PROGRAM STUDI PROFESI NERS FAKULTAS KEPERAWATAN

INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU

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Penerapan Terapi *Spiritual Emotional Freedom Technique* (SEFT) untuk Menurunkan Kecemasan pada Lansia di Desa Air Terbit, Kecamatan Tapung, Kabupaten Kampar

Xii + 80 Halaman + 5 Tabel + 6 Lampiran

ABSTRAK

Lanjut usia (lansia) merupakan kelompok rentan yang mengalami penurunan fungsi fisik, psikologis, dan sosial sehingga berisiko tinggi mengalami gangguan kecemasan. Kecemasan pada lansia dapat berdampak terhadap kualitas hidup, pola tidur, fungsi fisiologis, serta kemampuan berinteraksi sosial. Salah satu upaya nonfarmakologis yang dapat digunakan untuk menurunkan kecemasan adalah *Spiritual Emotional Freedom Technique* (SEFT), yaitu terapi komplementer yang mengombinasikan aspek spiritual, psikologis, dan stimulasi sistem energi tubuh melalui teknik tapping. **Tujuan** karya ilmiah berbasis *Evidence Based Practice* ini adalah untuk menerapkan terapi SEFT dalam menurunkan tingkat kecemasan pada lansia di Desa Air Terbit, Kecamatan Tapung, Kabupaten Kampar. **Metode** yang digunakan adalah penerapan asuhan keperawatan jiwa dengan teknik studi kasus pada dua orang lansia yang mengalami kecemasan. Tingkat kecemasan diukur menggunakan instrumen *Geriatric Anxiety Inventory* (GAI) sebelum dan sesudah intervensi. Terapi SEFT diberikan selama tiga hari dengan durasi 15–20 menit setiap sesi, melalui tahapan *set up, tune in,* dan *tapping*. **Hasil** penerapan menunjukkan adanya penurunan skor kecemasan pada kedua lansia, ditandai dengan berkurangnya gejala gelisah, ketegangan, gangguan konsentrasi, serta perbaikan respon emosional dan fisiologis. Lansia juga menunjukkan peningkatan rasa tenang, relaksasi, dan kemampuan mengelola kecemasan secara mandiri. **Kesimpulan** Terapi SEFT efektif sebagai intervensi keperawatan nonfarmakologis dalam menurunkan kecemasan pada lansia dan dapat dijadikan alternatif intervensi keperawatan jiwa berbasis bukti di komunitas.

Kata Kunci: Lansia, Kecemasan, *Spiritual Emotional Freedom Technique* (SEFT).
Referensi**:** 13 (2020-2025)

NERS STUDY PROGRAM NURSING FACULTY INSTITUT OF HEALTH SCIENCES PAYUNG NEGERI PEKANBARU

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Application of Spiritual Emotional Freedom Technique (SEFT) Therapy to Reduce Anxiety in the Elderly in Air Terbit Village, Tapung District, Kampar Regency

Xii + 80 Pages + 5 Tables + 6 Appendices

ABSTRACT

Older adults are a vulnerable population experiencing declines in physical, psychological, and social functioning, which increase their risk of developing anxiety disorders. Anxiety in the elderly can negatively affect quality of life, sleep patterns, physiological functioning, and social interaction. One non-pharmacological intervention that may reduce anxiety is the Spiritual Emotional Freedom Technique (SEFT), a complementary therapy that integrates spiritual and psychological components with stimulation of the body's energy system through tapping techniques. This Evidence-Based Practice (EBP) study aimed to implement SEFT therapy to reduce anxiety levels among older adults in Air Terbit Village, Tapung District, Kampar Regency. The method applied was mental health nursing care using a case study approach involving two elderly individuals experiencing anxiety. Anxiety levels were assessed using the Geriatric Anxiety Inventory (GAI) before and after the intervention. SEFT therapy was administered over three consecutive days, with each session lasting 15–20 minutes and consisting of the set-up, tune-in, and tapping stages. The results demonstrated a reduction in anxiety scores in both participants, indicated by decreased symptoms of restlessness, tension, impaired concentration, and improvements in emotional and physiological responses. In addition, the elderly participants reported increased feelings of calmness, relaxation, and improved ability to manage anxiety independently. In conclusion, SEFT therapy was found to be effective as a non-pharmacological nursing intervention in reducing anxiety among older adults and may be considered an alternative evidence-based mental health nursing intervention in community settings.

Keywords: elderly, anxiety, Spiritual Emotional Freedom Technique (SEFT), psychiatric nursing.
Reference: 13 (2020-2025)