. His chief complaint was insomnia, anxiety and chest discomfort. We diagnosed him with sleep disorder. During the therapeutic period, he experienced temporary improvement.
Methods: We treated him with emotional freedom techniques (EFT), giungoren-therapy. Also, acupuncture and chuna therapy were accessorily practiced. The effects of treatment were measured by Beck depression inventory (BDI), state-trait anxiety inventory (STAI), insomnia severity index (ISI).

Results: After treatment, the chief complaint have been subsided and improved. But BDI, STAI, ISI scores were not remarkably decreased.
Conclusion: This result suggests that EFT and giungoren-therapy might be effective for sleep disorder patient with anxiety.

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 to positively influence the self-concept and the self-control of early adolescence. 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 were 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.

Park M. (2013). Evidence-based stress management: Focusing on nonpharmacological procedure which reduce stress and promote health. *J Kor Med Assoc; 56*(6):478-84.

In modern society, stress is one of the most significant problems affecting physical as well as mental health. Stress, which is defined as a situation in which the homeostasis of the physiological system of one's mind and body is threatened, is composed of two concepts: stressors and stress reactions. A stressor is the stimulus that is perceived as a threat and arouses a stress reaction, such as a disaster or serious life event. Stress reactions are physical and mental symptoms, for example, chest tightness, dizziness, abdominal pain, dyspepsia, headache, and agitation, which are mediated by the sympathetic nervous system and stress hormones such as cortisol. These reactions, along with stress-related unhealthy behaviors, result in serious chronic diseases, including cancers and cardiovascular disease. Stress coping methods are classified into two components: cognitive behavioral interventions for stressors and mind-body interventions to reduce the stress response. Various interventions have been identified: progressive muscle relaxation, autogenic training, relaxation response, biofeedback, the emotional freedom technique, guided imagery, diaphragmatic breathing, transcendental meditation, and mindfulness-based stress reduction. Meditation and progressive muscular relaxation are well known and widely used procedures to reduce the stress response and to improve quality of life. Further studies to establish an evidence-based standardized program that can be easily applied at the individual level are needed.

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 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 0182 >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.

Kim, S-Y, Yin, C-S, Choi, I-W, & Kim, J-W. (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

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.
Conclusion: 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.

Lee JW, Kim GC. (2012). The Basic Study on the Origin of Recently Emerging Meridian-based Psychotherapy. *Korean Journal of Oriental Medicine; 18*(2):123-30.

The purpose of this study is to identify the origin of meridian-based psychotherapy, and thereby utilize this technique more flexibly and widely, as well as use our findings as the base data for the development of unique and oriental medicine-based psychotherapies.
Methods: This study investigated various activities and references of meridian-based psychotherapy developers in historical order. For the books that have been translated into Korean, the translated books were examined as priority. Otherwise, examination was based on original books.
Results: The study results were as follows. EFT (Emotional Freedom Techniques) is a technique completed by combining the psychological reversal, acupuncture point tapping, and gamut series in TFT (Thought Field Therapy), and the affirmations that were formed by reflecting the deep understanding on languages derived from NLP (Neuro Linguistic Programming). ESM (Emotional Self-Management) can be viewed as having applied the implications of cognitive therapy and hypnosis while accepting the treatment of TFT as it is. Roger J. Callahan developed TFT by adopting theories such as AK (Applied Kinesiology), acupuncture, NLP, quantum mechanics, and split brains. On the EFT, ESM, TFT, the method for stimulating acupuncture points appears to be tapping, which is one technique of the oriental traditional exercise and manual techniques. Tapping may be the English translation of Bak-beop.
Conclusion: When the oriental medicine techniques that enable meridian tuning are applied along with accommodating Western psychological theories actively, this can not only help use meridian-based psychotherapy more flexibly but also enable the development of new oriental medicine-based psychotherapies.

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.

The aim of this study was to evaluate the effects of EFT-I (EFT program for insomnia) for insomnia in the elderly as a preliminary study.
Methods: This study was a single group pre-post comparative study that involved 10 elderly women (mean age=), who visited a senior welfare center, complained of insomnia symptoms. Subjects received 8 sessions (twice a week for 4 weeks and 1 hour for each session) of EFT-I group training. Insomnia severity, depression, state-anxiety, and life satisfaction of each subject were evaluated twice at pre and post of EFT-I. Korean Sleep Scale, Short form of Geriatric Depression Scale (SGDS), State-Trait Anxiety Inven(STAI), and life satisfaction scale were used as evaluation tools. The data were analyzed using paired-samples T-test.
Results: Insomnia severity, life satisfaction, depression, and state-anxiety were significantly improved by EFT-I.

Conclusion: Result of this study showed that EFT-I can be a useful treatment program for elderly insomnia. Larger clinical trials are needed to verify effect of EFT-I as a community-based insomnia management program for the elderly.

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 a 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 pretest and posttest 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.

If you have additions, corrections or updates to this list, email research_committee@energypsych.org.