

## Conference Paper

# The Therapy Spiritual Emotional Freedom Technique (SEFT) Towards Anxiety In The Elderly At Rw 14 Kelurahan Solokpandan-Kabupaten Cianjur

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**Abstract**

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 ( $\alpha \leq 0.05$ ). 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.

**Keywords:** SEFT Therapy, Elderly, Anxiety

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## 1. Introduction

In 2017, there are 23.66 million elderly people in Indonesia (9.03%) and predicted in 2020 (27.08 million), 2025 (33.69 million), 2030 (40.95 million) and 2035 (48.19 million) [1]. There are four levels of anxiety experienced by individuals including mild, moderate, severe and panic [2]. Many non-pharmacological therapies that can be used to reduce anxiety including Hypnoteraph, meditation and one of them is using Spiritual Emotional

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Freedom Technique (SEFT). Spiritual Emotional Freedom Technique (SEFT) is a healing technique that combines the potency of psychological energy with the power of prayer and spirituality. The way of healing is by stimulating certain points associated with the source of the disease. There are 361 acupuncture points along the body's 12 energy meridians which greatly affect our health. Spiritual Emotional Freedom Technique (SEFT) simplifies the 361 points into 18 points representing the 12 main energy lines of the body [3]. SEFT therapy is a technique for dealing with emotions by tapping the fingertips to stimulate meridian points in the body accompanied by feeling the problem at hand [4].

Based on a preliminary study conducted in the RW 14 community, it was found that the number of elderly was 40 people. From the results of interviews conducted with 10 elderly people on 3th and 4th April 2020, 4 out of 6 people stated that they did not experience symptoms of anxiety about the life they lived. The elderly said that they were afraid of dying because of their illness. There were 3 people who experienced symptoms of anxiety such as restlessness, sleep disorders thinking about the condition of the family at home. When respondents were interviewed about what SEFT therapy was, the elderly themselves did not know what SEFT therapy was.

## 2. Methods

### 2.1. Methods

The research design used in this research is quantitative research. The method used in this study is a quasi-experimental design, which is to reveal a causal relationship by involving a control group in addition to the experimental group [5]. The research design used in this study used a pretest-posttest with control group, namely the sample in this study was observed first before being given the treatment, then after being given the sample treatment, it was re-observed again ([6]).

This study aims to see the effect of Spiritual Emotional Freedom Technique (SEFT) therapy on anxiety in the elderly in RW 14, Solokpanda Village, Cianjur Regency. The instrument used GAS (*Geriatric Anxiety Scale*). This research used 19 respondents for the intervention group and 19 respondents for the control group. SEFT therapy intervention was carried out for 6 days within 10-15 minutes. The intervention group, performed SEFT therapy in accordance with the SOP (Standard Operating Procedure). Before the SEFT therapy was carried out, this intervention group was first observed using the checklist observation sheet. In other hand, The control group did not giving intervention.

SEFT therapy is carried out 2 times a day in the morning and evening for 6 days a week. Respondents were given SEFT therapy intervention starting with demonstrations in 2 times a day (08.00 in the morning and 16.00 in the evening). After the intervention was given then (posttest) again by providing an observation checklist sheets.

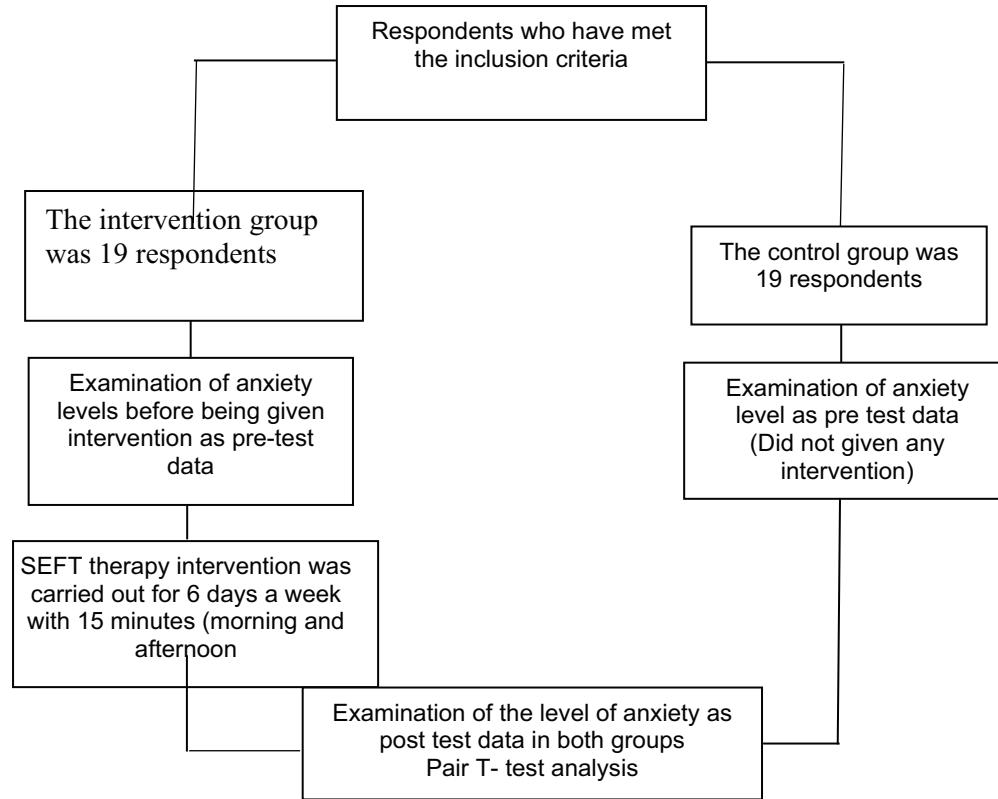


Figure 1: Research Flow

### 3. Results

The average anxiety in the intervention group before and after doing SEFT therapy. It shows that before intervention and after intervention of anxiety 29,74 and 20,79 respectively.

TABLE 1: Intervention group

Variabel	N	Mean	Median	95% CI	Standar Deviasi	Min-Maks
Anxiety Before Intervention	19	29,74	30,10	24,23 - 35,25	11,435	7 - 46
Post-Intervention Anxiety	19	20,79	23,00	17,42 - 24,16	6,997	8 -31

The average anxiety in the control group before and after doing is 26,58 and after is 26,32. The control group did not given SEFT intervention.

TABLE 2: the control group

Variable	N	Mean	Median	95% CI	Standard Deviation	Min-Max
Anxiety Before Intervention	19	26,58	26,00	21,93 -31,23	9,640	10 – 44
Post-Intervention Anxiety	19	26,32	26,00	22,19 – 30,44	8,564	11 - 42

Differences in anxiety scores in the intervention group before and after SEFT therapy, It shows that p value 0,000. Therefore, there is significant effect of SEFT therapy for anxiety.

TABLE 3: Pair t-Test in the intervention group

Variable	N	Mean	Standard Deviation	Min-Max	p-value
Anxiety Before Intervention	19	29,74	11,435	7- 46	0,000
Post-Intervention Anxiety	19	20,79	6,997	8 – 31	

The difference in anxiety scores in the control group before and after the study was conducted. It shows p value 0,588 that mean no effect for control group.

TABLE 4: Pair t-Test in the control group

Variable	N	Mean	Standard Deviation	Min-Max	P value
Anxiety Before Intervention	19	26,58	9,640	10 – 44	0,588
Post-Intervention Anxiety	19	26,32	8,564	11 - 42	

The difference in anxiety scores after being given intervention in the two groups, it shows that significant effect for intervention group with SEFT therapy.

TABLE 5: p value of Anxiety for both group

Groups	Variable	N	Mean	Standard Deviation	Min-Max	p-value
Intervention	Post Intervention	19	20,79	6,997	8-31	0,036
Control	Post Control	19	26,32	8,564	11-42	

## 4. Discussion

The SEFT therapy has a significant effects for anxiety especially for intervention group but no effect for control group. Also, it shows that SEFT they can give effectively for elderly people with Anxiety. This main finding will discuss in the topic below:

Based on the results of the analysis in table 3, it shows that the average difference in anxiety levels in the intervention group before and after SEFT therapy is 8,947. The results of the t-dependent test obtained p value 0.000 ( $\alpha \leq 0.05$ ). It can be concluded that there were significant differences before and after SEFT therapy was carried out in the Intervention group. This result is inline with previous study at dr. Soekardjo Hospital in Tasikmalayathat the average anxiety before SEFT therapy was 19.59, while the average anxiety after SEFT therapy was 11.86 with the result of the t-dependent test p value 0.001 [10].

The results of the research in the intervention group that carried out SEFT therapy had the effect of tapping movements at the acupoints because of the delivery of neurotransmitter signals. As the result, It reducesthe production of stress hormones, namely cortisol, and researchers also provided additional education about anxiety itself, for example giving activities at home or other activitiesthat makes the mind think of something that may not necessarily be happening. Anxiety problems that occur in the elderly are a condition that is also influenced by physical health with mental problems such as life patterns and attitudes, feelings of loneliness, feelings of worthlessness, increased emotions in the elderly, and inability to adjust the tasks of elderly development [7].

SEFT therapy is a technique that combines spirituality through prayer, sincerity, and submission with psychological energy. In SEFT, stimulation is used in the form of light tapping or tapping on acupoints. During tapping, there is an increase in the process of neurotransmitter signal travel, which decreases the regulation of the hypothalamic-pituitary-adrenal axis (HPA axis), thereby reducing the production of the stress hormone cortisol [8]. Furthermore, Life Satisfaction and spiritual well being lead to decrease anxiety of elderly people [9].

This is supported by previous research entitled The Effect of Spiritual Emotional Freedom Technique (SEFT) on Decreasing Pain and Anxiety in Post-Transurethral Resection Prostate (TURP) Surgery at dr. Soekardjo Hospital in the Tasikmalaya City, stated that the average anxiety before SEFT therapy was 19.59, while the average anxiety after SEFT therapy was 11.86 with the result of the t-dependent test p value 0.001 [10]. This research can prove that SEFT therapy can reduce anxiety levels.

Based on the results of the analysis in table 4, it shows that the difference in average anxiety in the control group before and after the study was carried out 0.263. The results of the t-dependent test obtained p value 0.588 ( $\alpha \geq 0.05$ ). It can be concluded that there is no significant difference in the control group before and after the research was carried out. In this study, some respondents experienced an increase in the level of anxiety in the control group after the study, this happened because the characteristics of the control group were the average age above 65 years including 12 women and 7 men. There are respondents, who have anxiety from mild to moderate anxiety, but there are some respondents who experience severe anxiety. The occurrence of anxiety experienced by the elderly is caused by several factors that occur in the individual. It may be due to based on their background coming from and living with elderly. The elderly will feel satisfied if they can do activities and maintain these activities as long as possible [11].

Other factors that cause these elderly people to experience anxiety because of weak physical condition and illness that can lead to the loss of their life, anxiety about their death, and also during the Covid-19 pandemic resulted in a decline in economic conditions and reduced intensity of meeting with their families. Anxiety factors in the elderly can be caused by tension in life in the form of traumatic events, emotional conflicts, self-concept disorders, frustration, physical disturbances, a history of anxiety disorders [12].

Finally, the statistical test results obtained p value 0.036 ( $\alpha \leq 0.05$ ), it can be concluded that there is a significant difference in the level of anxiety in the elderly who experience anxiety in the post-intervention group and the post-control group. The results of the research in the intervention group that carried out SEFT therapy has the effect from tapping movements at the acupoints lead to deliver neurotransmitter signals reducing the production of the stress hormone; cortisol. By giving knowledge about SEFT can reduce anxiety. Factors that cause anxiety, such as knowledge that a person has about the situation he is feeling, whether the situation is threatening or not threatening, as well as knowledge of one's ability to control himself (such as emotional state and focus of the problem [13]. Whereas, in the control group there was no change because the control group was not given intervention.

## 5. Conclusion

Based on the research and data analysis that has been done and the discussion, it can be concluded that there are effects of SEFT therapy on anxiety in the elderly in RW 14,

Solokpandan Village, Cianjur Regency. The average level of anxiety in the intervention group before doing SEFT therapy was 29.74 and after SEFT therapy was 20.79, which is a decrease in the average level of moderate anxiety.

The average level of anxiety in the control group before the study was conducted was 26.58 and after the research was carried out was 26.32, namely the decrease in the average level of anxiety was less significant. There is a difference in the level of anxiety after SEFT therapy is carried out in the intervention group and the control group with p value 0.036, which means that giving SEFT therapy to the elderly has an effect decreasing anxiety from severe to mild anxiety. Furthermore, The SEFT therapy can be applied in the general community especially for elderly people both in local as well as in Indonesia.

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## Conflict of Interest

The authors have no conflict of interest to declare.

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