


Overview Of SEFT Therapy (Spiritual Emotional Freedom Technique) On Reducing Anxiety Of III Trimester Pregnant Women At Oesapa Health Center

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Article Info	ABSTRACT
<p>Keywords: Anxiety, Third Trimester Pregnant Women Oesapa, SEFT Therapy</p>	<p>Anxiety during pregnancy negatively impacts women from pregnancy to delivery, potentially leading to premature birth and miscarriage. Data from the Kupang City Health Service shows that in 2022, the number of pregnant women in the third trimester at the Oesapa Community Health Center was 1,410. Anxiety can be alleviated through various non-pharmacological therapies, one of which is the Spiritual Emotional Freedom Technique (SEFT) therapy. SEFT is a healing method that combines psychological energy with prayer and spirituality. This research aims to identify the effectiveness of SEFT therapy in reducing anxiety in third trimester pregnant women at the Oesapa Community Health Center. The study is quantitative, using a pre-experimental design with a one-group pre-posttest design. This involves three steps: administering a pretest to measure the dependent variable before treatment, providing experimental treatment to the subjects, and administering a posttest to measure the dependent variable after treatment. The statistical analysis results indicate that there are 44 negative ranks, meaning all 30 patients showed a decrease in anxiety levels before and after receiving SEFT therapy, with a mean rank or average decrease of 15.50. The sum of ranks is 465.00. The positive ranking results show no increase in anxiety levels in third trimester pregnant women before and after SEFT therapy, with a value of 0 for the N value, Mean rank, and Sum rank. This suggests that SEFT therapy is effective in reducing anxiety in pregnant women during the third trimester.</p>
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INTRODUCTION

Pregnancy is an important event in a woman's life where she has a fetus growing in her womb.(Ginting et al., 2021). In the third trimester, pregnant women often look worried due to the discomfort experienced by pregnant women in the third trimester.(Rahmi & Ridhatullah, 2022) . Anxiety during pregnancy has a negative impact on pregnant women from pregnancy to delivery, such as premature birth and even miscarriage (Puspitasari & Wahyundari). World Health Organization, 2018). It is known that the prevalence of anxiety and depression in pregnant women in developed countries is around 7-20% and in developing countries it is

around more than 20%, pregnant women experience anxiety in the third trimester. In Indonesia there are 373,000,000 pregnant women experiencing anxiety. In facing childbirth, 107,000,000 (28.7%) mothers experienced anxiety. The NTT Provincial Health Service report shows that in 2019, the number of pregnant women was 9,719 people. Anxiety can be reduced with several anxiety-reducing therapies, namely non-pharmacological therapy and Spiritual Emotional Freedom Technique (SEFT) is a healing technique that combines the efficacy of psychological energy with prayer and spirituality.(Sarimunadi et al., 2021).

SEFT therapy is a technique that combines the body's energy system (energy medicine) and spiritual therapy using a tapping method at certain points on the body to improve the condition of the mind, emotions and human behavior. In SEFT therapy there is a spiritual element, namely prayer as part of the start of the therapy process until the therapy ends(Putranti, 2021).

METHODS

The type of research used in this research is quantitative research, namely a research method with measuring instruments for data processing using statistics, therefore the data obtained and the results obtained are in the form of numbers because researching samples consists of more data that can be calculated. The research design is pre-experimental with a one group pre-posttest design. In this design there are three steps, namely giving a pretest to measure the dependent variable before the treatment is carried out, giving experimental treatment to the subjects and giving a posttest to measure the dependent variable after the treatment. The research time is 2024, the research location is at the Oesapa Community Health Center, Kupang City. The research population is 30 respondents from pregnant women in the third trimester. The research sample was pregnant women who visited the Community Health Center to carry out K4 examinations and were recorded at the Oesapa Community Health Center. Data from the interviews were analyzed univariately and bivariately. Bivariate analysis was carried out using a non-parametric test using the Wilcoxon signed test to determine the effect of Spiritual Emotional Freedom Technique (SEFT) therapy on the anxiety level of third trimester pregnant women on an ordinal or interval scale but the data was not normally distributed.

RESULTS AND DISCUSSION

Characteristics of research subjects

Table 1. Characteristics of pregnant women respondents in the Oesapa Community Health Center working area

Characteristics	Frequency	Presentation
Age		
<20 years	3	10%
21-35 years old	21	70%
>36 years	6	20%
Total	30	100%

Characteristics	Frequency	Presentation
Work		
Work	8	26.7%
Doesn't work	22	73.3%
Total	30	100%
Education		
JUNIOR HIGH SCHOOL	5	16.7%
SENIOR HIGH SCHOOL	16	53.3%
S1	9	30.0%
Total	30	100%
Parity		
Primipara	16	53.3%
Multigravida	10	33.3%
Grandegravida	4	13.3%
Total	30	100%

Based on table 1, it is known that the majority of respondents aged 21-35 years, namely (70%), are not working, namely 22 people (73%), have a high school education as many as 16 people (53.3%), and primiparous parity are 16 people (53.3%).

Characteristics based on age at Oesapa Community Health Center

Based on the results of research conducted by researchers at the Oesapa Community Health Center, Kupang City, it was found that respondents aged 21-35 years in the third trimester of pregnant women (70%) experienced more anxiety than those aged <20 years (10%) and 36> years (20%). Pregnant women aged less than 20 years or more than 35 years are of high risk pregnancy because abnormalities or disturbances can occur in the fetus, which can cause anxiety in the pregnant woman.

Characteristics of respondents based on education at the Oesapa Community Health Center

From the research results, it was found that data on the education level of hypertension sufferers was mostly sufferers with a high school education level (53.3%). According to (Retna et al., 2022) A person's level of education will influence the process and ability to think so that they can grasp new information quickly. A person's education also determines whether or not it is easy to absorb and understand the knowledge about the birth process that they obtain and receive.

The anxiety that occurs in pregnant women in the third trimester with a high school education is because respondents have a good understanding of their condition and they are more worried about the condition they are suffering from. However, this is inversely proportional to respondents who have elementary or middle school education levels.

Characteristics of respondents based on work at Oesapa Community Health Center.

Based on the research results, it was found that more respondents were unemployed (73.3%). According to (Suyani, 2020) Individuals who do not work tend to have a lighter mental load than those who work so that the workload which is one of the anxiety factors in these individuals is not felt, but the anxiety they feel tends to be caused by other factors. It's

different for people who work, anxiety tends to be caused by the burden of work and the burden of household affairs. People who work tend to experience stress due to the workload they have.

According to the results of the researchers' analysis, the emergence of anxiety in third trimester pregnant women who do not work is usually caused by the process of preparing for childbirth. Almost everyone experiences anxiety about the process of preparing for childbirth. This can actually lead someone into an unhealthy lifestyle, such as not getting enough rest time due to anxiety about the upcoming birth

Characteristics of respondents based on parity at Oesapa Community Health Center

Based on the research results obtained by researchers, the results showed that the majority of pregnant women in the third trimester at the Oesapa Community Health Center were primiparas or pregnant with their first child (53.3%). According to (Putri et al., 2024) One of the reasons for mothers' anxiety about giving birth is fear and anxiety about facing pain and soreness, especially for mothers-to-be who have never given birth before (primiparous). As the delivery schedule approaches, especially during the first delivery, it is normal for feelings of anxiety or fear to arise. According to the results of the researchers' analysis, the emergence of anxiety among pregnant women in the third trimester during their first birth is caused by not having any idea about the events that will be experienced, their knowledge and experience of childbirth, which makes pregnant women feel anxious about the condition of the baby they are carrying.

Bivariate Analysis

Table 2. Ranks

				Ranks		
				N	Mean Rank	Sum of Ranks
Pre Test Anxiety	Anxiety-Post Test	Negative Ranks	Negative Ranks	30a	15.50	465.00
			Positive Ranks	0b	.00	.00
			Ties	0c		
			Total	30		

Test Statistics

		Post test anxiety - Pre test anxiety
Z		-4.791b
Asymp. Sig. (2-tailed)		,000

Based on the table above, it is known that in negative ranks there are 44 negative data (N), which means that all 30 patients showed a decrease in anxiety levels in third trimester pregnant women before and after being given SEFT (Spiritual Emotional Freedom Technique) therapy with the mean rank or average decrease, namely amounted to 15.50, while the number of negative ranks or Sum of ranks was 465.00.

The positive ranking results show that there is no increase in anxiety in third trimester pregnant women before and after being given SEFT (Spiritual Emotional Freedom Technique)

therapy with a value of 0 for both the N value, Mean rank and Sum rank. Next, the Ties value is the similarity of values before and after therapy. Here the Ties value is 0, so it can be said that there are no similar values before and after SEFT (Spiritual Emotional Freedom Technique) therapy.

Based on the results of the Wilcoxon test, it shows that the Z value is -4,791 and value Asymp. Sig. (2-tailed) is worth $0.000 < 0.05$, it can be concluded that H1 is accepted and H0 is rejected, which means that there is an influence of SEFT (Spiritual Emotional Freedom Technique) therapy on reducing the anxiety level of pregnant women in the third trimester at the Oesapa Community Health Center, Kupang City.

Anxiety levels of third trimester pregnant women before and after SEFT (Spiritual Emotional Freedom Technique) therapy

Table 3. Anxiety levels of third trimester pregnant women in the Oesapa Community Health Center working area

Worry	Pre		Post	
	Frequency	Presentation	Frequency	Presentation
Normal	0	0.00 %	21	70.0%
Lightweight	1	3.3%	6	20.0%
Currently	16	53.3%	3	10.0%
Heavy	7	23.3%	0	0.00%
Very heavy	6	20%	0	0.00%
Total	30	100%	30	100%

The table above explains that the anxiety level of third trimester pregnant women before SEFT (Spiritual Emotional Freedom Technique) therapy was mostly moderate, namely 53.3%. After being given SEFT (Spiritual Emotional Freedom Technique) therapy, the majority of respondents did not experience anxiety, namely 70.0%.

Discussion

Level of anxiety level of third trimester pregnant women before SEFT (Spiritual Emotional Freedom Technique) therapy

The results of the research showed that the majority of pregnant women in the third trimester at the Oesapa Community Health Center, Kupang City, before being given SEFT (Spiritual Emotional Freedom Technique) therapy, obtained pre-test results of moderate anxiety levels (53.3%) followed by severe anxiety levels (23.3%) and very severe levels. (20%)

In the research, it was found that respondents who had the highest anxiety were respondents with primiparous parity (53.3%). This result is because primiparous pregnant women are more susceptible to experiencing anxiety compared to multigravidas and grandgravidas, this is also explained (Kuswandi 2007) which is quoted in research (Putri et al., 2024) One of the reasons for mothers' anxiety about giving birth is fear and anxiety about facing pain and soreness, especially for mothers-to-be who have never given birth before (primiparous).

This is in line with research conducted by (Rinata & Andayani, 2018) reported that more pregnant women with primigravida parity (54%) experienced moderate to severe anxiety compared to pregnant women with multigravida parity. Based on the researchers' analysis, the high percentage of anxiety levels for pregnant women in the third trimester is due to pregnant women not working, usually due to the preparation process for childbirth. Another factor that causes anxiety is a very low level of knowledge due to a lack of knowledge about health and the conditions they are experiencing, making it difficult to control their health problems.

Based on research analysis, pregnant women in the third trimester with low education tend to receive wrong information which can cause pregnant women to become anxious and worried about their condition and that of the baby. Apart from that, it is also influenced by the factor of pregnant women not working, usually due to a lack of interaction with other people to increase knowledge and information. Pregnant women who experience anxiety usually originate from the process of preparing for childbirth. Almost everyone experiences anxiety during the process of preparing for childbirth. This can actually lead someone into an unhealthy lifestyle, such as not getting enough rest time due to anxiety about the upcoming birth.

Anxiety level of third trimester pregnant women after being given SEFT therapy (Spiritual Emotional Freedom Technique)

Based on the results of research conducted on 30 respondents after being given SEFT (Spiritual Emotional Freedom Technique) therapy, the anxiety level of third trimester pregnant women decreased with normal anxiety levels followed by mild and moderate anxiety levels. This shows that during the research, data was obtained that respondents' anxiety decreased after being given SEFT (Spiritual Emotional Freedom Technique) therapy.

There is a compatibility in the success of the therapy process in reducing anxiety with theory, where in the SEFT therapy process (Spiritual Emotional Freedom Technique) which is a relaxation technique process using tapping at certain points on the body so that it can control cortisol. SEFT therapy includes relaxation techniques which are a form of mindbody therapy from complementary therapy, where you only need to apply it once a day for 10-25 minutes.

This is related to research conducted by (Sarimunadi et al., 2021) Based on the results of research conducted by respondents, pregnant women in the third trimester experienced differences in anxiety before and after SEFT (Spiritual Emotional Freedom Technique) therapy. SEFT works on more or less the same principles as acupuncture and acupressure. All three try to stimulate key points along the body's 12 energy pathways (energy meridians) which greatly influence our health. The SEFT mechanism in reducing pain and anxiety is possible from the relaxation effect that can be obtained from the conditions of Khusu, Sincerity, Surrender, Confidence, Gratitude. Where a person's spiritual aspect is raised to provide strength and light stimulation by tapping on 18 meridians energy points, the same points as acupuncture and acupressure points.

Based on the researcher's analysis, almost all respondents stated that they experienced and experienced many changes after carrying out SEFT (Spiritual Emotional Freedom

Technique) therapy, especially changes in the worry or anxiety they felt and felt calmer and more relaxed. This is because they often receive SEFT (Spiritual Emotional Freedom Technique) therapy repeatedly by carrying out the three steps, namely the set up, the tune in and the tapping. Respondents carry out this technique by verbally repeating their surrender spiritually, so that during relaxation the respondent can release hormones more stably, the body will be able to express the emotions of anger, resentment that they experience and All the burdens on your mind are completely released at that moment so you feel calm, more confident, your confidence increases, your burden decreases and you are more able to accept the situation than before.

The Effect of SEFT Therapy (Spiritual Emotional Freedom Technique) on Reducing the Anxiety Levels of Pregnant Women in the Third Trimester

Based on research, it shows that pregnant women in the third trimester with anxiety in the Oesapa Community Health Center working area before SEFT (Spiritual Emotional Freedom) therapy experienced moderate anxiety followed by severe levels of anxiety. Based on the results obtained using the Wilcoxon test to see the effect of SEFT therapy (Spiritual Emotional Freedom Technique) on reducing the anxiety level of pregnant women in the third trimester in the work area of the Oesapa Health Center, Kupang City. Regarding the decreasing anxiety level of pregnant women in the third trimester, this shows the influence of providing SEFT (Spiritual Emotional Freedom Technique) therapy before and after the Spiritual Emotional Freedom Technique therapy. (SEFT) where there was a decrease in anxiety levels after being given SEFT (Spiritual Emotional Freedom Technique) therapy.

SEFT (Spiritual Emotional Freedom Technique) 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. Apart from that, SEFT is a combination of Spiritual power and Energy Psychology. SEFT (Spiritual Emotional Freedom Technique) works on more or less the same principles as acupuncture and acupressure. These three techniques attempt to stimulate key points along the body's 12 energy pathways (energy meridians) which greatly influence health.(Arulampalam Kunaraj, P. Chelvanathan, Ahmad AA Bakar, 2023)

Several previous studies conducted by (Arulampalam Kunaraj, P. Chelvanathan, Ahmad AA Bakar, 2023)The team considered using the SEFT (Spiritual Emotional Freedom Technique) technique on the grounds that it does not take a long time to intervene and see changes in behavior, besides that therapy using the SEFT (Spiritual Emotional Freedom Technique) technique is quite simple, can be applied to subjects with physical complaints, disorders psychology such as anxiety, confusion, confusion, stress so that it can be applied independently by the subject. This technique also has the aim of improving the state of mind, emotions and behavior. In this case, the SEFT (Spiritual Emotional Freedom Technique) intervention can help respondents to accept and surrender to the situation or illness they are experiencing by using a spiritual approach and providing calm to the respondent, which will cause a relaxation response.

CONCLUSION

Based on the results of research conducted on 2 respondents at the KIA polyclinic and patient homes in the UPTD work area of the Oesapa Community Health Center, the following results were obtained: productive reproduction and high risk reproductive age, pregnant with first child and second child, majority of housewives work and married status, last education is junior high school and bachelor's degree (S1). b) Respondents from pregnant women at the Oesapa Community Health Center experience moderate to mild anxiety. c) Description of the anxiety level of pregnant women in the third trimester before being given SEFT (Spiritual Emotional Freedom Technique) therapy, experiencing moderate and mild levels of anxiety and after being given SEFT (Spiritual Emotional Freedom Technique) therapy the level of anxiety experienced by pregnant women in the third trimester becomes a normal anxiety level. . Research suggestions are a) For institutions: As a nursing education institution, it is hoped that they can develop research in providing information to pregnant women regarding the provision of SEFT therapy to reduce anxiety in pregnant women and this therapy can be used in outreach or community service activities. b) For respondents: As an asset for the future of the nation, respondents are able to provide and share information about seft therapy to reduce anxiety in pregnant women III to pregnant women around their environment. c) For future researchers: For future researchers who are interested in conducting similar research, it is hoped that this research can be used as reference material regarding the anxiety of pregnant women. In addition, it is hoped that future researchers will not only conduct interviews about questionnaires in conducting research, the interviews can be deepened to strengthen the discussion in this research.

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