

**PENGARUH PEMBERIAN TERAPI *SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE* (SEFT) TERHADAP KECEMASAN PRE OPERASI MATA DENGAN GENERAL ANESTESI DI RS MATA DR. YAP YOGYAKARTA**

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**ABSTRAK**

**Latar Belakang:** Sebanyak 45,86% pasien yang akan menjalani operasi mata dengan general anestesi akan mengalami kecemasan dalam berbagai tingkatan. Kecemasan yang terjadi pada pasien pre operasi mata dapat berdampak pada jalannya operasi, salah satunya dapat meningkatkan tekanan darah. Keadaan hipertensi dapat meningkatkan tekanan intraokuler, sehingga operasi akan tertunda. Salah satu terapi non farmakologis yang dapat menurunkan kecemasan yaitu *Spiritual Emotional Freedom Technique* (SEFT).

**Tujuan:** Mengetahui pengaruh pemberian terapi *Spiritual Emotional Freedom Technique* (SEFT) terhadap kecemasan pre operasi mata dengan general anestesi di RS Mata Dr. Yap Yogyakarta.

**Metode:** Jenis penelitian yang digunakan *quasi experimental* dengan desain penelitian *prepost test with control group design*. Responden akan diberikan perlakuan pretest dan posttest dengan skala pengukuran APAIS, pada kelompok intervensi akan dilakukan pemberian terapi SEFT. Sampel pada penelitian ini berjumlah 31 responden kelompok intervensi dan 31 responden kelompok kontrol. Teknik pengambilan sampel yang digunakan adalah *consecutive sampling*. Pengumpulan data pada bulan Januari – Maret 2020.

**Hasil:** Hasil pengumpulan data diolah menggunakan uji *Wilcoxon* dan uji *Mann Whitney*. Hasil uji *Wilcoxon* pada kelompok intervensi didapatkan  $p=0,000$  ( $p<0,05$ ) dan pada kelompok kontrol didapatkan  $p=0,007$  ( $p<0,05$ ). Pada uji *Mann Whitney* didapatkan  $p=0,000$  ( $p<0,05$ ), sehingga  $H_0$  diterima.

**Kesimpulan:** Pemberian terapi *Spiritual Emotional Freedom Technique* (SEFT) berpengaruh terhadap penurunan kecemasan pada pasien pre operasi mata dengan general anestesi

**Kata kunci :** Kecemasan, General Anestesi, *Spiritual Emotional Freedom Technique* (SEFT).

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# **THE EFFECT OF SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE (SEFT) FOR OPHTHALMOLOGY PRE OPERATIVE ANXIETY WITH GENERAL ANESTHESIA AT RS MATA DR. YAP YOGYAKARTA**

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## **ABSTRACT**

**Background:** As many as 45.86% of patients who will go through an eye surgery with general anesthesia will have an anxiety in various levels. The anxiety that occurs in pre-eye surgery patients can affect on the process of the surgery, one of the impact is the increasing of blood pressure. The hypertension condition can increase the intraocular pressure, which will delay the surgery. One of non pharmacological therapy that can reduce the anxiety is Spiritual Emotional Freedom Technique (SEFT).

**Tujuan:** To determine the effect of Spiritual Emotional Freedom Technique (SEFT) on ophthalmology pre surgery anxiety with general anesthesia at RS Mata Dr. Yap Yogyakarta.

**Methods:** The research used quasy experimental with prepost test with control group design. The patients is given pre test and post test treatment with APAIS scale, in the intervention group will be done Spiritual Emotional Freedom Technique (SEFT) therapy. The samples of this research are 31 respondents of intervention group and 31 respondents of control group. This reasearch uses consecutive sampling technique. The data is collected between January until March 2020.

**Results:** The result of the collected data were processed using Wilcoxon test and Mann Whitney test. The result of Wilcoxon test in the intervention group obtained  $p=0.000$  ( $p < 0.05$ ) and in the control group obtained  $p=0.007$  ( $p < 0.05$ ). the result of Mann Whitney test obtained  $p=0.000$  ( $p < 0.05$ ), so the  $H_a$  is accepted.

**Conclusion:** Spiritual Emotional Freedom Technique (SEFT) has the effect on decreasing anxiety in ophthalmology pre surgery patients with general anesthesia.

**Keywords:** anxiety, general anesthesia, Spiritual Emotional Freedom Technique (SEFT)

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