

Influence Therapy Spiritual Emotional Freedom Technique (SEFT) Towards Reducing Anxiety Levels In Hypertension Patients In The Oesapa Community Health Center Area, Kupang City

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ABSTRACT

Hypertension is a condition where blood pressure increases more than 140/90 mmHg. Hypertension can be caused by individual anxiety and stress factors, and hypertension can trigger anxiety in sufferers. Efforts that can be made to prevent and overcome anxiety in hypertension can be achieved with medication or independent intervention such as the effective Spiritual Emotional Freedom Technique (SEFT) spiritual therapy. SEFT has been widely proven to reduce anxiety levels, so it can be expected to be able to reduce anxiety in hypertensive patients and maintain stable blood pressure within the normal range.

This research is to determine the effect of *Spiritual Emotional Freedom Technique* (SEFT) therapy to reduce anxiety in hypertension sufferers in the work area of the Oesapa Community Health Center, Kupang City. is One Group Pretest Posttest. The population in this study were all hypertension sufferers in the Oesapa Health Center working area, Kupang City with a sample size of 44 people.

The results of the study showed that there was an influence SEFT therapy on reducing the anxiety of hypertension sufferers in the Oesapa Community Health Center working area, Kupang City with $p=0.000$ ($p<0.05$).

The conclusion of this research is that the effect of SEFT therapy is on reducing the anxiety of hypertension sufferers in the Oesapa Community Health Center working area, Kupang City. In this study, it is recommended that Puskesmas Nurses be able to apply SEFT therapy to hypertensive patients to reduce anxiety.

Keywords: Hypertension, SEFT, Reducing Anxiety Levels.

INTRODUCTION

Hypertension or high blood pressure is often referred to as *the "Silent Killer"* because it often does not show any symptoms for ten to twenty years and is usually known when complications have occurred in the body's organs (Huda S, Alvita GW. 2018). Hypertension is a condition the increase in systolic blood pressure is above the normal limit, more than 140 mmHg and diastolic blood pressure is more than 90 mmHg. If the blood pressure value exceeds this limit, it can be said that a person's blood pressure is high¹. Hypertension that occurs over a long period of time and continuously will cause several complications such as stroke, retinopathy, acute myocardial infarction, heart failure, proteinuria, rupture of blood vessels and can even result in death². The World Health Organization (2019) explains that 1.28 billion adults aged 21-79 years worldwide suffer from hypertension, most of whom live in low and middle income countries³. Based on WHO data, the global prevalence of hypertension is 22% of the world's total population⁴. Southeast Asia is in 3rd position with the highest prevalence at 25% of the total population⁵. Every year the number of hypertension sufferers continues to increase and it is estimated that as many as 9.4 million people die due to hypertension⁶. In Indonesia, the number of hypertension cases in 2022 will be 63,309,620 people, while the death rate in Indonesia due to hypertension will be 427,218 deaths⁷. The number of people with hypertension continues to increase every year, it is estimated that by 2025 there will be 1.5 billion people affected by hypertension and it is estimated that every year 9.4 million people die due to hypertension and its complications⁸.

Based on 2018 Riskesdas data in Indonesia, the prevalence of hypertension in the population aged > 18 years has increased from 2013-2018 by (25.8%, increasing to 34.11%) (9). Hypertension occurs in the productive age population in Indonesia in the 18-24 year age group of (13.2%), the 25-34 year age group of (20.1%), the 35-44 year age group of 31.6%, the aged 45-54 is (45.3%) and the age group 55-64 years is (55.2%). Hypertension in adulthood can be caused by unhealthy lifestyles such as smoking habits, consuming alcohol. excessive, low physical activity, poor diet, lack of sleep duration or poor sleep quality, and stress, anxiety due to work demands⁹. The prevalence of hypertension in East Nusa Tenggara Province is 7.2% or 76,130 cases¹⁰. This figure places hypertension as the fourth highest disease in NTT Province. According to data from the Kupang City Health Service for 2023, the number of hypertension cases in Kupang City was 24,811 cases. Based on the results of the initial survey at the Oesapa Community Health Center, it is ranked first in the

highest number of hypertension cases in Kupang City with recap data for 2023 from January – October with a total of 1,870 people suffering from hypertension. It was informed that no *Spiritual Emotional Freedom Technique* (SEFT) therapy research had been carried out at the Oesapa Community Health Center, Kupang City.

Anxiety experienced by hypertensive patients is manifested directly through physiological changes such as shaking, sweating, increased heart rate, abdominal pain, and shortness of breath and is followed by changes in behavior such as restlessness, rapid speech, startled reactions and indirectly through the emergence of symptoms in an effort to fight anxiety^{11,12}. Stated that conditions of anxiety and stress will increase the release of the hormone cortisol and pheochromocytoma hormone which play a role in increasing levels of steroid hormones in the blood. Steroid hormones will increase excessive adrenaline production so that epinephrine increases and has an impact on increasing heart rate and blood pressure¹³. According to Engla Pratama Anxiety increases blood pressure by 30 mmHg¹⁴.

Efforts that can be made to prevent and overcome hypertension can be achieved with medication (pharmacological) or independent intervention (non-pharmacological therapy) such as acupuncture therapy, hypnotherapy, meditation, *Wet Cupping hydrotherapy* therapy and *Spiritual Emotional Freedom Technique* (SEFT). One relaxation technique is *Spiritual Emotional Freedom Technique* (SEFT) therapy¹⁵. *Spiritual Emotional Freedom Technique* (SEFT) therapy is a relaxation technique that is included in complementary therapy. SEFT therapy has a simple and safe method compared to acupuncture and acupressure¹⁶. SEFT therapy is widely used for various physical, emotional, mental, attitude, motivational problems, quickly, easily and universally¹⁷.

METHOD

The research design is *pre-experimental* with a *one group pre-posttest design*. In this design there are three steps that is *the set up, the tune in* and *the tapping*. The aim is to provide a *pretest* to measure the dependent variable before the treatment is carried out, to provide experimental treatment to the subjects and to provide a *posttest* to measure the dependent variable after the treatment¹⁸. 1,870 populasi hypertension sufferers at the Oesapa Community Health Center. The sample in this study were hypertension sufferers with anxiety at the Oesapa Community Health Center. The sample criteria used are inclusion and exclusion Inclusion criteria : All hypertension patients with anxiety who are undergoing treatment and registered in the Oesapa Community Health Center working area. The age of adult hypertension sufferers is 21 - 54 years Patients with blood pressure systolic blood pressure ≥ 140 mmHg and diastolic blood pressure ≥ 90 mmHg. Patients who can read and write, Willing to be respondents, Willing to take part in *Spiritual Emotional Freedom Technique* (SEFT) therapy. Exclusion criteria : Hypertensive patients with systolic blood pressure ≥ 160 mmHg and diastolic ≥ 100 mmHg. Sample size According to (Rifai Abubakar, 2017) determining the sample size in the population is categorized as follows: Population under 50 people are all taken, Population between 50 -100 = 50%. Population between 100-300 = 25 %, Population between 300-500 = 10-20 %. Population 500-and above taken, 5-15% The sample size in this study using the Slovin formula, was 44 respondents. Sampling Technique : Sampling technique is a way to take and determine samples in a study. The sampling technique used by this researcher uses *non-probability sampling* with a *purposive sampling method*. Purposive sampling is a sample determination technique by selecting samples from the population according to the inclusion and exclusion criteria desired by the researcher, so that the sample can represent previously known characteristics of the population.. The dependent variable in this study was the anxiety level of hypertensive patients. Pre-test After the respondent signed the consent form, the researcher began collecting data according to the research method which began with a pre-test, where questionnaires were distributed to be filled out by respondents before treatment was carried out in the form of *Spiritual Emotional Freedom Technique* (SEFT) therapy. Pretest data collection was carried out at the Oesapa Community Health Center, Kupang City. Treatment After the pre-test was carried out, the researchers carried out *Spiritual Emotional Freedom Technique* (SEFT) therapy on hypertensive patients with anxiety. For this therapeutic treatment, the researcher created a team to make it easier for the researcher to obtain research data, where before deploying the team, a perception equation was held where the researcher trained the team that would go straight to the research site. The duration of *Spiritual Emotional Freedom Technique* (SEFT) therapy is 1 week, 2 times for approximately 15 minutes. used a non-parametric statistical test using the *Wilcoxon signed test* to determine the effect of *Spiritual Emotional Freedom Technique* (SEFT) therapy on the anxiety level of hypertensive patients on an ordinal or interval scale but the data was not normally distributed. This research analisa in the Wilcoxon signed test, probability value Asymp. Sig 2 tailed < 0.05 then H_0 is rejected, meaning there is a difference in the averages. When the probability value Asymp. Sig 2 tailed > 0.05 then H_0 is accepted meaning there is no difference in averages

RESULTS AND DISCUSSION

RESULTS:

1. Characteristics Respondent

Characteristics	Frequency	Presentation
Age		
21-32 years old	11	25 %
33-43 years old	10	22.7 %
44-54 years old	23	52.3%
Total	44	100%
Gender		
Man	14	31.8 %
Woman	30	68.2 %
Total	44	100%
Work		
Work	33	75%
No Work	11	25%
Total	44	100%
Education		
elementary school	9	20.5%
JUNIOR HIGH SCHOOL	11	25.5%
SENIOR HIGH SCHOOL	18	40.9%
S1	6	13.6%
Total	44	100%
Long Suffering Hypertension		
< 5 years	10	22.7%
5-10 years	30	68.2%
>10 years	4	9.1%
Total	44	100%

Table 4.1 shows that the majority of respondents aged 44-54 years, namely (52.3%), were female, namely 30 people (68.2%), worked, namely 33 people (75%), had a high school education, 18 people (40.9%), and 30 people (68.2%) suffered from hypertension for 5-10 years.

2. Anxiety Level Patient Hypertension

	Pre		Post	
	Frequency	Presentation	Frequency	Presentation
Normal	0	0.00%	26	59.1%
Light	0	0.00%	12	27.3 %
Currently	28	63.6 %	6	13.6 %
Heavy	16	36.4%	0	0.00%
Very heavy	0	0.00%	0	0.00%
Total	44	100%	44	100%

Table 4.2 explains that the anxiety level of hypertension sufferers before undergoing *Spiritual Emotional Freedom Technique* (SEFT) therapy was mostly moderate, namely 63.3%. After being given therapy *Spiritual Emotional Freedom Technique* (SEFT), the majority of respondents did not experience anxiety, namely 59.1%.

Ranks				
		N	Mean Rank	Sum of Ranks
Post-Test - Pre-Test	Negative Ranks	44 ^a	22.50	990.00
	Positive Ranks	0 ^b	.00	.00
	Ties	0 ^c		
	Total	44		

	Post-Test - Pre-Test
Z	-5,809 ^b
Asymp . Sig. (2-tailed)	.000

Table 4. 3 above It is known that in *negative ranks* there are 44 negative data (N), which means to 44 patients showing there is a decline level worry on patient hypertension before and after it is given therapy *Spiritual Emotional Freedom Technique* (SEFT) with *Mean rank* or average decline namely 22.5, whereas amount rank negative or *Sum of ranks* is amounting to 990.00. Based on the Wilcoxon test results, it shows that the Z value is -5.809 and the Asymp. Sig. (2-tailed) has a value of 0.000 < 0.05, so it can be concluded that H1 is accepted and H0 is rejected, which means there is an influence of *Spiritual Emotional Freedom Technique* (SEFT) therapy on reducing the anxiety level of hypertensive patients at the Oesapa Community Health Center, Kupang City. This research was designed to provide an interpretive picture and reveal the influence of *Spiritual Emotional Freedom Technique* (SEFT) therapy on the level of anxiety reduction in Hypertension patients at the Oesapa Community Health Center, Kupang City:

DISCUSSION

1. Gender Characteristics of Hypertension Patients on Anxiety in the Oesapa Community Health Center Work Area. Kupang City. Based on the results of research conducted by researchers at the Oesapa Community Health Center, Kupang City, it was found that female respondents had more hypertension than male respondents. Gender is closely related to the occurrence of hypertension, which in women is higher when a woman experiences menopause. Based on theory according to Darwin said that on woman, before enter menopause will come imbalance occurs hormone the one that can trigger hypertension. This matter Also supported by opinion Cortas in Subrata (2020) said that women who haven't experiencing menopause is protected by the hormone estrogen plays a role in increase rate *High Density Lipoprotein* (HDL). High HDL cholesterol levels are a protective factor in preventing the atherosclerosis process. The protective effect of estrogen is considered as an explanation for the immunity of women in pre-menopausal age¹⁹. Based on the opinion of researchers, the majority of respondents who experience hypertension are female, due to the increase in blood pressure in women, which generally increases after menopause, where many of the female respondents have experienced menopause, which causes the body's systems and hormones to decrease, stress due to circumstances and Poor environment makes respondents anxious. Apart from that, judging from attitudes towards hypertension, women tend to be more concerned about the conditions they experience, where when the researchers attended the elderly posyandu and went to the general clinic, women were more likely to be consulted about their health conditions than men.

2. Age Characteristics of Hypertension Patients on Anxiety in the Oesapa Community Health Center Work Area. Based on the research results, it was found that hypertension sufferers were in the age range of 44-54 years. Hypertension generally occurs in individuals over 40 years of age which is caused by a decrease in the elasticity of blood vessels. With decreased body function, blood vessels become increasingly stiff, causing problems in blood flow²⁰. The average age of respondents who experience hypertension is middle adulthood, namely 41-65 years²¹. According to Subrata's theory (2020), increasing age causes structural changes in the large blood vessels, thus making the lumen narrower and the blood vessel walls become stiffer, the result is an increase in systolic blood pressure²². Age is associated with endothelial dysfunction and increased arterial stiffness in hypertension, especially systolic hypertension in older adults²³. Based on research analysis, hypertension experienced by respondents in the development of elderly people is caused by a lack of physical activity resulting from a decrease in body function due to the aging process, where body movements begin to slow down, making elderly people vulnerable to physical activity, which can lead to obesity in sufferers, which can cause Elderly people become stressed and anxious, because previously all the work could be done alone, now sometimes other people have to help. This feeling of burdening other people can cause excessive stress and anxiety. This change in function can affect a person's life and can cause stress in the elderly who experience it.

3. Job Characteristics of Hypertension Patients on Anxiety in the Oesapa Community Health Center Work Area. Character of work as a result of the research, it was found that more respondents were working. The incidence of hypertension is also related to a person's level of work, one of which is caused by modern lifestyle factors, people today are busy prioritizing work to achieve success. Busyness, hard work and heavy goals result in feelings of stress, anxiety and high pressure. (12). Stress And anxiety experienced is something condition psychic in face routine And work at location it works, with a number task principaldan its stated function by factor workload, conditions physique And social from environment his job²⁴. People activity also don't have exercise. As a result, fat in the body increases and accumulates, which can obstruct blood flow. Vessels that are squeezed by fat deposits cause high blood pressure²⁵. People who work as private employees have higher levels of anxiety and stress compared to other jobs. Respondents with working status experienced more hypertension due to levels of stress and anxiety during work²⁶. According to the results of the researchers' analysis, the emergence of work stress and anxiety is usually caused by superiors who are unable to provide support, never-ending piles of work, excessive work load or time, and conflicts between co-workers. Almost everyone who experiences stress and anxiety about their work can trigger high blood pressure. This can actually lead someone into

an unhealthy lifestyle, such as not having enough rest time, eating non-nutritious food due to lack of time for cooking, so respondents usually eat *fast food more often* and lack time for exercise. This can trigger an increase in blood pressure in someone who works compared to someone who doesn't work.

4. Characteristics of Hypertension Patient Education on Anxiety in the Oesapa Community Health Center Work Area. Character of education, the results of the research obtained data on the education level of hypertension sufferers, the majority of whom were sufferers with a high school education level. Education is very important in influencing a person's mind. People who are well educated tend to be able to think calmly about a problem. People with a high level of education will easily accept the information they receive so they can know and understand non-pharmacotherapy management of hypertension²⁷. Based on the results of the researcher's analysis of the level of education, the person who suffers most from hypertension with anxiety is the high school education level because respondents have a good understanding of the disease and they are more worried about the disease they are suffering from. However, this is inversely proportional to respondents who have elementary or middle school education levels. This is because respondents are at a very low level of knowledge due to a lack of knowledge about their health and the illnesses they experience so that it is difficult to control their health problems and they are not even too worried about their health due to a lack of knowledge.

5. Characteristics of Long Suffering from Hypertension Patients on Anxiety in the Oesapa Community Health Center Work Area. Based on the research results obtained by the researchers, it was found that the highest number of respondents suffering from hypertension was in the range of 5-10 years, while the lowest was in the range of > 10 years. The length of time a sufferer experiences hypertension can be a stress trigger for hypertension sufferers. Respondents who are aware of the symptoms of hypertension have feelings of worry and fear, thus causing anxiety. The long process of treating hypertension which does not go away also increases the level of anxiety. A person who has suffered from hypertension for a long time is at risk of becoming anxious because hypertension tends to require relatively long treatment, there is a risk of complications and can shorten life²⁸. According to the researchers' analysis, the longest number of respondents suffering from hypertension was in the 5-10 year range. The longer they suffer from hypertension, the higher the level of anxiety experienced by hypertension sufferers. This is because hypertension tends to require relatively long treatment. Hypertension patients usually do not adhere to taking medication because hypertension requires them to take medication for a long time, so long periods of illness and continuous medication consumption result in boredom.

Spiritual Emotional Freedom Technique (SEFT) Therapy. Based on the table, the results of the research show that the majority of hypertensive patients at the Oesapa Community Health Center, Kupang City, before being given education about *Spiritual Emotional Freedom Technique (SEFT) Therapy*, obtained pre-test results of moderate anxiety levels followed by severe anxiety levels. In the research, it was found that respondents who had the highest anxiety were female respondents. This result is because women are more susceptible to stress than men, this is also explained (36) stating that women are twice as likely to experience stress as men, which also leads to the risk of hypertension. This is in line with research conducted by (36) with the results that most hypertension sufferers experienced moderate anxiety. Based on the researchers' analysis, the high percentage of anxiety levels among hypertension sufferers is because complications from hypertension such as stroke will cause limitations in physical mobility, thus affecting activities. Limited physical mobility will hinder a person's work, hampered work makes a person lose their role, status and power. This condition causes psychological problems for a person because they are not prepared for the situation they are facing, resulting in anxiety. Another factor that causes anxiety is the economy, economic limitations will cause an anxious response. Different types of work will cause different anxiety responses or psychological pressure due to the income they have, patients who do not have a fixed income and want to undergo treatment tend to experience anxiety (36). Based on the researchers' analysis, the high percentage of people suffering from hypertension is because most of the respondents lead unhealthy lifestyles, where the respondents consume a lot of foods high in salt. This is due to the conditions in the Oesapa area being close to the beach so the main side dish is salted fish. Apart from that, it is also influenced by the lack of lifestyle habits to exercise due to busy work.

. There is a compatibility in the success of the therapy process in reducing anxiety with theory, where in the *Spiritual Emotional Freedom Technique (SEFT) therapy* process which is a relaxation technique process using tapping at certain points on the body so that it can control cortisol. Relaxation therapy can stimulate the hypothalamus so that it will produce a feeling of calm which will influence the production of endorphins, cortisol, in the blood pressure regulation mechanism. SEFT therapy is a relaxation technique which is a form of mind body therapy from complementary therapy, which is enough once, a day for 10-25 minutes to apply it³⁶. This is related to research conducted based on the results of research conducted by hypertensive respondents who experienced mild anxiety after undergoing *Spiritual Emotional Freedom Technique (SEFT) therapy*. The reduction in anxiety occurred because patients felt calmer and more relaxed because SEFT therapy was included in the criteria for relaxation therapy. The development of this technique includes a combination of relaxation techniques that have elements of meditation involving factors of surrender and belief (36). Based on the researcher's analysis, almost all respondents stated that they experienced and experienced many changes after doing *Spiritual Emotional Freedom Technique (SEFT) therapy*, especially changes in the worry or anxiety they felt and felt calmer and more relaxed. This is because they often receive *Spiritual Emotional Freedom Technique (SEFT) therapy* repeatedly by carrying out the three steps, namely *the set up*, *the tune in* and *the tapping*. Respondents carry out this technique by verbally repeating their surrender spiritually, so that during relaxation the respondent can release

hormones in a more stable manner, the body will be able to express the emotions of anger, resentment that it is experiencing and all the burdens of the mind are completely vented at that moment. so that you feel calm, more confident, your confidence increases, your burden decreases and you are more able to accept the situation than before.

8. Effect of *Spiritual Emotional Freedom Technique* (SEFT) Therapy on Reducing Anxiety Levels in Hypertension Patients.

CONCLUSION

There is an influence of *Spiritual Emotional Freedom Technique* (SEFT) therapy on reducing the anxiety level of hypertensive patients at the Oesapa Community Health Center, Kupang City.

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