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Article

Spiritual Emotional Freedom Technique (SEFT) Analysis of the Anxiety Levels of Primigravida Pregnant Women in the Third Trimester

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ABSTRACT

Background:When facing childbirth, anxiety about giving birth often occurs. Anxiety that is not resolved properly causes changes in the function of the autonomic nervous system/ANS, worsens cardiovascular adaptation and risks complications in pregnant women.

Purpose:This research aims to identify *Spiritual Emotional Freedom Technique (SEFT)* Regarding the Anxiety Level of Primigravid Pregnant Women in the Third Trimester.

Methods:Qualitative study with a case study approach. The informants in this study consisted of 10 primigravida pregnant women who were recruited through purposive sampling. Data collection through in-depth interviews using data collection instruments, in-depth interview guides, field notes, audio recorder. By analyzing data using Collezi thematic analysis.

Results:The results of the qualitative analysis showed that two major themes were studied *Spiritual Emotional Freedom Technique (SEFT)* Regarding the Anxiety Level of Primigravida Pregnant Women in the Third Trimester, namely; 1) *Spiritual Emotional Freedom Technique (SEFT)* process, 2) *Spiritual Emotional Freedom Technique (SEFT)* results.

Conclusion:*Spiritual Emotional Freedom Technique (SEFT)* is good for women who are undergoing pregnancy to reduce feelings of anxiety and worry, especially the worries experienced by pregnant women in the third trimester, the feelings of anxiety and worry are increasing. Pregnant women feel the benefits of SEFT. They feel the effectiveness of SEFT and can continue to practice SEFT in a sustainable manner.



INTRODUCTION

Maternal Mortality Rate (MMR) is an indicator of health development. MMR in Indonesia was 305/100,000 live births in 2015[1]. One of the indirect causes of AKI is mental health. Mental health was one of the indirect causes of MMR in seven regions of the world from 1990 to 2013[2]. Risk factors that cause anxiety are a history of anxiety and depression during pregnancy, smoking before or during pregnancy, quality of relationship with parents and husband, social support, marital status, socio-demographics, economics, life problems, obstetric and pregnancy conditions, personality factors[3].

During pregnancy there are changes in biology, hormones, immune system vulnerability, interpersonal relationships with partners, parents and friends[4]. Expectations about labor and birth are thought about during pregnancy and cause anxiety before delivery [5]. Risk factors that cause anxiety are a history of anxiety and depression during pregnancy, smoking before or during pregnancy, quality of relationship with parents and husband, social support, marital status, socio-demographics, economics, life problems, obstetric and pregnancy conditions, personality factors[3]. Anxiety that is not resolved properly will aggravate the adaptation process of the cardiovascular system and can lead to failure of cardiovascular adaptation in pregnant women.[6].

Failure of cardiovascular adaptation during pregnancy can cause complications such as hypertension, preeclampsia or other cardiovascular diseases[7]. Further risks that can occur are premature birth, chronic hypertension, maternal and infant morbidity[8]. Third trimester primigravida anxiety that cannot be fully handled by psychologists requires reliable interventions that can be done alone, one of which is the Spiritual emotional freedom technique (SEFT)[9]. SEFT is a technique that combines spirituality and EFT. Spirituality is a state obtained through religious devotion and piety. Spirituality in SEFT takes the form of prayer, sincerity/ridlo, surrender/tawakal and gratitude[10].

Integrated antenatal care is a comprehensive and quality antenatal service provided to pregnant women, which aims to fulfill the right of every pregnant mother to receive quality antenatal care so that she is able to have a healthy pregnancy, give birth safely and give birth to a healthy baby. One of the comprehensive and integrated antenatal concepts is screening for psychiatric disorders in pregnant women[11], [12]. Efforts to support women through pregnancy, birth and the early postnatal period are opportunities for midwives to participate. Midwives have an important role in health education and counseling for women, families and communities.

Based on this background, the author wants to identify the Spiritual Emotional Freedom Technique (SEFT) on anxiety levels in third trimester primigravidas in Bantul, Special Region of Yogyakarta

METHOD

Design

This research is qualitative research with a case study approach. The context of this research is third trimester primigravida pregnant women who experience anxiety. The data for this research came from an interview study of third trimester primigravida pregnant women in the Regency Bantul Special Region of Yogyakarta.

Participants/Informants

The number of informants in this study was 10 third trimester primigravida pregnant women. Informant determination is carried out based on inclusion and exclusion criteria. The inclusion criteria in this study are; Domiciled in Bantul Yogyakarta, In good health, Normal position of baby (midwife/doctor's diagnosis), No history of smoking, No smoking during pregnancy, Husband supports current pregnancy, 8) Married status, 9) Willing to be a respondent until completion of research, Age between 20-30 years, gestational age 36-37 weeks or 36 weeks. Exclusion criteria: Pregnancy with a history of complications (miscarriage, termination of pregnancy, stillbirth), Pregnancy with complications (miscarriage, termination of pregnancy, stillbirth).

Data Collection

This research was conducted in Bantul Regency, Province Yogyakarta Special Region, Indonesia. Data collection was carried out in December 2020, through in-depth interviews. Interviews were conducted face to face and online via WhatsApp video call. The interview process begins with several open-ended questions. The number of informants is determined after data saturation occurs. At the first meeting, the researcher introduced himself and explained the aims and objectives of the research. At the second meeting, researchers conducted interviews with informants according to the agreed time and place. At the third meeting, researchers conducted interviews if the questions were incomplete. Data collection tool with in-depth interview guide, audio recorder, field notes and logbook.

Data Analysis

Analysis of qualitative research data is carried out interactively and continuously until complete so that saturated data is obtained. Activities in data analysis include reduction, display and conclusion drawing or verification[13]. Data analysis was carried out manually and using computers. In obtaining information, this qualitative research data was sourced from third trimester primigravida pregnant women. Data validity techniques use the Lincoln and Guba framework, namely credibility, transferability, dependability, and confirmability through member checking, consistent observations, reference materials, and audit trail (log book and fieldnotes).

Ethical Considerations

All informants were informed of the aims and objectives of the research. Apart from that, informants were also informed about the confidentiality of informants' identities as an effort to maintain ethical principles in research. Informed consent was obtained from all research participants before data collection was carried out, informants were willing to sign a letter of willingness to become informants without any coercion. Furthermore, this research underwent ethical feasibility by the Ethics Committee of the Faculty of Medicine, Public Health and Nursing (FK KMK) Gadjah Mada University and received permission from KEP FK UGM with letter number KE/FK/0263/EC/2020.

RESULT DAN DISCUSSION

Table 1 shows the characteristics of 10 informants of third trimester primigravid pregnant women aged between 21 and 30 years, most of whom were housewives and had a high school level education, informants who experienced an increase in anxiety levels after being given 4 SEFTs and those who experienced a decrease after being given 6 SEFTs.

Table 1. Characteristics of informants

Informant	Anxiety states	Age (Th)	Education	Work
IU 1	Increase	30	Junior High School	IRT
IU 3	Increase	25	Senior High School	IRT
IU 2	Increase	21	vocational school	Employee
IU 4	Increase	25	D3	Self-employed
IU 5	Decrease	25	D2	IRT
IU 6	Decrease	29	S1	IRT
IU 7	Decrease	24	Senior High School	IRT
IU 8	Decrease	26	S1	Self-employed
IU 9	Decrease	22	vocational school	IRT
IU 10	Decrease	23	vocational school	IRT

Based on the results of research analysis, 2 major themes were found which include: 1) Spiritual Emotional Freedom Technique (SEFT) process, 2) benefits and satisfaction with Spiritual Emotional Freedom Technique (SEFT).

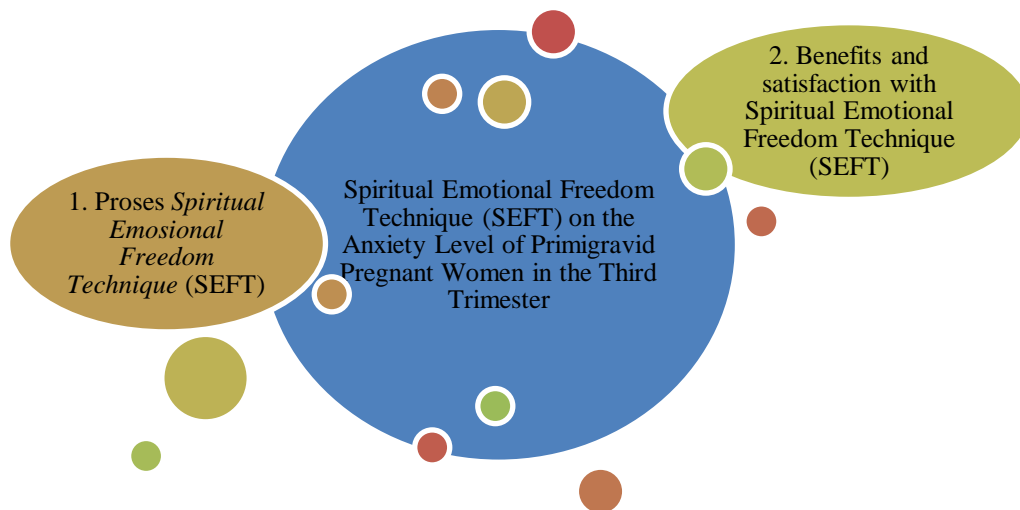


Figure 1. Theme Map

Theme 1. Spiritual Emotional Freedom Technique (SEFT) Process

The results of the interviews found several perceptions from informants about SEFT, namely to face fear, anxiety, panic, negative thoughts, be able to control oneself, and conversely be more relaxed, calm and surrender/surrender to God. This is proven by the following statement:

"Anxiety therapy, controlling yourself so you don't worry too much, don't think about the negative, then get closer, get closer to what is above, surrender" (IU 5).

There are similarities in the timing of doing SEFT, namely when you feel anxious at night before going to bed, after morning prayers, noon prayers, Asr prayers and when you wake up. As stated below:

"Yes, usually before bed, just when I'm anxious, not routinely. So when I have a lot of thoughts like that I do it" (IU 9).

The steps that had the most effect according to the participants were tapping on the head, temples, under the eyes, forehead, chest, hands, fingers, under the neck, armpits, taking a deep breath while closing your eyes in prayer and surrendering, as expressed by the following informant:

"In the armpits and under the neck here, here in the chest, the words I say are sincere, I surrender, to the possibility of what might happen" (IU7).

When the body experiences physical or psychological stress, the vagus is recruited in the initiation of compensatory behavioral responses by activating or deactivating the vagus. But when real or perceived stress is chronic, homeostatic balance is difficult. The sympathetic nervous system becomes consistently dominant and the vagus is used less frequently[14]. Several journals related to EFT and spirituality can be used as comparison material. From Marjan's research, it was stated that EFT contributed 57% to reducing the anxiety level of young primigravida pregnant women in the third trimester[15]. SEFT is a combination of spirituality and EFT, several journals related to EFT and spirituality in relation to childbirth can be used as comparison material ([16],

Likewise, Astriani's research states that EFT influences the level of anxiety in third trimester primigravid pregnant women.[17]. The Mindfulness Efficiency Based on Islamic-Spiritual Scheme method compared to CBT is more effective in reducing anxiety and depression in pregnant women. Instruments used by BAI[18]. Anxiety is a combination of various elements of cognition, emotion, biology, behavior that are related to each other and triggered by environmental factors and conditions.[19]. The implementation of SEFT has accommodated biological management. SEFT is less than optimal in cognitive and behavioral management, although at the time of the affirmation of submission/tawakkal, it implicitly implies that mothers must try to make efforts and work according to their abilities while leaving the results to God.[20].

Theme 2. Benefits and satisfaction with Spiritual Emotional Freedom Technique (SEFT),

Based on the results of in-depth interviews, it was found that informants felt the benefits of SEFT, including making them more surrendered and closer to God, reducing, overcoming and eliminating anxiety, making them calmer, less panicked, calming and controlling emotions, training mentally, making them comfortable, comfortable and relaxed. , eliminating negative thoughts, helping overcome problems, encouraging when facing childbirth and providing insight into overcoming anxiety during pregnancy, as expressed by the following informant:

"Be more relaxed, if we are anxious, sometimes fear arises when we are about to give birth, we become calm, if there is a problem it feels like it's really heavy, it's like we're already asleep"(IU 3).

Informants felt satisfied after receiving spiritual emotional freedom technique (SEFT) therapy, the level of satisfaction ranged from 70%-100%. This is proven by the following statement:

"I'm really worried, maybe 70-75% of it can be resolved" (IU 6). "The percentage is 86%, thank God it's useful for reducing it, because I didn't know before, massages like that can be calming" (IU 9).

On a sustainable basis, the implementation of SEFT is carried out by pregnant women independently, not only when they are anxious during pregnancy but also when they are anxious about childbirth and the post partum period, and even when they are facing anxiety outside of pregnancy. As stated by the following informant:

"At that time the therapy taught me to read prayers of forgiveness to my mother, when I was giving birth I was like that too, even during contractions I had to read prayers so that the birth would be smooth, normal, so that it would be easier" (IU5).

SEFT has a significant effect on reducing cortisol hormone levels in third trimester primigravid mothers[21]. Spiritual Emotional Breathing (SEB) is a therapy using the Spiritual Emotion Freedom Technique (SEFT), which is then followed by breathing exercises which provide a significant difference in cortisol[22]. Spiritual counseling can control stress and anxiety in pregnant women, the instrument used by STAI[23][23]. Gratitude is recognition of the blessings that God has given, accompanied by submission to Him and using these blessings in accordance with God's will.[24].

CONCLUSION

Spiritual Emotional Freedom Technique(SEFT) is good for women who are undergoing pregnancy to reduce feelings of anxiety and worry, especially the worries experienced by pregnant women in the third trimester, the feelings of anxiety and worry are increasing. Pregnant women feel the benefits of SEFT. They feel the effectiveness of SEFT and can continue to practice SEFT in a sustainable manner.

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