

THE EFFECT OF GIVING *SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE* (SEFT) THERAPY ON THE LEVEL OF ANXIETY OF PREOPERATIVE NEUROSURGERY WITH GENERAL ANESTHESIA AT RSUP SOERADJI TIRTONEGORO KLATEN

Yeni Safitri¹ , Ida Mardalena² , Sugeng³ , Sapta Rahayu Noamperani⁴
Department of Nursing Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No. 3, Banyuraden, Gamping, Sleman
E-mail : yenisafitri02082001@gmail.com

ABSTRACT

Background: Preoperative anxiety has a huge influence on the success of surgery, anxiety can interfere in the preanesthesia process and durante anesthesia, the disturbances that arise tend to complicate and affect anesthetic action. Handling or providing anxiety interventions in neurosurgical preoperative patients can use non-pharmacology. One of the non-pharmacological therapies is *SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE* (SEFT) which is a combination of the body's energy system with spiritual therapy with light tapping techniques at certain points on the body.

Objective: Knowing the effect of giving *Spiritual Emotional Freedom Technique* (SEFT) therapy on the anxiety level of neurosurgical preoperative patients.

Methods: This research is a *quasy experiment*, with a *prepost test design with control group design*. The sample amounted to 36 respondents with 18 interventions and 18 controls. Patients were measured for anxiety using the INPOAS questionnaire. Sampling with *consecutive sampling* and using the *Wilcoxon Mann Whitney* test.

Results: The results of the *Wilcoxon* test showed a difference in anxiety levels before and after SEFT therapy $p=0.002$ ($p<0.05$). In the control group there was no difference in anxiety level $p=0.157$ ($p<0.05$). The *Mann-Whitney* test results obtained a value of $p=0.024$ ($p<0.05$) which means there is a difference in the level of head pain between the intervention and control groups.

Conclusion: There is an effect of giving SEFT therapy on the anxiety level of neurosurgical patients.

Keywords: Anxiety, Neurosurgery, SEFT, General Anesthesia.

Description:

¹ Nursing Student of Poltekkes Kemenkes Yogyakarta

^{2,3,4} Nursing Lecturer Poltekkes Kemenkes Yogyakarta

**PENGARUH PEMBERIAN TERAPI *SPIRITUAL EMOTIONAL FREEDOM
TECHNIQUE* (SEFT) TERHADAP TINGKAT KECEMASAN PRE
OPERASI BEDAH SARAF DENGAN GENERAL ANESTESI DI RSUP
SOERADJI TIRTONEGORO KLATEN**

Yeni Safitri¹, Ida Mardalena², Sugeng³, Sapta Rahayu Noamperani⁴
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No. 3, Banyuraden, Gamping, Sleman
E-mail : yenisafitri02082001@gmail.com

ABSTRAK

Latar Belakang : Kecemasan sebelum operasi mempunyai pengaruh sangat besar terhadap keberhasilan operasi, kecemasan dapat mengganggu dalam proses preanestesi maupun durante anestesi, gangguan yang timbul cenderung menyulitkan dan mempengaruhi tindakan anestesi. Penanganan atau pemberian intervensi kecemasan pada pasien pre operasi bedah saraf bisa menggunakan non farmakologi. Salah satu terapi non farmakologi adalah *SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE* (SEFT) merupakan penggabungan sistem energi tubuh dengan terapi spiritual dengan teknik ketukan ringan pada titik-titik tertentu ditubuh.

Tujuan : Mengetahui pengaruh pemberian terapi *Spiritual Emotional Freedom Technique* (SEFT) terhadap tingkat kecemasan pasien pre operasi bedah saraf.

Metode : Penelitian ini merupakan *quasy eksperiment*, dengan rancangan *prepost test with control group design*. Sampel berjumlah 36 responden dengan 18 intervensi dan 18 kontrol. Pasien dilakukan pengukuran kecemasan menggunakan kuesioner INPOAS. Pengambilan sampel dengan *consecutive sampling* dan menggunakan uji *Wilcoxon Mann Whitney*.

Hasil : Didapatkan hasil uji *Wilcoxon* ada perbedaan tingkat kecemasan sebelum dan sesudah terapi SEFT $p=0,002$ ($p<0,05$). Pada kelompok kontrol tidak didapatkan perbedaan tingkat kecemasan $p=0,157$ ($p<0,05$). Hasil uji *Mann-Whitney* didapatkan nilai $p=0,024$ ($p<0,05$) yang berarti ada perbedaan tingkat nyeri kepala antara kelompok intervensi dan kontrol.

Kesimpulan : Ada pengaruh pemberian terapi SEFT terhadap tingkat kecemasan pasien bedah saraf.

Kata Kunci : Kecemasan, Bedah Saraf, SEFT ,General Anestesi.

Keterangan :

¹ Mahasiswa Keperawatan Poltekkes Kemenkes Yogyakarta

^{2,3,4} Dosen Keperawatan Poltekkes Kemenkes Yogyakarta