

ABSTRAK

Hipertensi merupakan penyakit terjadinya peningkatan tekanan darah yang tidak normal dimana angka pada sistolik dan diastoliknya lebih tinggi dari

140/90mmHg. Kecemasan merupakan faktor psikologi yang dapat menyebabkan hipertensi, jika tidak ditangani akan memperburuk kondisi hipertensi dan menimbulkan komplikasi. Salah satu terapi non farmakologi yang aman, efektif dan sederhana adalah terapi *Spiritual Emotional Freedom Technique* (SEFT). Tujuan penelitian ini adalah untuk mengetahui pengaruh *Spiritual Emotional Freedom Technique* (SEFT) Terhadap Kecemasan Pada Penderita Hipertensi di UPTD Puskesmas Rawat Inap Jatinangor setelah dilakukan terapi 1x dalam 1 hari.

Metode penelitian kuantitatif dengan membagikan kuesioner *State Trait Anxiety Inventory* (STAI). penelitian pre eksperimental dengan teknik *purposive sampling* dan *One-Group Pre-Post test design*. Populasi penelitian adalah seluruh penderita hipertensi pada program prolanis dengan teknik *purposive sampling*. Jumlah sample dalam penelitian ini adalah 30 orang. Data yang didapatkan di uji univariat dan bivariat menggunakan distribusi frekuensi dan uji korelasi *Wilcoxon signed rank Test*.

Hasil penelitian sebelum dilakukan terapi SEFT seluruh responden masuk ke dalam kategori kecemasan berat (100%) dan hasil penelitian sesudah dilakukan terapi SEFT seluruh responden masuk ke dalam kategori kecemasan sedang (100%). Data dianalisis dengan uji normalitas *Shapiro-Wilk* didapatkan nilai $\text{sig } 0.000 < 0.05$ maka data tidak berdistribusi normal, dilakukan analisa data statistik dengan *Wilcoxon Signed Ranks Test* dengan hasil (*p-value*) $p = 0.000 < 0.05$.

Berdasarkan hasil penelitian dapat dikatakan secara signifikan adanya pengaruh *Spiritual Emotional Freedom Technique* (SEFT) terhadap kecemasan pada penderita hipertensi. Berdasarkan hasil tersebut diharapkan perawat Diharapkan perawat agar dapat menerapkan terapi *Spiritual Emotional Freedom Technique* (SEFT) sebagai salah satu tindakan non farmakologis untuk membantu mengatasi kecemasan.

Kata Kunci : Hipertensi, Kecemasan, SEFT

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ABSTRACT

Hypertension is a disease that occurs when an abnormal increase in blood pressure occurs where the systolic and diastolic numbers are higher than 140/90 mmHg. Anxiety is a psychological factor that can cause hypertension, if not treated it will worsen the condition of hypertension and cause complications. One of the non-pharmacological therapies that are safe, effective and simple is Spiritual Emotional Freedom Technique (SEFT) therapy. The purpose of this study was to determine the effect of Spiritual Emotional Freedom Technique (SEFT) on Anxiety in Hypertension Patients at the Jatinangor Inpatient Health Center after 1x therapy in 1 day.

Quantitative research method by distributing State Trait Anxiety Inventory (STAI) questionnaires. pre-experimental research with purposive sampling technique and One-Group Pre-Post test design. The study population was all patients with hypertension in the prolanis program with purposive sampling technique. The number of samples in this study were 30 people. The data obtained in the univariate and bivariate tests using a frequency distribution and the Wilcoxon signed rank correlation test.

The results of the study before SEFT therapy were all respondents were in the category of severe anxiety (100%) and the results of the study after SEFT therapy were all respondents were in the moderate anxiety category (100%). The data were analyzed by the Shapiro-Wilk normality test, the sig value was 0.000 <0.05, so the data was not normally distributed. Statistical data analysis was performed using the Wilcoxon Signed Ranks Test with the result (p-value) $p = 0.000 < 0.05$.

Based on the results of the study, it can be said that there is a significant influence of Spiritual Emotional Freedom Technique (SEFT) on anxiety in patients with hypertension. Based on these results, nurses are expected to be able to apply Spiritual Emotional Freedom Technique (SEFT) therapy as a non-pharmacological action to help overcome anxiety.

Keywords: Hypertension, Anxiety, SEFT

Bibliography : 5 Books (2017-2021)

35 Journals (2017-2022)

1 Website (2019)