

Application of Spiritual Emotional Freedom Technique on Anxiety of Hypertension Patients in the Work Area of the Simpang Periuk Public Health Center Lubuklinggau City

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ABSTRACT

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 Periuk, Lubuklinggau City.

INTRODUCTION

Hypertension is defined as an increase in systolic blood pressure of at least 140/mmHg or diastolic blood pressure of at least 90mmHg. (Nuratif A.H., & Kusuma H. 2016). Hypertension is a condition where there is an increase in systolic blood pressure greater than 140 mmHg or diastolic 90 mmHg in two measurements with an interval of 5 minutes in a state of sufficient rest/quiet (Yunita, 2017). Hypertension is also called the silent killer because sufferers often do not feel sick or experience complaints, so people often underestimate it (Kemenkes RI, 2018).

Hypertension is a chronic medical condition in which blood pressure rises above the agreed normal blood pressure. Blood pressure is formed from the interaction between blood flow and peripheral vascular resistance. blood pressure increases and reaches a peak when blood flow is heavy for example during systole, then decreases when blood decreases during diastole. Blood pressure that is too high makes the heart pump harder which eventually results in heart failure (decompensation), brain attack, (stroke) , heart infarction (myo The number of people with hypertension at the Simpang Periuk Health Center in 2019 was 3,970 people, in 2020 1,934 people. People with hypertension at the Simpang Periuk Health Center in Lubuklinggau City from 2019-2020 were 5,904 people. From these data, the highest prevalence is in 2019 as many as 3,970 people, and in 2021 in January as many as 74 people, in February as many as 97 people, in March as many as 82 people, April as many as 62 people, in May as many as 116 people and in June as many as 110 people. soul. From the results obtained from several patients who came on average they experienced problems of anxiety / anxiety caused by high blood pressure.cardial infarction) and defects in the kidneys and blood vessels.

Anxiety is a form of excessive fear or worry that is characterized by a form of body tension, such as sweating, racing heart, and difficulty breathing. (Suarth, 2016) defines anxiety as a feeling that is not specific, uncertain and powerless to face something. According to research by Akhyarul Anam, Arif Setyo Upoyo, Atyanti Isworo, Agis Taufik, Yunita Sari, in the spiritual emotional freedom technique (SEFT) for anxiety levels in hypertensive patients, SEFT sees that the body's energy flow is disrupted because it is triggered by past memories or stored trauma. In the subconscious or an illness, a person's emotions will become chaotic such as bad mood, lazy, unmotivated to do something, to severe, such as phobias, excessive anxiety and prolonged emotional stress. Spiritual emotional freedom technique (SEFT) is a psychological therapy that was first intended to complement existing psychotherapy tools. SEFT is a variant of a new branch of science called Energy Psychology (Muthmainnah, 2013). Spiritual Emotional Freedom Technique (SEFT) uses the "tapping" technique, stimulating points along the 12 energy pathways (energy meridians) of the body which greatly affect the health of the body (Zainuddin, 2011).

THEORETICAL REVIEW

According to the American Heart Association or AHA in the Ministry of Health (2018), hypertension is a silent killer where the symptoms are very diverse and almost the same in every individual and with the same disease, namely

hypertension. These symptoms are headache or feeling heavy in the neck, vertigo, heart palpitations, fatigue, blurred vision, ringing in the ears or tinnitus and nosebleeds. Hypertension is abnormally high blood pressure and is measured on at least three different occasions. A person is considered to have hypertension if his blood pressure is higher than 140/90 mmHg (Elizabeth in Ariansyah M., 2012).

According to the World Health Organization (in Noorhidayah, S.A. 2016) the classification of hypertension is :

- a). Normal blood pressure is when the systolic is less or equal to 140 mmHg and the diastolic is less or equal to 90 mmHg.
- b). Border line blood pressure is when the systolic is 141-149 mmHg and the diastolic is 91-94 mmHg
- c). High blood pressure (hypertension) by age >65 years is the same as above 140/90 mmHg.

Hypertension Clinical Manifestations

According to Tambayong (in Nurarif .H., & Kusuma H., 2016), signs and symptoms of hypertension are divided into:

1. No Symptoms

There are no specific symptoms that can be associated with an increase in blood pressure, other than the determination of arterial pressure by the examining doctor. This means that arterial hypertension will never be diagnosed if the blood pressure is irregular.

2. Common Symptoms

It is often said that the most common symptoms that accompany hypertension include headaches and fatigue. In fact this is the most common symptom affecting most patients who seek medical attention.

Some patients suffering from hypertension are:

- a). Complains of headache, dizziness
- b). Weak, tired
- c). Out of breath
- d). Nervous
- e). Nauseous
- f). Vomit
- g). Epistaxis
- h). Decreased consciousness

Hypertension Management

Support treatment measures, according to the teachings of the Natural Committee Dictation Evaluation Treatment of High Blood Pressure 2015, namely:

- a) Stacks of brat
- b) Consumption of table salt
- c) Reduce alcohol
- d) Quitting smoking

- e) Exercise regularly
- f) Full low fat diet

Definition of Spiritual Emotional Freedom Technique

Spiritual emotional freedom technique (SEFT), is a therapy that combines psychological energy with spiritual power. Energy psychology is a set of principles and techniques using the energy psychology system to improve emotional and behavioral conditions. Diamond (in Zainuddin, 2010) is the founder of energy psychology who writes about the relationship of "system energy psychology" with psychological disorders. This concept underlies another new branch of psychology known as energy psychology, which is a new breakthrough that combines the principles of eastern medicine with psychology. Energy psychology is used to influence thoughts, feelings and behavior.

According to Zainuddin (2010) spiritual emotional freedom technique (SEFT) is a technique of combining the body's energy system (Energy Medicine) and spiritual therapy using the tapping method at certain points on the body. According to Hakam (in Venice, 2017) the spiritual emotional freedom technique (SEFT) is a technique of combining and treating the body's energy system and spirituality. The stimulation of the body's energy points is carried out using the tapping method at certain points on the body while praying, accompanied by an attitude of submission to God.

The Stages of Spiritual Emotional Freedom Technique (SEFT)

a) Set-up

Aims to ensure that the body's energy flow is directed appropriately. This step is done for "psychological reversal": or "psychological resistance" usually in the form of spontaneous negative thoughts or negative subconscious comfort.

The set-up consists of 2 activities, namely:

1. The set-up words are a market prayer to Allah SWT, that whatever problems and pains you are currently experiencing, sincerely accept and leave healing to Allah SWT. The set-up is said with a feeling of resignation to neutralize the psychology reservation (negative beliefs and thoughts).
2. The set-up words with a feeling of pressing the chest, specifically the "afternoon spot" (a pain point, located around the upper chest which feels a little painful when pressed), or tapping with the fingertips on the "karate chop".

b) Tune-in

Tune-ins can be done to deal with physical problems and emotional problems.

1. Handling physical problems, tune-in can be done by feeling the pain experienced. Then direct the mind to the place of pain.
2. Dealing with emotional problems, tune-in is done by thinking about something or certain specific events that evoke negative energy that you want to eliminate generate negative energy that you want to get rid of.

c. Tapping

This stage is a stage that is carried out simultaneously with the tune-in stage. In this process (tune-in accompanied by tapping) neutralize negative

emotions or physical pain, tapping is tapping lightly with two fingertips on certain points on the body while continuing to tune-in. These points are the key points of the major energy meridians, which if tapped a few times will have an impact on the neutralization of emotional disturbances or the pain that is felt, because the flow of psychological energy runs normally and is balanced again.

This stage will be the prefrontal cortex area in the brain that can stimulate the amygdala corpus. Stimulation of the amygdala corpus will cause emotional reactions, so it is hoped that suggestions accompanied by light tapping (tapping) can change wrong perceptions and transforms it into a correct perception of the reception from.

The points are:

1. The CR (crown) point is the point on the top of the head (crown).
2. The EB point (eye brow) is the point on the surface of the eyebrows near the bridge of the nose.
3. The SE (side of the eye) point is the point above the outer eye bone.
4. The UE (under the eye) point is the point just below the eyelid bone
5. UN point (Under the nose) is a point that is located between the chin and the bottom of the lip.
6. The Ch (chin) point is the point between the chin and the bottom lip.
7. The CB (colar bone) point is the point at the end where the sternum and the first rib meet.
8. The UA (under the arm) point is the point under the armpit parallel to the nipple (oria) or precisely at the bottom of the bra strap (women).
9. Point BN (below nipple) is a point that is located 2.5 cm below the nipple (men) or on the border between the chest and the bottom of the breast.
10. The IH (Inside of hand) point is a point that is located on the inside of the hand based on the palm of the hand.
11. The OH (outside of hand) point is on the outside of the hand that borders the palm of the hand.
12. Th point (thumb) is a point located on the thumb on the outside of the bottom of the nail.
13. The IF point (index finger) is a point located on the middle finger beside the outside of the bottom of the nail (the part facing the thumb).
14. The MF (middle finger) point is the middle finger on the outer side of the bottom of the nail (the part facing the thumb).
15. The RF point (ring finger) is a point located on the ring finger on the outside of the bottom of the nail (the part facing the thumb).
16. Point BF (baby finger) is a point that is located on the little finger on the outside of the bottom of the nail (the part facing the thumb).
17. KC point (karate chop) is a point located beside the palm of the hand, the part used to break blocks in karate.
18. The GS point (gamut spot) is a point that is located between the extension of the ring finger and little finger (zainuddin, 2010)
19. The pictures below show the location of the key points of meridian energy.

METHODOLOGY

This type of research is descriptive using a case study approach. A case study is research conducted by examining a problem through a case consisting of a single unit with the main questions relating to "how" or "why". A single unit can mean one or a group of residents who are affected by a problem (Notoatmojdo, 2012). This case study aims to analyze nursing interventions that will be carried out with spiritual emotional freedom technique therapy to reduce anxiety in hypertensive patients in the work area of the Simpang Periuik Public Health Center in 2022.

The subjects of this study were patients with a diagnosis of hypertension with the intervention of spiritual emotional freedom technique therapy in the work area of the Simpang Periuik Public Health Center in 2022 with the following criteria for inclusion and exclusion of subjects:

➤ Inclusion criteria:

1. Patients who are willing to be respondents
2. Patients who are medically diagnosed with hypertension
3. Patients with a nursing diagnosis of anxiety
4. Women's blood pressure on hypertensive grade 1 140/90mmHg

➤ Exclusion criteria:

1. Patients who are not willing to be respondents
2. Patients with hypertension with other complications
1. Data collection techniques

The data collection method in this study used the HARS scale ((Hamilton Anxiety Rating Scale) to reduce anxiety in hypertensive patients, before and after spiritual emotional freedom technique therapy.

Data Collection Instruments

Data was collected by means of interviews, physical examination, direct observation, data collection instruments used in this study in the form of informed consent, SOPs, checklist sheets, HARS (Hamilton Anxiety Rating Scale) questionnaires, the applicable family nursing care assessment format.

RESULTS

The research subjects of this case study are 2 women with hypertension who have anxiety nursing problems.

Subject I

Subject I with the initials Mrs. M, 54 years old, female gender, Muslim, last education junior high school, housewife occupation, subject has hypertension since 1 year ago. The patient's complaints said cold sweat, weakness, surprised by the condition of the increase in blood pressure which was previously normal, difficulty sleeping, BP: 140 / 100 mmHg, RR: 20 x / min, Pulse: 84 x / minute, temp: 37 o c,. Review Date April 15, 2022

Subject II

Subject II with the initials Mrs. Y, 59 years old, female, Muslim, last elementary school education, occupation, housewife, patient has hypertension since about 10 months ago. The patient's complaint said cold sweat, weakness, surprised by the condition of high blood pressure, difficulty sleeping at night, BP: 150 / 110 mmHg, RR: 20 x / min, Pulse: 72 x / minute, Temp: 36.8 o c , Review Date April 15, 2022.

Based on the assessment data, it was found that the nursing problems of subject I were complaints of cold sweat, weakness, surprised by the condition of an increase in blood pressure which was previously normal, difficulty sleeping, BP: 140 / 100 mmHg, RR: 20 x / minute, pulse: 84 x / minute , temp: 37 o c and subject II is a complaint of cold sweat, weakness, surprised by the condition of a high blood pressure increase, difficulty sleeping at night, BP: 150 / 110 mmHg, RR: 20 x / minute, pulse: 72 x / minute , Temp : 36.8 o c.

Spiritual Emotional Freedom Technique therapy, which is carried out to overcome anxiety problems, has not shown effective results, this is due to the client's lack of knowledge about the disease process. The anxiety value of subject 1 at the beginning of the assessment was 6 (moderate anxiety), still not decreased until after therapy, and for his blood pressure 140/100mmHg. Likewise in subject II, the anxiety value at the beginning of the assessment was 7 (moderate anxiety), for his blood pressure was 150/110mmHg. still did not decrease until after therapy.

The application of Spiritual Emotional Freedom Therapy provides effective results, against Anxiety. Seen a significant decrease in anxiety levels from day to day. Subject I and Subject II began to show a calmer reaction, until the anxiety level score on the third day decreased to the mild anxiety level, with the anxiety score being at a value of 5, which means it is in the mild anxiety category. For blood pressure also decreased subject I 140/90mmHg, subject II 140/90mmHg.

DISCUSSIONS

This part allows you to elaborate on your results findings academically. You must not put numbers related to your statistical tests here; instead, you have to explain that numbers here. You have to compile your discussion with academic supports to your study and a good explanation according to the specific area you are investigating.

Based on the assessment data, it was found that the nursing problems of subject I were complaints of cold sweat, weakness, surprised by the condition of an increase in blood pressure which was previously normal, difficulty sleeping, BP: 140 / 100 mmHg, RR: 20 x / minute, pulse: 84 x / minute , temp: 37 o c and subject II is a complaint of cold sweat, weakness, surprised by the condition of a high blood pressure increase, difficulty sleeping at night, BP: 150 / 110 mmHg, RR: 20 x / minute, pulse: 72 x / minute , Temp : 36.8 o c.

The application of Spiritual Emotional Freedom Therapy provides effective and maximum results for reducing anxiety in patients with hypertension. Subject I TD 130/90mmHg and subject II TD 130/80mmHg. The patient has been very

calm in dealing with the problem of his illness and has understood the correct management of his illness.

CONCLUSIONS

The results of providing nursing care that is carried out directly on the object I Ny. M and object II Ny with hypertension condition in the work area of Simpang Periuk Health Center, Lubuklinggau City, where the focus of this research is related to the application of Spiritual Emotional Freedom Technique that there is a decrease in anxiety after being given the application of Spiritual Emotional Freedom Technique.

1. The study of the two subjects identified clients with hypertension with different indications.
2. On subject I with the initials Mrs. M is years old, female gender, complains of anxiety in dealing with hypertension, feels worried about the conditions at hand, complains, is dizzy, confused, BP mmHg. In subject II with the initials Mrs. Age years, female gender, complaints, anxiety in dealing with hypertension suffered, feeling confused, worried, BP mmHg.
3. Nursing diagnoses on both subjects at the time of the study, namely Anxiety related to the inability of the family to recognize health problems.
4. Nursing planning for this research is Anxiety Reduction by doing Spiritual Emotional Freedom Technique
5. . The implementation of nursing for the two research subjects has been carried out in accordance with the SOP for Spiritual Emotional Freedom Technique. Done for 15 minutes in 3 days.
6. Nursing evaluation shows that the application of Spiritual Emotional Freedom Technique can reduce anxiety levels. In this study, what was felt by both objects after SEFT was carried out was that they experienced a decrease in anxiety levels, from moderate anxiety to mild anxiety

RECOMMENDATIONS

1. For Lubukingau Nursing Study Program

This research can be used as basic data and a source of information for further research, and the research results can be carried out as an independent nursing action.

2. For Students

The data and research results can be used as a reference and development of further research, and the results of this study can inspire students to explore more about the concept of family nursing and some independent actions that can be developed to improve the knowledge and skills of future nurses.

3. For Simpang Periuk Health Center

The Puskesmas is expected to have standard operating procedures in the management of family nursing care, so that family nursing problems can be carried out optimally, it is also hoped that the puskesmas can facilitate research for nursing staff at the Simpang Periuk Health Center, and it is hoped that the Simpang Periuk Health Center can provide education and guidance to the

patients. Hypertension about Spiritual Emotional Freedom Technique as an independent management when experiencing hypertension anxiety problems.

FURTHER STUDY

The author realizes that there are still many shortcomings in this research and it is hoped that on another occasion he can improve this research due to time constraints. the cost and knowledge of the author

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