

EFFECTIVENESS OF SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE (SEFT) INTERVENTION IN SCHIZOPHRENIA WITH DEPRESSION ANXIETY STRESS

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ABSTRACT

Background: Patients with mental illness, such schizophrenia is characterized by profound disruption in cognition and emotion, affecting the most fundamental human attributes: language, thought, perception, affect, and sense of self. Negative emotions in schizophrenia (Stress, anxiety, depressed, anger, guilt, express otherwise, despair, worry, excessive joy, very sad, crying and helpless) should be changed to positive emotions that alter a person's behavior becomes more adaptive. SEFT is an intervention given to changing negative emotions into positive emotions. SEFT is self-development techniques with spiritual strength to overcome a variety of physical problems, emotions, thoughts, attitudes, motivation and behavior. SEFT consists of three stages are setup, tune in and tapping. Set-Up is to ensure that our body's energy flow directed appropriately. The Tune-In is done by thinking of certain specific events that may evoke negative emotions that we want to eliminate. Tune-In with tapping will neutralize negative emotions. SEFT has been effective in reducing the level of stress in patients with chronic disease but have not done the research on mental patients. **Purposes:** The purpose of this study is to determine the effectiveness of SEFT to reduce negative emotion in patients with mental illness. The negative emotion can be measure with depression anxiety stress scale (DASS). **Method:** The types and study designs in this research used pre-experimental study with pre-test post-test one group design. Firstly, respondents were given a pre-test with DASS questionnaire. Secondly, they were given 3 times SEFT interventions and lastly, post-test with DASS questionnaire was performed. The population in this study was all patients who were treated at Larasati room of dr Amino Gondhohutomo Psychiatric Hospital Semarang. Number of patients in Larasati room is 17 patients. Total sampling technique with inclusion-exclusion criteria was used and five respondents were recruited. Data were collected by DASS questionnaire and were tested with paired sample t-test. **Result:** The results of statistical tests concluded that the variables had a significant result (0.017). It can be concluded that SEFT intervention was effective to reduce depression anxiety stress levels in patients with schizophrenia. **Conclusion:** Nurses at the dr Amino Gondhohutomo Psychiatric Hospital Semarang were expected that they can apply SEFT intervention to reduce stress levels in patients. For further research is recommended to use a bigger sample sizes.

Keywords: SEFT, Schizophrenia, Depression Anxiety Stress