



LITERATURE REVIEW: THE EFFECT OF SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE THERAPY ON PATIENTS WITH DEPRESSION

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ABSTRACT

Depression is a disorder of a person's feelings, emotions and behavior negatively which can make a person feel lost, empty and have no zest for life. To treat depression, you can use Spiritual Emotional Freedom Technique (SEFT) therapy which aims to change feelings, thoughts to become calmer and relaxed. and willingly accept trials. The purpose of this study was to analyze a journal entitled the effect of SEFT therapy on patients with depression. The research design used a literature review with a data collection strategy using inclusion-exclusion in the PICOS format. The search method in this study used the Google Scholar and Semantic Scholar databases by entering the words "SEFT Therapy" OR "Depression". Search articles were limited to inclusion criteria and exclusion criteria. The inclusion criteria in this study were SEFT therapy in depression, the pre-experimental and quasy-experimental research designs, while the exclusion criteria was the management of depression without SEFT therapy. The results of the analysis of this study found that there was an effect before and after the Spiritual Emotional Freedom Technique therapy was carried out in patients with depression. The use of Spiritual Emotional Freedom Technique therapy must be done properly, from the therapeutic steps to the pronunciation of the therapy, because it is very influential in patients with depression.

Keywords: depression; SEFT; therapy

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| First Received 28 December 2022 | Revised 05 January 2023 | Accepted 30 January 2023 |
| Final Proof Received 06 February 2023 | Published 22 February 2023 | |

How to cite (in APA style)

Sucipto, S., Kristanto, H., & Dhevansa, W. (2023). Literature Review: The Effect of Spiritual Emotional Freedom Technique Therapy on Patients with Depression. *Indonesian Journal of Global Health Research*, 5(1), 61-68. <https://doi.org/10.37287/ijghr.v5i1.1467>.

INTRODUCTION

Depression can be defined as a general mental disorder. Depressed people have depressed feelings, decreased concentration, have feelings of guilt, no appetite, sleep disturbances, and loss of happiness (Dirgayunita A. 2016). Depression is a common disease worldwide, with an estimated 3.8% of the population affected, including 5.0% among adults and 5.7% among adults older than 60 years. Around 280 million people worldwide experience depression (WHO, 2021). The estimated total number of people living with depression increased by 18.4% between 2005 and 2015 this reflects overall global population growth (Estimates, 2017). In Indonesia, the prevalence of depression sufferers is 3.7 percent of the total population. This means that 9 million people out of 250 million people suffer from depression. Based on the results of basic health research, the prevalence rate for emotional mental disorders as indicated by depressive symptoms is 6 percent for people aged 15 years and over (Tempo.Co, 2021). The results of Peltzer and Pengpid's research in 2018 show a high prevalence of depressive symptoms in Indonesian society, amounting to 21.8%, this number is higher than neighboring countries and the global prevalence of depression is around 12.1%. Causes of depression, ranging from genetic factors to non-genetic factors. Genetic

factors, such as neurochemical disorders, neuroendocrine disorders, to neurophysiological changes. Meanwhile, non-genetic (psychosocial) factors are the loss of loved objects, loss of self-esteem, cognitive distortions and helplessness that are learned in depressive family parenting (Ministry of Health, Directorate General of Health Services, 2022). Depression is also generally a major cause of morbidity in social, occupational, and interpersonal functioning. People whose levels of faith or piety are low tend to be more likely to suffer from depression due to a lack of grip on life. Without a guide to life in the form of religious principles, a person's life will fluctuate erratically, and can result in an inability to face challenges, which can lead to depression. The reasons stated above are interrelated with one another, and it all boils down to each individual self (Setianingsih et al., 2020).

One of the therapies to overcome feelings of depression in patients is the Spiritual Emotional Freedom Technique (SEFT) therapy. SEFT therapy is a therapeutic technique called energy psychology to treat psychological and physical problems, namely by doing light acupressure (tapping) on nerve points or body meridians. The spirituality referred to in SEFT therapy is a prayer that is affirmed by the subject at the time it will begin until the therapy session ends (Zulfiana, 2015). Clients who have physical and emotional problems such as anxiety, depression, mood and self-confidence problems can be treated with non-pharmacological treatment. SEFT is the development of the Emotional Freedom Technique (EFT), where this technique combines the science of acupuncture with behavioral techniques in psychology (Zainuddin, 2012). EFT uses fingers to utilize energy points with a certain number of beats and sequences, carried out along with positive affirmations, some relaxation techniques and visualization (Clone, 2016).

SEFT therapy is useful for helping a person to become more relaxed and able to deal with difficult situations or circumstances in his life, because the flow of positive energy systems and positive forms of affirmation is what makes SEFT therapy effective. The nature of relaxation in SEFT can also reduce tension and anxiety where the parasympathetic nervous system is more dominant than the sympathetic nervous system then in the tune-in phase SEFT also supports the relaxation process where in this phase it is done by saying a prayer, surrender and sincerity to *The One Almighty God* and affirmative sentence forms that are repeated several times so as to increase self-confidence (Kasih et al., 2017).

Depression is a psychological disorder characterized by feelings of sadness, changes in thought processes and social communication and feelings of discomfort. Emotional disturbances occur due to disturbances in the energy system in the body and these emotional disturbances can be overcome, one of which is SEFT therapy which combines psychological and spiritual elements and SEFT therapy can also relieve energy system disturbances. SEFT therapy in this study can affect patients with depression because SEFT therapy can make depressed patients more relaxed, comfortable, calm and can be a motivation. The purpose of this study was to analyze the literature reviewing the effect of Spiritual Emotional Freedom Technique (SEFT) therapy on patients with depression.

METHOD

The method used in writing this article is literature review. The search for journals used as sources in this study came from journals related to the research topic using the Google Scholar and Semantic Scholar databases. The strategy used to search for articles is using PICOS. In the early stages of searching for journal articles, 432 articles were obtained using Google Scholar and 372 articles using Semantic Scholar using the keywords "SEFT OR Depression Therapy" and Semantic Scholar using the key "SEFT therapy OR Depression". Of

these, only around 54 were considered relevant. the researcher then screened based on fultext, namely 25, and the final search journal that could be analyzed according to the formulation and purpose of the problem 10. The assessment was carried out based on the eligibility of the inclusion and exclusion criteria, as many as 6 articles were obtained that could be used as a literature review

RESULTS

Table 1.
Summary of Data Analysis Matrix in Articles Used in Literature Studies

| No | Researcher year | title | Amount sample | group | Method | Collection method data | Analys is | Results |
|----|--|--|--|--|--|--|------------------------------------|---|
| 1 | Sugih Wijayati, Suci Abrelia Fitriyanti, Arwani; 2020 | Influence Spiritual Emotional Freedom Technique (SEFT) Therapy for Reducing Depression Levels | 33 respondents by using will purposive sampling | Patient with cervical cancer who experience depression | Method pre-experimantal study one group pre test post test | Questionnaire sheet Beck Depression Index | Wilcoxon Signed Rank | Based on test results Wilcoxon obtained a p value of 0.000 (p <α 0.05) so that there was an effect of SEFT therapy on reducing depression levels in cervical cancer patients |
| 2 | Christina Dinda Permatama Kasih, Arina Nurfiанти, Jaka Pradika; 2017 | Influence Spiritual Emotional Freedom Technique (SEFT) Therapy for Score Changes Depression In People with Hiv-Aids In Mental Hospital | 22 respondents used a purposive sampling technique | Population in this study were People with Hiv-Aids who were at the Sungai Bangkong Mental Hospital, Pontianak, West Kalimantan | Method Quasy Eksperimental | Use Beck Depression Inventory questionnaire sheet (BDI). | Analysis data using paired t-test. | The mean value is obtained the pre-test was 17.32 and the post-test was 6.32 and the p value was p = 0.000 (<0.05). These results indicate that there is an effect of SEFT therapy on changes in depression scores in people with HIV/AIDS. |
| 3 | Nurbani, Lily Yuniar; 2020 | Therapy Spiritual Emotional Freedom Technique Reduces Depression In Patient Diabetes | 25 respondents use purposive sampling | Population in this study were all patients DM type 2 identified depression | Method Quasy Eksperimental | use Beck's questionnaire depression Inventory (BDI) | Wilcoxon Signed Rank | Test returns a value probability of 0.000 (p value <0.05), the results of this analysis indicate that giving SEFT therapy can reduce depression in |

| Millitus | | | | | | | | patients with diabetes mellitus |
|----------|--|---|---|---|--|---|---|---|
| 4 | Setianingsih, Tri Rahayuningsih, Nur Wulan Agustina;2020 | Influence Spiritual Emotions Freedom Technique (Seft) Therapy for Depression in Chronic Kidney Failure Patients | 10 respondents using purposive sampling | patient CRF undergoing hemodialysis | Method use pre-experimental research | Beck's questionnaire depression Inventory (BDI) | Technique data analysis using univariate, bivariate analysis (Paired t-test). | Paired T-test analysis results obtained the value of p value = 0.001 (p <0.05) which indicates a significant effect of SEFT therapy on the level of depression in renal failure patients undergoing hemodialysis |
| 5 | Reini Astuti, IyusYosep, Raini Diah Susanti; 2015 | Influence Intervention SEFT(Spiritual Emotions Freedom Technique) on Reducing Depression Levels Housewives with HIV | 15 respondents with purposive sampling | Housewife group | Method Quasy experime ntal | Questionnaire sheet Beck Depression Index | Test analysis statistics used is the paired t test | Statistical test results indicates that there is a p value <0.05. It was concluded that from In this study, there were significant differences in the depression levels of housewives with HIV, after the SEFT intervention. |
| 6 | Rias Pratiwi Safitri and Ria Safaria Sadif; 2013 | <i>Spiritual Emotional Freedom Technique (SEFT) to Reduce Depression for Chronic Renal Failure Patients are in Cilacap Hospital to Undergo Hemodialysis</i> | 12 respondents using purposive sampling | group Chronic Kidney Failure patients undergoing hemodialysis at Cilacap Hospital | Method <i>Quasy Eksperim ental pre test post test one group design</i> | Questionnaire sheet Beck Depression Index | Paired T-test | Based on the correlation results paired sample $0182 > 0.01$ (highly significant). The results of this study indicate that SEFT therapy is effective in reducing depression levels in chronic kidney failure patients undergoing hemodialysis |

Based on the results of the literature review of the six articles collected and the author's analysis, it was found that there was a significant effect on the level of depression after the SEFT (Spiritual Emotional Freedom Technique) intervention, there was a decrease in the level of depression in respondents with cervical cancer, HIV-Aids, Diabetes Militus, Kidney Failure Chronic

DISCUSSION

The 6 journals reviewed, 2 of them used respondents with chronic kidney failure patients undergoing hemodialysis. In accordance with facts based on research journals (Setianingsih et al., 2020) Chronic Kidney Failure (CKD) patients generally find it difficult to accept the fact that they have to undergo hemodialysis for life, this often causes psychosocial problems such as depression, anxiety, loneliness, social isolation, hopeless, and helpless because he feels that there is no hope of recovering from his illness. After the SEFT intervention, the level of depression decreased. In accordance with research (Safitri & Sadif, 2013) depression experienced by kidney failure patients who were going to undergo hemodialysis, it was found that various problems arise due to kidney damage. Currently, many studies have identified the impact of hopelessness on worsening clinical outcomes of Chronic Kidney Failure patients (Jamaludin et al., 2022; Ok & Kutlu, 2019). Physical stressors appear that affect various dimensions of the patient's life which include biology, psychology, and socio-spiritual.

The 6 reviewed journals, 2 of them used respondents with HIV/AIDS patients who experienced depression after the SEFT intervention, there was a significant difference. Based on the facts in the study (Kasih et al., 2017) respondents with HIV/AIDS who experience depression range from productive age, if this psychological disorder is not managed properly, it is very likely that someone with HIV/AIDS will experience depression (Yaunin et al., 2014). SEFT therapy can help patients feel relaxed and calm because the therapy provided contains spiritual and psychological elements.

The 6 journals that have been reviewed, 1 journal was found to be a respondent with cervical cancer patients who experienced depression. Based on the facts in the study (Wijayati et al., 2020) respondents were patients with cervical cancer who experienced depression, psychological reactions that could appear after patients were diagnosed with cervical cancer generally felt mental shock, fear, unable to accept reality, to a state of depression. Depression in cancer patients can be caused by several factors, namely related to the disease (prognosis, severity, pain, and diagnosis), internal to the individual patient (fear of death, feeling helpless, changes in self-image, age, education, and social roles). Treatment (side effects, therapy costs, length of treatment, repeated treatments), and the medical team (lack of communication and information) (Raihan et al., 2022). With SEFT therapy, patients are more willing to accept the disease in their body

The 6 journals that have been reviewed, 1 journal was found to be a respondent with type 2 Diabetes Mellitus. Based on the facts according to research (Nurbani & Yuniar, 2020) respondents with diabetes mellitus can experience depression. Factors associated with the causes of depression can be divided into biological, genetic, and psychosocial factors (Harista & Lisiswanti, 2017). Thus the most type 2 diabetes sufferers are women, because women are less able to control blood sugar. The emergence of depression many of several factors, namely biological factors, psychosocial. Because the occurrence of depression can lead to complications of type 2 DM disease. To reduce depression, SEFT therapy is carried out. Therapy that combines spiritual and psychological aspects, so that patients are more relaxed and willing to accept their illness.

According to the theory (Dirgayunita, 2016) Depression is an emotional condition that is usually characterized by extreme sadness, feelings of meaninglessness and guilt (withdrawal, sleeplessness, loss of appetite, interest in daily activities). To prevent depression from getting worse, complementary therapy is needed, for example SEFT (Spiritual Emotional Freedom Technique) therapy. According to the theory (Nurlatifah, 2016) the Spiritual Emotional Freedom Technique (SEFT) is a technique for overcoming human emotional disturbances by utilizing the body's energy system. The cause of the problem (trigger) does not directly result in the emergence of the problem (impact), but goes through an intermediate process, namely the disturbance of the body's energy system, disruption of the body's energy system has an impact on emotional disturbance. SEFT is a technique for cutting interventions to overcome problems. In the view of psychoanalysis, problems can be solved by addressing the source of the problem directly from the root of the problem. Spiritual therapy influences the activity of the sympathetic nervous system, has a relaxing effect on breathing, becomes slower in rhythm, pulse slows down, blood pressure drops, reduces oxygen consumption of the heart muscle and muscle tension. The relaxation response can also affect mental conditions and reduce muscle tension so as to create a comfortable atmosphere, can reduce stress and also affect psychoneuroendocrine interactions (Halm, 2009). This is in accordance with the results of research by Bakara, Ibrahim, & Sriati, (2013) that SEFT can be an intervention in nursing services for patients with Acute Coronary Syndrome who experience depression, anxiety and stress. Respondents will experience relaxation, feel comfortable and happy According to research Kusnanto et al. (2018) who mentioned praying by focusing attention and thoughts on God followed by tapping as in SEFT therapy will reduce cortisol and increase serotonin. Physiologically, tapping on 18 points along 12 energy meridians can stimulate the pituitary gland to release endorphins and serotonin. Endorphins and serotonin hormones, can have the effect of reducing pain, calming, and causing feelings of happiness.

This SEFT therapy is very effective in treating depression in patients. Which is based on a few taps on a certain area with a sincere utterance that makes you more relaxed, thereby reducing negative frequencies, disturbing emotions, and reducing motivation. So that patients can carry out treatment according to their illness with more sincerity and acceptance.

CONCLUSION

From a review of all articles showing Spiritual Emotional Freedom Technique (SEFT) therapy for patients with depression. With the existence of SEFT therapy, it combines energy psychology work systems with spiritual strength so that it calls it the amplifying effect. So as to make patients more calm, relaxed, and sincere in undergoing treatment

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