

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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Nurul Syahfika

**Pengaruh Terapi SEFT (*Spiritual Emotional Freedom Technique*) Terhadap
Insomnia Pada Remaja Di SMKN 5 Pekanbaru**

Xiv + 47 Halaman + 8 Tabel + 14 Lampiran

ABSTRAK

Insomnia merupakan masalah tidur di mana seseorang mengalami kesulitan untuk memulai tidur. Prevalensi masalah insomnia semakin lama semakin meningkat, dampak yang ditimbulkan dapat mempengaruhi kesulitan untuk berkonsentrasi, kelelahan dan emosional pada remaja. Penanganan insomnia dapat dilakukan dengan pengobatan non farmakologi yaitu dengan terapi *spiritual emotional freedom technique* yang menggunakan teknik 18 titik-titik meridian (tapping) pada tubuh selama 10-15 menit. Tujuan dari penelitian ini untuk mengetahui pengaruh terapi *spiritual emotional freedom technique* terhadap insomnia pada remaja di SMKN 5 Pekanbaru. Penelitian ini merupakan penelitian kuantitatif yang menggunakan desain *Quasy Eksperiment* dengan pendekatan *one group pre-test – post-test design*. Sampel berjumlah 37 orang dengan teknik *purposive sampling*. Instrumen yang digunakan untuk menilai insomnia adalah Kelompok Studi Psikiatri Jakarta-*Insomnia Rating Scale* (KSPBJ-IRS) dan melakukan intervensi terapi SEFT (*Spiritual Emotional Freedom Technique*). Hasil penelitian ini didapatkan nilai *pre-test* hampir separuh remaja mengalami insomnia tinggi sebanyak 23 orang (62,2%). Dan nilai *post-test* sebagian kecil remaja mengalami insomnia rendah sebanyak 19 orang (51,4%). Berdasarkan hasil uji statistik didapatkan $p\text{-value} = 0,000 < 0,05$ maka H_0 ditolak yang menunjukkan adanya pengaruh terapi *spiritual emotional freedom technique* terhadap insomnia pada remaja di SMKN 5 Pekanbaru. Hasil penelitian ini dapat disarankan bagi penderita insomnia untuk mempertimbangkan intervensi terapi SEFT (*Spiritual Emotional Freedom Technique*) sebagai metode pengobatan non farmakologi yang efektif dalam mengatasi insomnia.

Kata Kunci : *Spiritual Emotional Freedom Technique*, Insomnia, Remaja
Daftar Bacaan : 50 (2020 – 2025)

**NURSING S1 STUDY PROGRAM FACULTY OF NURSING
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***The Effect of SEFT (Spiritual Emotional Freedom Technique) Therapy on
Insomnia in Adolescents at SMKN 5 Pekanbaru***

Xiv + 47 Pages + 8 Tables + 14 Appendices

ABSTRACT

Insomnia is a sleep problem in which a person has difficulty starting sleep. The prevalence of insomnia problems in the longer it takes is increasing, the impact it has can affect difficulty concentrating, fatigue and emotions in adolescents. Treatment of insomnia can be done with non-pharmacological treatment, namely with spiritual emotional freedom technique which uses the technique of 18 meridian points (tapping) on the body for 10-15 minutes. The purpose of this study is to determine the effect of spiritual emotional freedom technique therapy on insomnia in adolescents at SMKN 5 Pekanbaru. This study is a quantitative research using a Quasy Experimental design with a one group pre-test – post-test design approach. The sample amounted to 37 people using the purposive sampling technique. The instrument used to assess insomnia was the Jakarta Psychiatric Study Group-Insomnia Rating Scale (KSPBJ-IRS) and conducted SEFT (spiritual emotional freedom technique) therapy interventions. The results of this study were obtained that almost half of the pre-test scores of adolescents experienced high insomnia as many as 23 people (62.2%). And the post-test scores of a small percentage of adolescents experienced low insomnia as many as 19 people (51.4%). Based on the results of the statistical test, $p\text{-value} = 0.000 < 0.05$ was rejected, which showed the influence of spiritual emotional freedom technique therapy on adolescent insomnia at SMKN 5 Pekanbaru. The results of this study can be suggested for insomnia sufferers to consider SEFT (spiritual emotional freedom technique) therapy intervention as an effective non-pharmacological treatment method in overcoming insomnia.

Keywords : Spiritual Emotional Freedom Technique, Insomnia, Remaja

Reading List : 50 (2020 – 2025)