

THE EFFECT OF SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE (SEFT) ON ANXIETY IN POSTPARTUM WOMEN 1 - 14 DAYS

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ABSTRAK: PENGARUH *SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE (SEFT)* TERHADAP KECEMASAN PADA IBU NIFAS 1 – 14 HARI

Latar Belakang: Terapi komplementer dalam masa nifas merupakan salah satu alternatif non farmakologi yang dapat dimanfaatkan oleh ibu dalam mengatasi keluhan dan pemulihan selama nifas karena dapat menghindari efek samping. Adapun terapi komplementer dalam masa nifas diantaranya SEFT, teknik relaksasi seperti SEFT didasarkan pada cara kerja sistem saraf simpatis serta parasimpatis terbukti mampu menghambat stres dan kecemasan yang dialami seseorang.. Di Indonesia prevalensi gangguan mental seperti depresi dan gangguan kecemasan pada ibu setelah melahirkan sekitar 19,8% dari 14 juta orang populasi penduduk Indonesia. Tujuan: Untuk mengetahui pengaruh Terapi SEFT terhadap kecemasan pada ibu nifas 1 – 14 hari di wilayah Kota Cirebon Tahun 2024. Metode: Penelitian menggunakan desain *pra experimental* dengan menggunakan *one group pretest posttest design*. Hasil: Hasil Penelitian yang dilakukan didapatkan gambaran tingkat kecemasan ibu nifas sebelum dilakukan SEFT terapi adalah 11 orang mengalami kecemasan ringan, dan 4 orang mengalami cemas sedang, dan gambaran tingkat kecemasan ibu nifas setelah dilakukan SEFT terapi adalah 14 menjadi tidak cemas, dan 1 masih cemas ringan. Kesimpulan: Terdapat Pengaruh Pemberian Terapi SEFT terhadap Tingkat Kecemasan Ibu Nifas di wilayah kerja Puskesmas Majasem Kota Cirebon Tahun 2024. Saran: Penelitian ini dapat diterapkan dalam kelas ibu nifas secara berkelanjutan sehingga mengurangi kecemasan ibu dalam menjalani masa nifas dan dapat dijadikan sebagai informasi dalam melakukan penelitian selanjutnya.

Kata Kunci : Kecemasan, Nifas, SEFT

ABSTRACT

Background: Complementary therapy in the puerperium is one of the non-pharmacological alternatives that can be utilized by mothers in overcoming complaints and recovery during puerperium because it can avoid side effects. The complementary therapies in the postpartum period include SEFT, relaxation techniques such as SEFT are based on the workings of the sympathetic and parasympathetic nervous systems and have been shown to be able to inhibit the stress and anxiety experienced by a person. In Indonesia, the prevalence of mental disorders such as depression and anxiety disorders in mothers after childbirth is around 19.8% of the 14 million Indonesian population. Objective: To determine the effect of SEFT Therapy on anxiety in postpartum women 1 - 14 days in the Cirebon City area in 2024. Methods: The study used a pre experimental design using a one group pretest posttest design. Results: The results of the research conducted obtained a description of the anxiety level of postpartum women before SEFT therapy was 11 people experiencing mild anxiety, and 4 people experiencing moderate anxiety, and a description of the anxiety level of postpartum women after SEFT therapy was 14 became not anxious, and 1 was still mildly anxious. Conclusion: There is an effect of giving SEFT therapy on the anxiety level of postpartum women in the working area of Majasem Community Health Center, Cirebon City in 2024. Suggestion: This research can be applied in postpartum women's classes on an ongoing basis so as to reduce maternal anxiety in undergoing the postpartum period and can be used as information in conducting further research.

Keywords: Anxiety, Postpartum, SEFT

INTRODUCTION

The postpartum period is a period of 6 weeks after giving birth until the reproductive organs return to normal and return to their pre-pregnancy state (Bobak, 2005). Postpartum adaptation consists of

two, namely physiological and psychological adaptations (Demirgoren Serim, 2017). One of the psychological adaptations experienced by postpartum mothers is anxiety. Anxiety in postpartum mothers is a vague and diffuse concern, which is

related to feelings of uncertainty and helplessness, where the emotional state has no specific object (Mawardika, 2020).

The prevalence of anxiety levels in postpartum mothers is still relatively high and varies from country to country. It was recorded that the anxiety level of postpartum mothers in Portugal (18.2%), in Bangladesh (29%), in Hong Kong (54%), and in Pakistan was (70%) (Agustin and Septiyana, 2018). Radoš et al., (2018) reported the prevalence of postpartum anxiety disorders in the world was 17% - 22% in early postpartum and 15% - 33% in late postpartum. In Indonesia, the prevalence of mental disorders such as depression and anxiety disorders in mothers after childbirth is around 19.8% of the 14 million Indonesian population (Ministry of Health, 2019). The prevalence of postpartum anxiety at Dustira Hospital was 71.1% (Kirana, 2015).

Factors that can affect anxiety are husband support, gender, family circumstances, type of labor, parity, age and education. Other studies have also suggested that peer support is a risk factor for postpartum anxiety. Psychological and personality factors can also influence the occurrence of postpartum blues. Maternal characteristics, the condition of the baby and the various supports received by the mother are also risk factors for post partum blues. Economic factors, local traditions, the sex of the baby are the main risk factors. (Yeli, 2022).

Complementary therapy in the puerperium is one of the non-pharmacological alternatives that can be utilized by mothers in overcoming complaints and recovery during puerperium because it can avoid the side effects of using drugs and chemicals. Complementary therapies in the postpartum period include herbs, SEFT, aromatherapy, hypno breastfeeding, postpartum yoga, and oxytocin massage (Ayuningtyas, 2019). Relaxation techniques such as SEFT are based on the workings of the sympathetic and parasympathetic nervous systems and have been shown to inhibit stress and anxiety experienced by a person.

The effectiveness of the SEFT method is described in several related studies. Research conducted by Prabowo (2019) entitled "The Effect of Spiritual Emotional Freedom Technique (SEFT) on Anxiety Levels in Congestive Heart Failure (CHF) Patients" on 60 respondents who will undergo surgery with heart cases that the average anxiety level before SEFT therapy is 86.20 in the intervention group and 86.43 in the control group. Then, the intervention group was carried out SEFT therapy and

showed the results of a decrease in anxiety scores in preoperative heart surgery patients for 2 days. SEFT therapy performed for 2 days, 2 times therapy showed a significant impact on reducing anxiety in respondents. (Sholihah, 2022)

Putrantri's research (2021) was given therapy of 13, 48 and after being given seft therapy it was found that the average score of respondents' anxiety before experiencing a change was 7.88 so that a mean difference of 5.6 was obtained (anggraini dwi putrantri, 2021). The results of other studies that are in line with this research, namely research from fanratami (2020), state that there is a difference between before seft and after seft, namely before being given seft therapy treatment, the average value is 56.65, while after being given seft therapy, the mean value is 49.54 with an average difference of 7.11 (fanratami, 2021).

RESEARCH METHODS

The type of research used was pre experimental using a one group pretest posttest design. This study was conducted in the Cirebon City area in the period January-August 2024. Sampling based on inclusion criteria, namely postpartum women 1-14 days experiencing anxiety and exclusion criteria for postpartum women more than 14 days and experiencing Postpartum complications. The sampling method used was purposive sampling, with a total of 15 respondents.

Researchers conducted a pretest at the beginning to determine the anxiety of postpartum women after that giving an explanation of the SEFT relaxation technique to postpartum women, then carried out the SEFT relaxation technique intervention and given a posttest after therapy with the aim of knowing changes in the anxiety level of postpartum women after the SEFT relaxation technique.

RESEARCH RESULTS

Based on table 1, it can be seen that the characteristics of postpartum women in the working area of Majasem Community Health Center, Cirebon City are the majority of mothers work (80%), have secondary education (47%), and are multiparous (67%).

Based on table 2, it can be seen that before the therapy the anxiety level of postpartum women was the majority experiencing mild anxiety (73.3%), after giving SEFT therapy most respondents did not have anxiety (93.3%).

Table 1
Frequency Distribution of Postpartum Women Characteristics

Karakteristik	Frekuensi	Persentase (%)
Pekerjaan		
Bekerja	12	80
Tidak Bekerja	3	20
Pendidikan		
Dasar (SD, SMP)	5	33
Menengah (SMA/ SMK)	7	47
Tinggi (Perguruan Tinggi)	3	20
Paritas		
Primipara	5	33
Multipara	10	67

Table 2
Frequency Distribution of Anxiety Level of Postpartum Women

Variabel	Frekuensi	Persentase (%)	Mean	Standar Deviasi
Tingkat Kecemasan Pre Test				
Cemas Ringan	11	73,3	16.60	4.154
Cemas Sedang	4	26,7		
Tingkat Kecemasan Post Test				
Tidak Cemas	14	93,3	5.13	4.984
Cemas Ringan	1	6,7		

Based on Table 3, the results showed that the mean was 8.37 - 22.63 and p-value = 0.000, which means that there is an effect of giving SEFT therapy

on the anxiety level of postpartum women in the working area of Majasem Community Health Center, Cirebon City in 2024.

Table 3
Effect of SEFT Therapy on Anxiety Level of Postpartum Women

Tingkat Kecemasan	N	Mean	Standar Deviasi	Sig. (2-tailed)
Pretest-Posttest	15	8.37-22.63	2.356	0,000

DISCUSSION

Characteristics of postpartum mothers

This is supported by Darmawan, et al (2016) in their research, many mothers who are married and have children also decide to continue working. According to Mariyanti, et al (2021), working mothers carry out different dual roles which make them experience time constraints, feel emotional tension and are required to display different behaviors between work and home. Of course this can cause working mothers to experience higher levels of anxiety than non-working mothers. In terms of education, this is also in line with Nursaidah's research (2022), the majority of mothers have secondary education. Education is a process to improve and develop knowledge and abilities and will determine whether or not it is easy to accept or absorb the knowledge gained (Ar-rasily & Dewi, 2016). The higher the education, the easier it will be to receive information, but if the education level is

low, the receipt of information will be hampered (Bongga, 2019).

Maternal parity is related to the mother's experience of the delivery situation. Multiparous mothers have previous labor experience, while primiparous mothers have no direct experience of the labor process. The difference in experience has an impact on the perceptions and anticipations made by mothers before and after childbirth. Anxiety in mothers who have not had childbirth experience may be caused by the mother's ignorance of the labor process that will be experienced both before and after childbirth, while in mothers who have labor experience, anxiety can arise due to past experiences that are uncomfortable, causing trauma in the next birth (Wibisono, 2018). Whereas mothers who have given birth before who do not have a history of bad experiences, many do not have feelings of anxiety because the mother already has a picture of the experience of the previous postpartum period, so that the mother has prepared mentally and

psychologically. Parity status that is at risk of experiencing postpartum anxiety is mothers with primiparous status and those at lower risk of experiencing anxiety are multiparous and grandemultiparous (Marmi, 2017).

Based on the results of the research and the theory above, the researcher assumes that the characteristics of postpartum women in the working area of the Majasem Health Center, Cirebon City have various categories of work, education and parity characters that can affect the anxiety level of postpartum women.

Anxiety Level of Postpartum Women

Differences in anxiety levels in postpartum women can also be caused by the coping mechanisms possessed by each mother. The increasing age of the mother and the experience of previous pregnancies and information from others can increase new knowledge and experiences about caring for her baby so that the mother does not experience anxiety. About 20% of anxious events mostly occur at risk age (Siregar et al., 2021).

The majority of mothers who have just given birth for the first time will show anxiety in the early postpartum period, anxiety that is raised such as sadness, easy emotion, easy crying, easily sensitive to small things that happen in their lives (FEH, 2017). This arises because the postpartum mother must adapt to her new role as a mother, her responsibilities change from focusing only on herself to her baby who has been born and her family (ED, 2018). At the beginning of the postpartum period, the mental health conditions of postpartum women become very prone to experiencing mood changes, poor sleep quality because they have to adapt to their baby's sleep patterns, fatigue after going through the labor process and so on (ED, 2018).

Based on the results of the research and the theory above, the researcher assumes that postpartum women in the Majasem Health Center working area in Cirebon City experience anxiety due to several influencing factors including the characteristics of working mothers, education and parity.

Effect of SEFT Therapy on Anxiety Level of Postpartum Women

This is in line with Sri Rejeki's research (2022) which states that there is an effect of giving SEFT therapy on the anxiety level of SC preoperative mothers. The same thing was also stated by Candra, et al (2020).

The results of this study are also supported by Solihah's research (2018) that there is a positive

effect of SEFT therapy on anxiety levels, namely a decrease in the level of 29.83 to 21.77 with a p value of 0.001.

Yoviana, et al (2024) also stated that this SEFT (Spiritual Emotional Freedom Technique) intervention had an effect on reducing the level of anxiety and the level of pain felt by post-SC mothers.

In this study, it was found that the anxiety level of postpartum mothers could be reduced with a P-value = 0.000 through SEFT therapy. So that it shows SEFT therapy intervention can have an impact on reducing postpartum mothers' anxiety scores. This therapy also provides strength and motivation in dealing with problems so that it can reduce tension, stabilize blood pressure and be calmer in dealing with anxiety in mothers (Fitria, et al, 2020).

Based on the results of the research and the theory above, the researcher assumes that the SEFT action makes patients feel calm, comfortable, and relaxed which can reduce anxiety. For the Effect of Spiritual Emotional Freedom Technique (SEFT) on the Anxiety Level of Postpartum Mothers in the work area of Majasem Community Health Center, Cirebon City.

CONCLUSION

Based on the research obtained respondents before giving SEFT therapy had a mild level of anxiety and after giving SEFT therapy the respondents did not have anxiety. It can be concluded that there is an effect of giving SEFT therapy on the anxiety level of postpartum mothers in the working area of Majasem Community Health Center, Cirebon City in 2024.

SUGGESTION

This research can be applied in postpartum women's classes on an ongoing basis so as to reduce maternal anxiety in undergoing the postpartum period and can be used as information in conducting further research.

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