

The Effect Of Spiritual Emotional Freedom Technique (SEFT) On Psychological Well-Being In Patients Type 2 Diabetes Mellitus

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ABSTRACT

Background Diabetes Type 2 long-term treatment will affect a person's psychology. Type 2 DM patients who have low Psychological Well-Being result in low self-care. So Spiritual Emotional Freedom Technique (SEFT) is needed because this therapy uses spiritual elements for psychological and physical problems caused by emotional or psychomatic causes. The purpose of the study was to determine the effect of Spiritual Emotional Freedom Technique (SEFT) on Psychological Well-Being in Type 2 Diabetes Mellitus Patients in Tewaan Village, Bitung City. The research method used is Quasy Experiment with One Group Pre-Post Test design. The sample in this study 12 respondents using accidental sampling technique. The research instrument used is a questionnaire. Then the data collected was processed and analyzed using the Wilcoxon statistical test with a significance level (α) = 0.05. Research Results From the Wilcoxon statistical test, it was found that the P Value = 0.001 with a significance of <0.05, which means H_a is accepted and H_o is rejected. The conclusion is that there is the influence of Spiritual Emotional Freedom Technique (SEFT) on Psychological Well-Being in Type 2 Diabetes Mellitus Patients in Tewaan Village, Bitung City. Suggestions are expected to improve Psychological Well-Being in People with Type 2 Diabetes Mellitus in the Tewaan Village, Bitung City.

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1. INTRODUCTION

Diabetes Mellitus Type 2 or DMT2 is a disease already suffered long time or chronic as well as hinted more content blood glucose (sugar). big or through limit fair. If diabetes is not controlled with fine, can appear various dangerous complications sufferer (WHO, 2016).

The International Diabetes Federation (IDF) estimates on in 2019, at least 463 million people are aged between 20 and 79 years, or 9.3% of the total population on age such, will suffer from diabetes. Based on type gender, the IDF estimates prevalence of diabetes in in 2019 as much as 9% for woman and 9.65% for man.

According to IDF 2019, countries in the Arab- North African region order First And Western Pacific occupies order second. Meanwhile, the Southeast Asia region occupies order third. Identified as 10 countries with amount most problems. China, India, as well America Union lies in order three big with sufferer as many as 116.4 million, 77 million, and 31 million. Indonesia occupies order seventh from 10 countries with amount sufferers at most, namely 10.7 million (InfoDATIN, 2020).

The International Diabetes Federation (IDF) estimates amount diabetics in Indonesia reached 19.47 million year 2021. Total diabetics on 2021 has increase rapidly during One decades last. Diabetics notes 167% increase in comparison amount diabetics in 2011 which reached 7.29 million. (Rikesdas, 2018)

On In 2018, there are 4 countries part with highest prevalence of diabetes are in Yogyakarta, DKI Jakarta, North Sulawesi and East Kalimantan. Diabetes is the 4th most common in North Sulawesi, meaning level control glucose blood increase from 6.9% (2013) to 8.5% (2018) in 2018 (Rikesdas, 2018).

From 2016 to 2018, 13,615 cases of diabetes were reported to the service health city Bitung,

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which is majority of the 10 diseases in the city Bitung (Dinas Bitung City Health , 2016).

Based on survey initial done _ researchers in the Village Tewaan , as many as 31 people who suffer from DM and of the 31 people, 18 of them diagnosed experiencing Type 2 DM in the sub-district Tewaan , Bitung City (Poskesdes Rentals , 2022).

Type-2 DM sufferers usually experience changes and changes from normal conditions to sick situations, thus affecting psychological well-being. According to Ryff psychological well-bring where one day an individual situation can accept himself, build a good circle with other individuals, be independent, be able to control his zone, have goals in life and improve himself (Davies, 2019).

Psychological well-being is usually more common in DM sufferers than other health problems. Long-term recovery for DM sufferers is complicated for effective control , so it is important to prioritize psychological aspects in addition to the physiological aspects of Type-2 DM sufferers . Psychological Well-Being, an area of general positive psychology , is interpreted as subjective well-being (SWB). Type 2 diabetes sufferers often have low psychological well-being which makes self-recovery slow (Tristianaa D, Widyawati Y., Yusuf. A., 2016).

A study conducted by Massey in (2019) found that Study Psychological well-being intervention is based on enlightenment, can improve self-care, empathy, quality of life and can relieve stress for people with diabetes mellitus (gonorrhoea) (Massey, Feig and Duque-Serrano, 2019). Spiritual Emotional Freedom Technique (SEFT) is a modified therapy from the Emotional Freedom Technique (EFT), using a technique that combines the science of acupuncture and psychological techniques. This therapy can be an alternative coping approach and can open up the psychological well-being of type 2 DM patients so that they can maintain adaptive behavior . Nurses are tasked with helping people blend in with social-cultural changes , self-image, health and disease (Aini, 2018).

2. METHOD

This type of research is a Quasy Experiment with a One Group approach Pre-Post Test. This research was carried out in the Tewaan Village, Bitung City from July 8-10 2022. The sample in this study was 12 respondents to patients with Type 2 Diabetes Mellitus. The sampling technique was accidental sampling using a questionnaire measuring instrument, before being given a questionnaire there was research ethics starting from giving informed consent and the patient's consent sheet , when filling out the questionnaire the respondent was asked to write initials without a name (anonymity) , then the patient was given a questionnaire (pre) after that the SEFT Therapy Intervention was given and after the intervention was given a questionnaire (post) . The collected data was processed and analyzed using the Wilcoxon statistical test with a significance level (α) of 0.05.

3. RESULTS AND DISCUSSION

Table 1. Distribution of respondent data based on age and gender in the Tewaan sub-district, Bitung City

Characteristics	Number of Respondents	
	Frequency (f)	Percent (%)
Age		
36 – 45 years	2	16.7
46 – 55 years	4	33.3
56 – 65 years	3	25.0
>65 years	3	25.0
Total	12	100.0
Gender		
Man	7	58.3
Woman	5	41.7
Total	12	100.0

Table 2. Frequency distribution based on Psychological well-being before being given SEFT in the Tewaan sub-district, Bitung City 2022 (n=12)

Before being given SEFT	Number of Respondents	
	Frequency (f)	Percent (%)
Low PWB	7	58.3
Moderate PWB	5	41.7
High PWB	0	0.0
Total	12	100.0

Table 3. Frequency distribution based on Psychological well-being after being given SEFT in the Tewaan subdistrict, Bitung City 2022 (n=12)

After being given SEFT	Number of Respondents	
	Frequency (f)	Percent (%)
Low PWB	0	0.0
Moderate PWB	3	25.0
High PWB	9	75.0
Total	12	100.0

Table 4. Analysis Influence Spiritual Emotional Freedom Technique (SEFT) Against Psychological Well-Being At Patients with Diabetes Mellitus Type 2 uses Wilcoxon

		Post						P-value	
		Low		Currently		Tall			Total
		f	%	F	%	f	%		
Pre	Low	0	0.0	3	35.0	4	33.3	7 (58.3)	0.001
	Currently	0	0.0	0	0.0	5	41.7	5 (41.7)	
	Tall	0	0.0	0	0.0	0	0.0	0 (0.0)	
	Total	0	0.0	3	35.0	9	75.0	12 (1.00)	

Based on Table 1. Distribution of respondent data based on age characteristics obtained by respondents aged 46-55 years as many as 4 respondents with a percentage of 33.3%, 56-65 years as many as 3 respondents with a percentage of 25.0%, > 65 years as many as 3 respondents with a percentage of 25.0% and the most slightly 36-45 years as many as 2 respondents with a percentage of 16.7% of the total 12 respondents. While the distribution of respondent data based on gender characteristics was found to be 7 male respondents with a percentage of 58.3% and 5 female respondents with a percentage of 41.7% of a total of 12 respondents (Primary Data 2022).

Based on Table 2, it shows that from 12 respondents, before being given SEFT , the results showed that 7 respondents had low PWB with a percentage of 58.3% and 5 respondents had moderate PWB with a percentage of 41.7% (Primary Data 2022).

Based on Table 3. it shows that from 12 respondents, after being given SEFT the results obtained were 3 respondents having moderate PWB with a percentage of 25.0% and 9 Respondents having high PWB with a percentage of 75.0% (Primary Data 2022).

Based on Table 4. out of a total of 12 respondents before being given SEFT, there were 7 respondents with low PWB and after being given SEFT there was an increase in moderate PWB 3 respondents and 4 respondents high. Meanwhile, from 5 PWB respondents who were before being given SEFT there was an increase of 5 respondents who increased to be high after being given SEFT.

After testing using the Wilcoxon test , it was obtained a P Value = 0.001 with a significance level of <0.05 where the P Value = 0.001 <0.05, thus it can be concluded that Ha is accepted and Ho is rejected, which means there is an Influence of Spiritual Emotional Freedom Technique (SEFT) on Psychological Well -Being in people with Type 2 Diabetes Mellitus in Tewaan Village, Bitung City.

DISCUSSION

This study entitled the effect of the spiritual emotional freedom technique (SEFT) on psychological well-being in patients with type 2 diabetes mellitus in the Tewaan subdistrict, Bitung City, which was conducted on 08 - 11 July 2022. This study aims to determine whether there is an effect of SEFT therapy on increase in PWB in patients with Type 2 DM in the village of Bitung city of Tewaan. The sample technique used was accidental sampling with a total sample of 12 respondents. This study used the Quasy Experiment with the One Group design Pre-Post Test. Beginning with a pretest before being given treatment and a posttest after being given treatment where this study only used one group of subjects who were randomly selected and no test was carried out before being given treatment. Measurements were made before and after being given treatment.

Based on the frequency distribution, the most age is 46-55 years, there are 4 respondents with a percentage of 33.3%. Based on research conducted by Ryff (in Katsuri, 2016) dimensions of Psychological Well-Being such as environmental mastery, and autonomy will increase in line with one's age. Self-acceptance and positive relationships with others do not differ with age (Zainuddin, 2012).

Based on distribution frequency type sex the most is boy __ as many as 7 respondents with presentation 58.3%. This in accordance with study according to Ryff (in Zainuddin, 2012) type sex become differentiator in influence factor A well-being psychological. emphasized that a Woman own effectiveness tall in build more relationship _ positive with other people too own growth more personal _ Good from on man so that cause man more often experience decline psychological well-being (Zainuddin, 2012).

In this study, it was obtained from a total of 12 respondents before being given SEFT, there were 7 respondents with low PWB and after being given SEFT there was an increase in moderate PWB 3 respondents and 4 respondents high. Meanwhile, from 5 PWB respondents who were before being given SEFT there was an increase of 5 respondents who increased to be high after being given SEFT. Respondents who take SEFT therapy are expected feel relax And comfortable, caused point tapping Which done will stimulate expenditure hormone endorphins where this hormone is a chemical which is found naturally in the body. This hormone is very important in the natural pain reliever and has a job to stabilize feelings of happiness after doing certain activities. Endorphins are also able to provide a positive energy in a person (Kartika Sari Wijayaningsih, 2013).

This finding was also clarified by Fang who concluded that even acupuncture points involved in SEFT can result in extensive termination of the limbic - paralimbic - neocortical system. (Church, de Asis & Brooks, 2012). therefore, respondents in the treatment group who received SEFT therapy on the dimension of self-acceptance will be more accepting of their current situation, share new hopes, and communicate well with others.

This study used the Wilcoxon statistical test, the results of this study after being tested showed that there was an effect of SEFT on psychological well-being in type 2 DM respondents in Tewaan Village, Bitung City. Based on pre-test and post-test scores experience enhancement psychological well-being. Enhancement the be marked with the results of the description after being tested using Wilcoxon obtained a P Value = 0.001 with a significance level of <0.05 where the P Value = 0.001 <0.05 at Psychological well-being that related to dimensions psychological well-being among others are reception self, autonomy, connection with person other, mastery environment, objective life, And development self.

This research is in line with research conducted by Sarita Candra Merida, Ditta Febrieta, Hilmiatul Husnah, Roma Ria, Rospita Novianti with the title Spiritual Emotional Freedom Technique (SEFT) and Student Well-Being in Final Semester Students at Bhayangkara University Jakarta Raya in 2021 which is based on the Wilcoxon Signed Ranks Test calculation found a p value ≤ 0.05 and a Z value of -2950b, so it can be concluded that there are differences in pretest and posttest scores for final semester students, which means there is an effect before and after being given SEFT therapy.

Based on description the so researcher assume that with gift Spiritual Emotional Freedom Technique This can give significant influence _ to Psychological wee-being On Diabetes Mellitus sufferers type 2. With gift Spiritual Emotional Freedom Technique can increase And raises hope, fortitude, And wisdom on aspect social, that is neutralize emotion And minimize anxiety. Then

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Therapy Spiritual Emotional Freedom Techniue This Also can help type DM sufferers distant type 2 from facility health And is action that can done in a manner independent And easy as well as Can Also done at home without supervision power health .

4. CONCLUSION

There is Influence Spiritual Emotional Freedom Technique Against Psychological Well-Being At Patients with Diabetes Mellitus Type 2 in Kelurahan Bitung City Rentals. Expected study This Can useful , source references , sources information And possible intervention _ applied nurse on patient with Diabetes Mellitus Type 2.

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