

Effect Of Seft Giving (Spiritual Emotional Freedom Technique) On The Level Of Anxiety Of Covid 19 Patients In The Edelweis Isolation, Orthopedic Hospital Prof. Dr. R. Soeharsosurakarta

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Abstract.

Coronavirus Disease (covid-19) is a disease caused by the Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-COV-2) virus. Coronavirus Disease (covid-19) has become a worldwide pandemic. This study aims to determine the Effect of Giving SEFT (Spiritual Emotional Freedom Technique) Regarding the Anxiety Level of Covid-19 Patients in the Edelweis Isolation Ward, Prof. Orthopedic Hospital. Dr. R. Soeharso Surakarta. This research is a quantitative study, with the experimental method of one group pre and post test design (without control group), which is done to reveal causal relationships or influences by involving one group of subjects. This research was conducted on 30 respondents in the Edelweis Isolation Ward, Prof. Orthopedic Hospital. Dr. R. Soeharso Surakarta, with female sex as much as 60% and the most age range 45-55 years as much as 36.7%, most jobs are private as much as 20% and most education is SI as many as 33.3%. Respondents with comorbidities were 43.3% and 23.3% were patients with pneumonia. From the results of the analysis using the Wilcoxon test, the p-value = 0.00001 (<0.05). There is an effect of giving SEFT (Spiritual Emotional Freedom Technique) therapy on the anxiety level of Covid-19 patients in the Edelweis ward of Prof. Orthopedic Hospital. Dr. R. Soeharso Surakarta.

Keywords: COVID-19, SEFT and Anxiety.

I. INTRODUCTION

On 11 February 2020 WHO officially announced the name new to the disease that is Coronavirus Disease (covid-19) caused by the Severe virus Acute Respiratory Syndrome Coronavirus-2 (SARS-COV-2). Method the transmission of this virus is from human to human. this disease then spread rapidly to over 190 countries of the world, incl Indonesia. WHO stated COVID-19 as a pandemic on March 12 2020 (Susilo A. et al., 2020). Covid-19 patients who undergoing isolation in hospital placed in a special isolation room with pressure chamber design negative. One room occupied alone without a caretaker / family, so there is no interaction with anyone other than officers health by PPE level 3. Phenomena that occur in patients diagnosed with Covid-19 in the isolation room Edelweis Orthopedic Hospital Prof. Dr. R. Soeharso Surakarta, patient often complains of loneliness, the atmosphere of the room is quiet, until feel bored and restless. This condition occurs continuously worried it might cause psychological disorder ie excessive anxiety in patients. Anxiety disorders can reduce system response immune, so the more for a long time the patient is worried about his immunity getting lower, easy to catch a cold and even viral or bacterial infections experiencing a decline in health. Therefore, nurses need provide interventions for managing psychological problems patient. One of them through the method complementary therapy. Therapy complementary things to do is with Spiritual therapy Emotional Freedom Technique (SEFT).

SEFT therapy is combined Spiritual Power and Energy Psychology that can change the chemical conditions inside brain (neurotransmitter). then change conditions one's emotions included worry Emotional Spiritual Therapy Freedom Technique (SEFT) included relaxation techniques with utilize the body's energy system to improve the state of mind, human emotions and behavior (Zainuddin, 2009). Based on research results it can be concluded that SEFT therapy can reduce patient's anxiety level general. But research on SEFT for Covid-19 patients who undergoing isolation in hospital does not yet exist, as well as a phenomenon anxiety that occurs in space Hospital Edelweis Isolation Orthopedic Prof. Dr. R. Soeharso Surakarta during January until March 2021 create a writer interested in doing research to find out the effect giving SEFT

(Spiritual Emotional Freedom Technique) on the patient's anxiety level Covid-19 in the Edelweis isolation ward Orthopedic Hospital Prof. Dr. R. Soeharso Surakarta.

II. METHODS

This research is quantitative research. This research using method experiment using one group pre and post test design (without control group) ie made to reveal causal relationship or influence by involving one subject group. Determination of the sample taken based on the role of the thumb theory any research that contains data statistically analyzed with Bivariate analysis requires a minimum sample of 30 research subjects (Murti, 2010). Sample collection technique on research using nonprobability sampling. Where determining the research sample based on inclusion criteria and exclusion isolation or treatment due to confirmed Covid-19. Age and exposure conditions disease plus comorbidities that they experienced, gave rise to excessive or severe anxiety.

III. RESULT AND DISCUSSION

The following are the results of research and the discussion

1. Characteristics of Respondents

a. Age

Table 4.1. Age Characteristics

Age (year)	Frequency	Percentage (%)
17-25	4	13,3
26-45	7	23,3
45-55	11	36,7
>55	8	26,7
Total	30	100
Lower		18
Higher		63
Average		46,33
Std. Deviation		14,079

Based on the table above based on the characteristics of the respondents the most age is 45-55 year reached 36.7%. Respondents at least in the category aged 17-25 years. Age average respondents of 46.33 years. Age correlate with knowledge understanding and insight into an event, experience and a particular disease or that ever people suffer until age can shape perceptions and attitudes for something that happened.

B. Jenis Kelamin

b. Gender

Table 4.2. Distribution of Respondents

Gender	Frequency	Percentage (%)
Male	12	40
Female	18	60
Total	30	100

Based on Gender(n=30) The table shows that some respondents big sex women. As for male gender amounted to only 12 people (40%).

c. Characteristics of Respondents

Based on Dan's Occupation Education Most the work of the respondents studied is private by percentage reached 20%. Followed by type of work as a housewife where are the stairs and laborers? the next two most. Most percentage of work few are civil servants and lecturers only 3.3% each.

Table 4.3. Distribution Respondents by Occupation and Education Level (n=30)

Variabl	Frequency	Percentage (%)
Occupation		
Housewife	5	16,7
Farmer	2	6,7
PNS	1	3,3
Swasta	6	20,0
Dozent	1	3,3
Laborer	5	16,7

Student	4	13,3
Teacher	2	6,7
Retired	2	6,7
Private employees	2	6,7
Educational		
SD	6	20,0
SMP	5	16,7
SMA	9	30,0
D3/S1	10	33,3
Comorbidity		
Yes	13	43,3
No	17	56,7
Pneumonic		
Yes	7	23,3
No	23	76,7
Total	30	10

The table also gives information that level of education most respondents in research is D3 and S1 of 10 people (33.3%). 3 people each for D3 and 7 people with S1 education. The education level of the most respondents few are junior high school, a total of 5 people with a percentage of 16.7%. 2. Anxiety Level of Covid Patients 19 Before Performing SEFT Therapy Based on the table below, anxiety level of Covid-19 patients before being given therapeutic treatment SEFT average 3 days in a row is 35.23; 33.43; and 29;33. For category of patients with anxiety heavy, there is a decrease in the day third.

Table 4.4. Anxiety Level of Covid-19 Patients Before SEFT Therapy Treatment

Day-to (Pre)	Category			Average	Min	Max	Std. Deviation
	Light	Medium	Heavy				
1	0	1 (3,3%)	29 (96,7%)	35,23	27	40	3,875
2	0	3 (10%)	27 (90%)	33,43	25	38	3,875
3	5 (16,7%)	1 (3,3%)	24 (80%)	29,33	18	37	5,333

3. Anxiety Level of Covid-19 Patients After Performing SEFT Therapy

Based on table 4.4, level post Covid-19 patient anxiety SEFT therapy treatment found that there was a decrease in the average score anxiety from day to day. Day first, the percentage of patients with weight category is the highest the number (83.3%). But then on the third day, the patient by category moderate anxiety 80%. From 96.7% on the first day and 90% for the second day. Based on the table below, anxiety level of Covid-19 patients before being given therapeutic treatment SEFT average 3 days in a row is 35.23; 33.43; and 29;33. For category of patients with anxiety heavy, there is a decrease on day 2 three to 80%. From 96.7% on the first day and 90% for the day second. at most be as big as 43.3%. Decrease in average score Where does the patient's anxiety occur? on the first day 32.50 to 24.13 on the third day. Drop on the third day is the biggest compared to the second day.

Table 4.5. Anxiety Level of Covid 19 Patients After SEFT Therapy Treatment

Day-to (Post)	Category			Average	Min	Max	Std. Deviation
	Light	Medium	Heavy				
1	1 (3,3%)	4 (13,3%)	25 (83,3%)	32,50	20	38	4,725
2	5 (16,7%)	1 (3,3%)	24 (80%)	29,30	18	36	5,286
3	8 (26,7%)	13 (43,3%)	9 (30%)	24,13	16	34	4,783

As already explained previously, that the SEFT model therapy really good to lose different levels of patient anxiety certain diseases including Covid-19. Decrease in the level of anxiety also marked the respondent's response said after the intervention SEFT felt calmer, could sleep soundly, appetite increases, sincerely accept the condition and feel comfortable with the process quarantine. Anxiety in patients who confirmed positive for Covid-19 due to quarantine treatment or isolation treatment in hospital. Patient would feel anxious thinking about his health condition will then thinking about how to insulate it. Will it continue like that or will it getting better in the sense of being able to go home to normal return. Covid-19 can affect social, psychological and health aspects physique. Anxiety in Covid-19 patients can cause it to happen serious psychological changes, including fear of death and depression (Sari, 2021). research that conducted by Nurjanah (2020) against Covid-19 patients show that Most complaints are psychological complaints i.e. feeling anxious, tense/worried (40%), followed by activity complaints, lack of motivation (37%), loss appetite (30%) and no sleep restful (30%). form of distress caused by Covid-19 include: sleep problems, fear of viruses, difficulty focusing, anxiety, and depression (Wang, et.al. 2020).

SEFT will decrease secretion cortisol which can affect work heart and reduces cardiac output triggers an increase in blood pressure. Then the secretion of cortisol decreased or stable will give effect relaxation so it will suppress sympathetic nervous system. This matter related to production epinephrine and non-epinephrine hormones which plays a role in relaxation patients (Mardjan et.al. 2018; Mills 2012). The SEFT technique has principles same basis as EFT. In SEFT there is a spiritual aspect, ie include prayer as part of therapy. The prayer is contained in one of the stages of SEFT therapy, namely at the Set-Up stage where contains a neutralizing prayer useful for "Psychological Reversal" or "Resistance Psychological", it has an effect on psychological health (raises hope, fortitude, and wisdom) and on the social aspect, namely neutralizing emotions and minimize anxiety. Simultaneously with prayer (tune-in phase) do the tapping. On process This is where the neutralization process occurs negative emotions or physical pain. The brain wave frequency related to stress reduced by tapping. Together by reinforcing relaxation on body, and produce changes better physiology. (Kurnianingsih et al., 2021; Swinge, et.al., 2004; Church, 2013). SEFT able to reduce symptoms of anxiety and increase welfare psychology of Covid-19 patients. Research that has been carried out and shows the same which is done by Kurnianingsih et al. (2021) in Probolinggo. Using the same test as this research, shows there is difference in anxiety levels after SEFT therapy treatment ($p = 0.0001$).

IV. CONCLUSION

Summed up, from research pre-post testing inobtain Wilcoxon test results with a p-value = 0.0001 (< 0.05). Based on the hypothesis the results have been written is H_0 is rejected and H_a accepted. In conclusion, there is influence giving SEFT therapy (Spiritual Emotional Freedom Technique) on the patient's anxiety level Covid-19 in the Edelweis ward Orthopedic Hospital Prof. Dr. R. Soeharso Surakarta.

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