

ABSTRACT

Pregnancy is a period in which changes in a woman's biological condition are accompanied by psychological changes. The closer the delivery schedule, especially in the first pregnancy, it is natural to feel anxious or afraid because pregnancy is a new experience. The purpose of this study was to determine the literature review of the effect of Emotional Freedom Technique (EFT) on anxiety in third trimester primigravida pregnant women. This method uses a systematic review approach. Samples were taken using purposive sampling technique, namely inclusion and exclusion criteria using JBI with the result scale so that 4 articles were obtained accordingly. Data collection in this study was to determine the PICO and the search was carried out through the Google Scholar, Pubmad, and Garuda portal sites. The results of the analysis in this study indicate that there is an effect before and after EFT intervention. So the conclusion, there is a significant effect that EFT therapy can reduce anxiety levels in trimester III primigravida pregnant women. Suggestions for Systematic Literature Review can be used as a reference and comparison of existing data with the latest data and data that has been published.

Keywords : Anxiety, Effect of Emotional Freedom Technique (EFT), Pregnant Women

Bibliography : 7 books (2010-2020)
11 journals (2015-2020)
3 websites (2010-2020)