

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

More than 90 clinical trials reporting investigations of energy psychology have been published in regional and foreign language journals. 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. Not all of them appear on PubMed, EBSCO and other major databases.

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

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Research Studies with Abstracts

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 and Service*, 7(1), 50-58.

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.

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](https://doi.org/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.

Annur, 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](https://doi.org/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).

Abstract: 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.

Purpose: To decide the effectiveness of a 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 up 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 ($p < 0.05$) 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.

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.

Abstract: 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.

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](https://doi.org/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>

Background: Elderly 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.

Objective: 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. (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>

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

Introduction: Cancer patients often experience sleep disorders. One of the non-pharmacological treatments that can improve sleep quality is the spiritual, emotional freedom technique (SEFT).

Objectives: 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 an 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.

Ningsih, Nurna & Lukman, & Ardianty, Cindy. (2022). Application of Spiritual Emotional Freedom Technique on Anxiety of Hypertension Patients in the Work Area of the Simpang Periuik 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 method: 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 Periuik, Lubuklinggau City.

Sari, R. Y., Hatmanti, 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.

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.

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](https://doi.org/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.

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 Freedom 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 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.

Introduction: 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.

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.

Introduction: 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.

Alamdard, 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

Background and Aim: 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](https://doi.org/10.22146/jkkk.49827).

Background: 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.

Objective: 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 traumas 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 GoogleScholar. 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 traumas during the Covid-19.

Budiman AB, Hafsa Ahdiyattunnisa. (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 (α .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 p value = 0,002 ($p < 0.05$). 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 erderly 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 (α) = 0.05 obtained a value of $p = 0.000$ ($p < \alpha$), 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.

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

Introduction: 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.

Aim: 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.

Materials and 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. Its 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>

Introduction: 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 1-year 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.

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 use 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 was 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/indigenious.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 pre test 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 Midwifery Environment Dentist)* 16(2):430-434 [10.36911/pannmed.v16i2.1081](https://doi.org/10.36911/pannmed.v16i2.1081)

Background: Every surgery will experience pain, ranging from mild pain to very severe pain. 93% of sectio 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-post test 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 are 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.

Yunita Sari R., Muhith A., Rohmawati R., Soleha U., Faizah I., Afiah, 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>

Background: 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.

Aim: 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 a 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. Method: 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 $p\text{ value } 0.000 < 0,0$, there was a significant effect on the anxiety level of the elderly with hypertension and Mann-Whitney test obtained $p\text{ value } 0.042$, 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.

Objectives: 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.

Discussion: 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 school 6 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

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

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

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

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

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](https://doi.org/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.

Background: 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.

Aim: This study aimed to assess the effect of emotional freedom techniques on psychological symptoms & cravings among patients with substance related disorders.

Design: Quasi experimental research design was used.

Setting: The present study was conducted at Elmaamoura Hospital for psychiatric Medicine in Alexandria.

Subjects: 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 patients'. Recommendations: 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](https://doi.org/10.2147/JMDH.S266580) Corpus ID: 221880595

Purpose: 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 $p\ 0.000 < 0.005$ was obtained, and the control group got a value of $p\ 0.001 < 0.005$. 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 $p\ 0.000 < 0.005$, while the control group obtained a value of $p\ 0.035 < 0.005$. 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. & Ildil, 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/freejiii/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 Clínica*, 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>

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

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

Results: Before the interventions, the mean anxiety scores of the students were similar. After the interventions, however, the mean anxiety scores of those in both experimental groups were significantly lower ($p < .05$). The difference between the mean vital signs of the groups was not statistically significant, except the pulse rate in the EFT and peripheral capillary oxygen saturation (SpO2) in the music group.

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

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

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

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

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

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

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

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

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 ($\alpha=0.05$). 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](https://doi.org/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 reduction 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://doi.org/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 psychoducation 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., & Rumiatur, 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](https://doi.org/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 pvalue 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 pvalue 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/mr28jyv9>

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. *Medialia Hospitalia* 7(1), 59-63.
<https://doi.org/10.36408/mhjcm.v7i1.429>

Background: 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.

Method: 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](https://doi.org/10.22034/aftj.2021.266082.1050)

Background: 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.

Method: 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 pvalue 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>

Background: 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.

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

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

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

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

The number of smokers from year to year is increasing. Indonesia ranks third in the world based on the high number of smokers after China and India. Spiritual Emotional Freedom Technique (SEFT) is a therapy that combines spiritual strength and psychology energy, and obtained an amplifying effect and can reduce the intensity of smoking habits. The objectives of this activity are (1) to increase public knowledge about the dangers of smoking and increase awareness to stop smoking, (2) to reduce the intensity of people's smoking habits with SEFT therapy. The implementation method used is a family survey, health education, and SEFT therapy. The results 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., & Budiyan, K. (2019). Spiritual Emotional Freedom Technique to reduce stress in hypertensive patients. *Jurnal Psikologi*, 15(1), 10-19.

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

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

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

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 terganggu, 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 prosedur 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.

Research: This method uses quasi experiment with a pretest-posttest with control approach group design. The sampling technique uses consecutive sampling method, with (1) willingness to be a respondent, (2) Systolic Blood Pressure (TDS) 140-160 mmHg and Diastolic Blood Pressure (TDD) 90-100 mmHg, (3) do not suffer kidney failure, other cardiovascular diseases, and diabetes, (4) patients taking anti-hypertensive drugs. while the exclusion criteria were (1) patients who did not follow all stages of therapy, (2) use drugs or techniques to reduce stress, (3) experience decreased consciousness, (4) have hearing problems. A total of 32 elderly hypertension, divided into two groups, each 16 respondents for the intervention group and the control group. Therapy EFT is carried out for 20 minutes every day for a week. An instrument for measuring pressure blood using manual mercury 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

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

Design: Quasi Experimental study

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

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

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

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

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.

Objectives. 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.

Result. Regarding paired t-test, p value on pain and anxious variable was higher than a value (5%) or 0,05, so that there is no significant differences on pain and anxious level between the previous and the following tapping therapy on both groups.

Conclusions: 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 Spritual 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 thanr 18 years, and are divided into two groups: the experimental group and the control group. The results showed that SEFT effect on reduce of blood pressure in hypertensive patients, but there was no significant difference between treatment 1 rotation with 3 rotations of the number of rotations. The results of this study can be used as a reference by both academics and practitioners to apply nursing SEFT therapy in reducing blood pressure in hypertensive patients, especially for independent nursing practitioners.

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 an experimental quantitative research

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

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

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

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

Anxiety is a problem that is often experienced by patients with Congestive Heart Failure (CHF). This problem is associated with psychological pressure and physical problems faced by Congestive Heart Failure (CHF) patients which will have an impact on decreasing Health-Related Quality of Live (HRQoL). This study aims to determine the effect of SEFT therapy on anxiety levels in Congestive Heart Failure (CHF) patients. The design used was quasi experiment involving 40 respondents were selected using the technique consecutive sampling were divided into two groups. Bivariate test results using the parametric test viz independent t test showed that there was a significant difference in anxiety reduction between the two groups (p value = 0.0001). It was concluded that SEFT therapy affected anxiety reduction in Congestive Heart Failure (CHF) patients. The results of this study can be recommended to be applied as an effort to overcome anxiety in Congestive Heart Failure (CHF) patients.

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

Aim: Spirituality concept is as a part of nursing standard. A person's spiritual needs has to be considered as integral part from nursing care. SQEFT therapy is a combination intervention that combines between spiritual qur'anic therapy and EFT as a spiritual intervention that is simple and practical to

be done. This research aimed at knowing the change of BPRS value after being given SQEFT therapy.

Method: sample of this research was consisted of 10 patients with schizophrenia who had SQEFT therapy, and 10 patients as a control group. Both of the groups were measured by BPRS three times: pre (before therapy), post 1 (after therapy in 1 – 2 weeks), and post 2 (after therapy in 3 – 4 weeks).

Research Result: by utilizing paired sample T test in SQEFT therapy group, the BPRS value in pre and post 1 ($P = 0,000$), BPRS value in post 1 and post 2 ($P = 0,000$), and BPRS value in pre and post 2 ($P = 0,000$) were all significant. However, BPRS value lowered after SQEFT therapy. In control group, BPRS value was occurred a decrease in pre and post 1 ($P \text{ value} \leq 0,004$), and value of pre and post 2 ($P = 0,001$), meanwhile, the BPRS value in post 1 and post 2 ($P = 0,193$) did not lower anymore.

Conclusion: there was a significant change of BPRS value after being given SQEFT therapy and the decrease of it showed the improvement of clinical symptoms on patient with schizophrenia.

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

The results of statistical analysis obtained data on the average blood pressure in the left group before being given the intervention of 173.76 / 96.41 while after being given the intervention of 170.29 / 93.82. On the singing group before being given intervention, the average of blood pressure of 153.06 / 87.41 and after being given intervention to be 168/87. Comparative test results in both groups between before and after the invention were obtained p - value = 0.00 (p-value $p < 0.05$). Conclusion was spiritual emotional freedom technology (SEFT) is more effective than singing to reduce the blood pressure of the elderly with hypertension in the social service home, Pucang Gading, Semarang. One of the body system disorders that is often experienced by the elderly. Namely the cardiovascular system such as hypertension. Hypertension of the elderly can be caused by bad conditions such as heart disease, stroke and kidney failure, therefore, intervention is needed to maintain blood pressure within normal conditions.

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

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

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

SEFT therapy can be used as a therapeutic technique to overcome emotional and physical problems, namely by doing mild totok (tapping) at the nerve points (body meridians). Spiritual in SEFT is a prayer that is confirmed by the client when it will begin until the therapy session ends. SEFT therapy is universal, meaning that for all people regardless of the background of the client's beliefs. Hypertension is an incurable disease that requires complicated and difficult treatment. Hypertension also causes serious complications if it does not get serious treatment. The purpose of this study is to see a picture of the success of *Spiritual Emotional Freedom Technique (SEFT)* therapy on reducing blood pressure in hypertension sufferers in Pandau Jaya Village. This study used a quasi-experimental design pre and post control group design and amounted to 64 respondents divided into two groups, 32 respondents' intervention group and 32 respondents control group. The research instrument consisted of mercury tensimeter, adult size cuff and stethoscope. The sampling technique uses purposive sampling. In this study the test t-test (paired-sample t test) was used to examine the changes in systolic and diastolic blood pressure in patients with hypertension in the control group and the intervention group. The results of the study showed a change in pressure in the control group of 157 mmHg diastole 96 mmHg and the intervention group in sistole 146 mmHg and diastole 87.35 mmHg. Based on the results of the study there were changes in blood pressure before and after SEFT therapy, it was suggested to use SEFT therapy as an alternative treatment for hypertension.

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

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

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.

Background: 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).

Objectives: 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.

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

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

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.

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

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

Results: The results showed that there was a significant 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 dysmenorrhea 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 Ibrahimi midwifery academy students showed that amount 4 people (40%) had low pain 2, people (20%) had middle pain, and found 4 people (40%) had not dysmenorrhea every month. The objective of this research was to know difference primary dysmenorrhea pain intensity before and after SEFT therapy for Ibrahimi midwifery academy student of sukorejo situbondo year 2017. Design of this research used pre-experimental. The population in this research were ibrahimi midwifery academy students who had dysmenorrhea and menstruation experienced in the third week of August 2017, amounts 21 people. Sample of this research used total sampling. Data was collected using questionnaires and checklist. Data analyzed using Wilcoxon Signed Rink Test with maximum level $\alpha = 0.05$, the result showed that the $p < \alpha$ was 0,000 then H_0 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.

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

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

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

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

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

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

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

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

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

Results. The results showed that there was a significant 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).

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

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

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

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

Public Speaking or the ability to speak in public is one of basic competencies that must be owned by students. However, apparently, there found many students having public speaking anxiety and in

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

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

Background: Anxiety during pregnancy in primiparous mother will be a hard burden because of the 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.

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

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

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

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

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

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

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

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

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

Novitriani, A., Hidayati, F. (2018). The Spiritual Emotional Freedom Technique's influence on self-acceptance of inmates in women's penitentiaries. *Psymphatic : 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).

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

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

Result: The result of the research shows that SEFT can reduce blood sugar levels of the type 2 DM patients with the value of $p = 0.000$, and there was 220.060 points of blood sugar level reduction
Conclusion: Nurses should teach type 2 DM patients to do SEFT; to monitor the blood sugar levels before and after SEFT.

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

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

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

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

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

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

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 School 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.

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

Background: 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.

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

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

Results and Conclusion: The results indicates that the effectiveness of emotional freedom techniques on anxiety indicates that indicates, in experimental group, during pre-test 2% are mild anxiety and 16% are having moderate anxiety, 34% are having severe anxiety, 48% are having very severe anxiety Whereas in 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 and psychosocial effects on organ functions that will cause various health problems one of them is sleep deprivation. This research goal is to identify the effects of Emotional Freedom Technique on Fulfillment of the need of sleep in the elderly. Pretest - Posttest Designis used, and 23 respondents were obtained. Pittsburgh Sleep Quality Index (PSQI) questionnaire is used to obtain data. Wilcoxon Signed Rank analysis is used to analyze the data. Analysis shows that $p < 0.05$ (0.001). it can be inferred that there is an effect or differences of Fulfillment of the need of sleep between before you after EFT intervention. The existence of this influence is caused by the elements of relaxation and positive suggestions in the intervention of Emotional Freedom Technique (EFT).

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

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

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

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

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

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

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

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

Results: A total of 14 clinical trials were extracted for analysis. There were 8 randomized-controlled trials (RCTs), 2 non-randomized-controlled trials (nRCTs), and 4 before-after studies. EFT have significant

clinical usefulness in public speaking anxiety, test anxiety, stress, depression, learning related emotions, adolescent anxiety, and eating issues. The risk of selection bias in most studies was high or uncertain.

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

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

Objective: To evaluate the effect of emotional freedom technique (EFT) on the levels of perceived stress, anxiety and depression in cancer patients.

Methods: Fifteen cancer patients received the intervention of EFT once per day for one week. The effect was evaluated with the Chinese version of perceived stress scale (CPSS), self-rating anxiety scale (SAS) and self-rating depression scale (SDS) before and after the intervention.

Result: The total scores of SAS, CPSS and SDS after the intervention were significantly lower than those before the intervention ($P < 0.01$).

Conclusion: EFT can effectively reduce the levels of perceived stress, anxiety and depression in cancer patients.

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.

Sutiarysih, 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

Purpose: 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](https://doi.org/10.22216/jit.2014.v8i1.451)

Dysmenorrhea 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 Mann-Whitney statistical test. The results showed that the pretest adolescent experimental group was 95% moderate pain and the pain scale post-test was 100% mild pain, while the pain scale test of the first on adolescent group control was 70% moderate pain and pain scale on the test II 70% moderate pain. Wilcoxon and mann-whitney tests obtained p value = 0.00 means that there were differences decreasing pain scale between the experimental group and control group. Based on the results it can be concluded there was the influence of EFT therapy to reduce pain scale dysmenorrheal for adolescents at 12 public senior high school Padang. Suggestions for teenagers to be able to use EFT therapy to relieve pain during dysmenorrheal and suggestions for schools to be able to provide EFT therapy education. it can be concluded that there is an effect of EFT therapy on the decrease in dysmenorrhoea pain scale in adolescents. Suggestions for schools to be able to provide EFT therapy counseling.

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

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

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

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

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

Depression is a psychiatric condition that often occurs in patients with HIV, it greatly effects the quality of life of sufferers. This impact would be worse if it happens to housewives, because they are not a risk population. SEFT (Spiritual Emotional Freedom Technique) could be expected to be one of the complementary therapies that helps reduce depression of housewives with HIV, because it is a merger between systems of energy psychology with spiritual powers that have the effect of doubling. This study aims to determine the effect of SEFT interventions in decreasing the level of depression housewives with HIV. This Quasi-experimental study method with pre-test and post-test design. Respondents who fit the inclusion criteria were divided into two groups: the intervention group ($n = 15$) and the control group ($n = 15$). Each group measured levels of depression using the BDI (Beck Depression Inventory). The results of this study showed that the mean value of the intervention group before given intervention was 24.00 with a standard deviation of 6,325, after the intervention to 12.8 with a standard deviation of 6,327. Differences in the intervention group scores on the pre and 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). Effectiveness of Emotional Freedom Technique on pregnant women's perceived stress and resilience. *Journal of Education and Sociology*, 6(2). doi: 10.7813/jes.2015/6-2/26

The current study intended to investigate the effectiveness of Emotion Freedom Technique (EFT) on pregnant women's perceived stress and resilience. This research utilized a quasi-experimental method with pretest-posttest and control group. Using convenience sampling, 30 pregnant women referring to Parsa hospital were selected, and they were randomly assigned into two groups. First, both groups completed Perceived Stress Questionnaire and Resilience Questionnaire. Then, the experimental group received 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 conventional are 13.67 and 25.00, respectively. (d) There is a difference in the influence of EFT and Conventional on students' abilities. (e) The student's positive response score for EFT is 3.60 (students have a positive response for EFT).

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

Cancer is the 7th leading cause of death (5.7%) after stroke, TB, hypertension, injury, perinatal, and DM. Chemotherapy is one of the ways to cure cancer. The consequences that accompany chemotherapy make most patients who have been diagnosed with anxiety, anxiety and fear of facing the threat of death and pain while undergoing chemotherapy. Management of nonpharmacological anxiety, namely by distraction and relaxation, one of them is SEFT. This study aims to determine the effect of SEFT administration on reducing anxiety of patients undergoing chemotherapy. This research method uses pre-experimental design, with purposive sampling technique, and uses Wilcoxon statistical test. The number of samples used in this study were 17 respondents. Based on the characteristics of the respondents, in the age variable there were 9 (53.0%) respondents in the late adult category (36-45), in the gender variable there were 10 (58.8%) women, the most common cancer diagnosis was Breast Cancer 8 (41.7%) respondents. Wilcoxon test results on the effect of SEFT administration on anxiety reduction in chemotherapy patients showed a value of $p = 0,000$ ($p < 0.05$), so it can be concluded that there is a significant effect of SEFT on reducing anxiety of cancer patients undergoing chemotherapy at SMC RS Telogorejo. Recommendations from the results of this study are that it can be used as a non-pharmacological measure to reduce anxiety. Wilcoxon test results on the effect of SEFT on reducing anxiety in chemotherapy patients showed a value of $p = 0,000$ ($p < 0.05$), so it can be concluded that there is a significant effect of SEFT on reducing anxiety of cancer patients undergoing chemotherapy in SMC Hospital Telogorejo. Recommendations from the results of this study are that it can be used as a non-pharmacological measure to reduce anxiety. Wilcoxon test results on the effect of SEFT on reducing anxiety in chemotherapy patients showed a value of $p = 0,000$ ($p < 0.05$), so it can be concluded that there is a significant effect of SEFT on reducing anxiety of cancer patients undergoing chemotherapy in SMC Hospital Telogorejo. Recommendations from the results of this study are that it can be used as a non-pharmacological measure to reduce anxiety.

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>

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

Purpose: Predisposition for high emotional reactivity in children and youth is presumed to correlate with early traumatic experiences. It is the objective of this paper, to discuss the hypothesis that the implementation of active coping strategies in the form of a module-based manual represents a

promising classroom 'tool' for the prevention and intervention of a wide range of psychosomatic disorders contingent on emotional reactivity.

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

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

Hypertension is the highest case in the working area of Puskesmas in Padang City in 2013, amounting to 41,768 cases and continues to increase every year, even though the government program for patients with hypertension such as blood pressure checks, medication and hypertension gymnastics has been promoted. In addition to pharmacological treatment, hypertension can also be treated with nonpharmacological therapy, namely complementary nursing therapy, one of which is Spiritual Emotional Freedom Technique (SEFT). This study aims to determine the effect of SEFT on reducing blood pressure in patients with hypertension. This research uses Quasi Experiment Design with One Group Pretest-Posttest Design approach with 17 respondents with hypertension in Pauh Public Health Center Padang. Each respondent was given SEFT therapy by a licensed therapist for \pm 10 minutes 1 time a day for 3 consecutive days. Blood pressure of respondents was measured pretest and posttest intervention. The results showed a mean decrease in systolic blood pressure = 12.35 mmHg and a mean decrease in diastolic blood pressure = 7.35 mmHg. Paired T-Test on systolic blood pressure and diastolic blood pressure obtained p value = 0,000 ($p < 0.05$), this shows that SEFT therapy can reduce blood pressure. Need to understand for the nursing profession related to SEFT therapy as complementary nursing therapy as an alternative treatment for hypertension. Keywords: hypertension, blood pressure, Spiritual Emotional Freedom Technique (SEFT) Spiritual Emotional Freedom Technique.

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 ($\alpha=0.05$). 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 ($p \text{ value}=0.000$). 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.

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

Introduction: Cervical cancer is known as one of deadly disease. The global incidence of cervical cancer is the second largest in the entire world, including in Indonesia. RSUP Dr. Hasan Sadikin Bandung, cervical cancer ranked first (62.27%) compared with other five types of obstetry and gynecology malignancies (suspected malignant ovarian tumors 16.12%, ovarian cancer 11.76%, vulva cancer 8.65% and endometrial cancer 1.19%) (Destiana, 2012). Chemotherapy as one of cancer treatment causes various side effects include hair loss, nails blackened, nausea and vomiting, that could makes patient stressful. SEFT (Spiritual Emotional Freedom Technique) is useful to overcome negative emotions through a combination technique that uses psychological energy, spiritual strength, and praying. SEFT is an effective intervention in manage stress, there are some techniques that practiced simply such as praying, NLP (Neuro Linguistic Programming), hypnotherapy, 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 round. Each round took 30 minutes. Before and after intervention patients was given Questionnaire. The data were analyzed using paired t-test and independent t-test.

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

Latifah, L., Ramawati, D. (2014). Emotional intervention of Emotional Freedom Technique to reduce post operation pain of Caesarian section. *Indonesian Nursing Journal of Education and Clinic*, 1(1), 53-60. doi: [10.24990/injec.v1i1.52](https://doi.org/10.24990/injec.v1i1.52)

Introduction: Every woman who undergo Sectio Caesaria (SC) surgery for delivery their babies often complain about pain after the surgery, and it 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 non randomized control group design was used in this study. The data was collected using Numeric Rating Scale (NRS) to measure the pain in participants before and after EFT or tapping treatment. The number of participants was 30 mothers with 15 women in control and treatment group respectively. The t-test was used to 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 ($\alpha = 0.05$).

Discussion: 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.

Abstract: Aim: 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. Background: The wives

of alcoholics suffer a lot due to their alcoholic husband resulting in anxiety, so they need interventions.

Design used: 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.

Findings: 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](https://doi.org/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 this 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 also address the root causes of anxiety based. The objective of research to determine the effect of EFT intervention on level anxiety of patients undergoing PCI in Hospital X. The research using quasi experimental method to design one group pretest and posttest. 30 people were divided into intervention and control groups by using a consecutive sampling technique. The intervention group received EFT for 15 minutes. Anxiety level is measured before and after intervention using State Trait Anxiety Inventory questionnaire (STAI-S). Data were analyzed by t test. The result showed there were significant differences between anxiety levels before and after the EFT intervention ($p < 0.05$) and significant difference intensity of anxiety after intervention between intervention and control groups ($p < 0.05$). The Conclusion of research is EFT can reduce anxiety levels on patients undergoing PCI. EFT is something that needs to be considered as based on empirical evidence, provide benefits, easy and without side effects.

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

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

treatment and control groups in favor of the former. Furthermore, there were statistically significant differences between the pre and the post measures of the treatment group in favor of the post measures.

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

Acute coronary syndrome (ACS) is a heart disease that causes death. Symptoms of depression, anxiety, and stress increases in SKA patients. These symptoms can affect the treatment and healing processes and cause complications. This study aims to identify the effect of SEFT on symptom reduction depression, anxiety, and stress in SKA patients treated in cardiac intensive care rooms. Research design using quasi experiments, sampling techniques with consecutive sampling, as many as 42 people. Determination of the number of responses for the control and intervention groups using the number randomized trial, so the intervention group was assigned 19 respondents and the control group 23 respondents. The intervention and control groups measured levels of depression, anxiety, and stress using a questionnaire. The Depression Anxiety Stress Scales 21 (DASS 21) then the intervention group was given SEFT intervention one time for 15 minutes and measured levels of depression, anxiety, and stress in the intervention group and control group. Data were analyzed with Wilcoxon and Mann Whitney. The results show a significant difference between levels of depression, anxiety, and stress before and after SEFT intervention between the intervention group and control group ($p < 0.05$). SEFT interventions help reduce depression, anxiety, and stress in SKA patients.

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).

Objectives: 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 accessorially 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 score were not remarkably decreased.

Conclusions: 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 Yuniior High School in Waru region and random assignment gotten twelve students as experimental group research. The instruments data collection was the preference smoking scale. The data was, analyzed by Wilcoxon Mathch Pairs Test, with SPSS 16 program, gotten ($p = 0,004$; $p < 0,01$), it was meant that there was the differences between the smoking preference on early adolescents before and after given SEFT® therapy. The difference of smoking preference was seen from the average posttest

was lower than pretest (49 < 60), the result of follow up average was lower than the posttest (41 < 49). The result of the research showed that SEFT® therapy able to decrease the smoking preference of early adolescents.

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 a quasi-experiment research. The design study is a nonrandomized pretest-posttest one group design. With the t-test performed on the data pretest and posttest can be concluded that there are differences in the level of depression experienced by hemodialysis patients before and after treatment the depression levels decreased after therapy. This is demonstrated by the significant results, with paired samples correlations 0.182 > 0.05 (significant) and Sig F Change 0.000 < 0.01 (highly significant). The results of this study indicate that SEFT effective to reduce the level of depression in patients with chronic renal failure undergoing hemodialysis.

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

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

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

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

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

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

The research objective is to examine the influence of Spiritual Emotional Freedom technique intervention to reduce PTSD of adolescent survivors of volcanic eruption. Subjects were 22 adolescent survivors of volcanic eruption, happened in 2010 in Yogyakarta and Central Java. Subjects were selected with random assignments and measured by using the post-traumatic stress disorder scale (adapted and modified from the Impact of Event Scale-Revised-IES-R). The subject is divided into two groups of experimental and control groups, each group consisting of 11 people. The research design is a pretest posttest control group design. Subject were treated by spiritual emotional freedom intervention techniques (spirituality, like prayer and acceptance and energy psychology) with three techniques, set-up, tune-in and tapping. The results showed that spiritual emotional freedom intervention can reduce PTSD of adolescent survivors of volcanic eruption.

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.

Objectives: 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.

Conclusions: 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.

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.

Objectives: 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.

Conclusions: 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.

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 administering 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.

Stoantziki, A. (2020). Investigation of high school students' opinions after the application of emotional release techniques (EFT).

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

Στην εργασία αυτή έγινε μια ποιοτική μελέτη για την διερεύνηση των απόψεων μαθητών μετά την εφαρμογή των τεχνικών συναισθηματικής απελευθέρωσης (EFT). Για τη διεξαγωγή της μελέτης χρησιμοποιήθηκε η μέθοδος της Θεμελιώδους Θεωρίας, η οποία χρησιμοποιείται για την εις βάθος κατανόηση και ερμηνεία των φαινομένων που μελετώνται. Παράλληλα, είναι ιδανική μέθοδος για περιπτώσεις στις οποίες ένα θέμα ερευνάται για πρώτη φορά, με σκοπό την καλύτερη κατανόησή του (Glaser & Strauss, 1967). Από την ανάλυση των δεδομένων προέκυψαν οι παρακάτω κατηγορίες: 1) Αρχικές αντιδράσεις των μαθητών στην πρώτη επαφή με το EFT. 2) Λόγοι χρήσης των τεχνικών

συναισθηματικής απελευθέρωσης από τον μαθητή. 3) Ανάκληση και απελευθέρωση των αρνητικών συναισθημάτων και συμπτωμάτων. 4) Εντοπισμός της αιτίας ή των αιτιών πρόκλησης του αρνητικού συναισθήματος. 5) Διαφορές μεταξύ της ομαδικής και της ατομικής συνεδρίας. 6) Τα αποτελέσματα των αρνητικών συναισθημάτων και σωματικών συμπτωμάτων μετά από την εφαρμογή του EFT. Οι μαθητές, έδειξαν ιδιαίτερο ενδιαφέρον για την θεραπεία και υποστήριξαν ότι, μπορούν να την επαναλαμβάνουν και μόνοι τους έτσι ώστε να μπορέσουν να απελευθερωθούν από συναισθήματα άγχους ή φόβου. Οι περισσότεροι βρήκαν ευχάριστη την τεχνική. Τα κυριότερα συμπτώματα που εντοπίστηκαν ήταν αυτά του φόβου και του άγχους. Οι μαθητές αντιμετωπίζουν συχνά άγχος, στρες και φόβο. Κάποιοι μαθητές εντόπισαν το τραύμα τους ανακτώντας κάποια μνήμη ή βιώνοντας συναισθήματα. Οι μαθητές προτιμούν την ατομική θεραπεία. Μετά την εφαρμογή, το σύνολο των μαθητών ανέφερε πως η ένταση των συναισθημάτων μειώθηκε σημαντικά.

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.
