

**PROGRAM STUDI PROFESI NERS
FAKULTAS KEPERAWATAN
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Asuhan Keperawatan Pada Pasien Kanker Serviks Dengan Penerapan *Spiritual Emosional Freedom Teqhniqu* (SEFT) Terhadap Penurunan Tingkat Stress Di Ruang Tulip Rsud Arifin Achmad Provinsi Riau.

Xii + 41 Halaman + 10 Tabel + 1 Gambar + 5 Lampiran

ABSTRAK

Diagnosis kanker serviks sering menimbulkan stres yang signifikan, terutama karena perubahan fisik dan emosional yang dialami pasien, yang pada akhirnya dapat berdampak pada kestabilan psikologis dan kualitas hidup secara keseluruhan dan kesejahteraan psikologis. Salah satu intervensi nonfarmakologi yang digunakan untuk mencegah kondisi tersebut ialah penerapan *Spiritual Emosional Freedom Technqu* (SEFT). Penelitian ini merupakan studi kasus dengan pendekatan asuhan keperawatan, yang mengacu pada Standar Intervensi Keperawatan Indonesia dan *Evidence Based Nursing Practice*. Intervensi dilakukan selama 3 hari dengan durasi 15- 20 menit. Evaluasi berdasarkan indikator keberhasilan tindakan menunjukkan penurunan tingkat stres pada dua pasien, Ny. M dan Ny. S, setelah tiga hari intervensi. tingkat stres menurun secara bertahap pada kedua pasien dengan skor 13 (stress sedang) menjadi 9 (stress ringan) dan 15 (stress sedang) menjadi 11 (stress ringan). Dengan melakukan penerapan *Spiritual Emosional Freedom Technqu* (SEFT) secara rutin dapat memberikan hasil positif terhadap tingkat stres pasien.

Kata Kunci : *Spiritual Emosional Freedom Technqu* (SEFT), Stres, Kanker Serviks

Daftar Pustaka : 20 Referensi (2017- 2025)

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Nursing Care for Cervical Cancer Patients Through the Application of Spiritual Emotional Freedom Technique (SEFT) to Reduce Stress Levels in the Tulip Ward of Arifin Achmad Regional General Hospital, Riau Province

Xii + 41 Pages + 10 Tables + 1 Figure + 5 Attachments

ABSTRACT

A diagnosis of cervical cancer often causes significant stress, particularly due to the physical and emotional changes the patient experiences, which can ultimately impact psychological stability and overall quality of life and psychological well-being. One non-pharmacological intervention used to address this condition is the application of the Spiritual Emotional Freedom Technique (SEFT). This study is a case study using a nursing care approach, referring to the Indonesian Nursing Intervention Standards and Evidence-Based Nursing Practice. The intervention was carried out over three days with a duration of 15–20 minutes per session. Evaluation based on the success indicators of the intervention showed a decrease in stress levels in two patients, Mrs. M and Mrs. S, after three days of SEFT application. The stress levels gradually decreased in both patients, with scores dropping from 13 (moderate stress) to 9 (mild stress), and from 15 (moderate stress) to 11 (mild stress). Routine application of the Spiritual Emotional Freedom Technique (SEFT) can produce positive results in reducing patient stress levels.

Keywords : *Spiritual Emotional Freedom Technique (SEFT), Stress, Cervical Cancer*

References : *20 Sources (2017–2025)*