

## Spiritual Emotional Freedom Technique (SEFT) as Implementation Of Nursing Care In Hypertension Patients With Lower Of Blood Pressure

Sholichin<sup>1</sup>, Mayusef Sukmana<sup>2</sup>, Iskandar Muda<sup>3</sup>, Khairunisa Az Zahra<sup>4</sup>

<sup>1,2,3,4</sup>Diploma of Nursing Program, Faculty of Medicine, Mulawarman University, Indonesia

Corresponding author: [sholichin307@gmail.com](mailto:sholichin307@gmail.com)

phone number: +6281350778191

### Abstract

**Background:** Hypertension is a non-communicable disease, and this degenerative disease is widespread, has a high mortality rate, and affects a person's quality of life and productivity. High blood pressure or hypertension is often called The Silent Killer because this disease is a hidden killer. Hypertension is defined as a condition that shows the results of an examination where the systolic blood pressure is above 140 mmHg and the diastolic pressure is above 90 mmHg or more on two measurements with an interval of five minutes in a state of sufficient rest/calm. Treatment of hypertension can be done in two ways. Namely pharmacological and nonpharmacological. One of the nonpharmacological therapies that can be used is SEFT. **Purpose:** The purpose of this study was to find out the description of SEFT therapy in reducing blood pressure in hypertensive patients. **Methods:** This study was design a descriptive research design with a case study approach. The sampling technique was purposive sampling which will be carried out in June-July 2022 with three respondents. **Results:** The study of 3 respondents showed different results—the average decrease in blood pressure of respondent 1 in Mrs. M the difference is the systolic pressure of 8 mm Hg and the diastolic pressure of 15 mm Hg in respondent 2 Mrs. The difference S is the systolic pressure of 10 mmHg and the diastolic pressure of 7 mmHg. While respondent 3 Mrs. A, the difference in systolic pressure is 12 mmHg, and diastolic pressure is eight mmHg. **Conclusion:** There was a decrease in blood pressure in respondents with SEFT therapy for three days. Researchers concluded that hypertension could not only be treated with pharmacological treatment, such as complementary therapy and SEFT therapy.

**Keywords:** *Hypertension; SEFT Therapy*

## 1. INTRODUCTION

Hypertension is a non-communicable disease, and this degenerative disease is widespread, has a relatively high mortality rate, and affects a person's quality of life and productivity. High blood pressure or hypertension is often called The Silent Killer because this disease is a hidden killer. Increased blood pressure in the long term can damage the kidneys (kidney failure), heart (coronary artery disease) and brain (stroke) if not recognized early and treated appropriately. Many people with hypertension have uncontrolled blood pressure, which continues to grow (Hasnawati, 2021). Hypertension is defined as a condition that shows the results of an examination where the systolic blood pressure is above 140 mmHg and the diastolic pressure is above 90 mmHg or more on two measurements with an interval of five minutes in a state of sufficient rest/calm. In Indonesia, awareness and knowledge about hypertension are still deficient. The increase in cases of hypertension worldwide is directly proportional to the increase in medical and non-medical treatment. Lifestyle changes aimed at minimizing the strain on the organs exacerbated by this condition can be addressed when treating high blood pressure, from a high-calorie diet to regular exercise. Risk factors for high blood pressure include age, gender, smoking habits, consumption of saturated fat, obesity, lack of exercise, and use of estrogen. In addition to these factors, several factors affect a person's high blood pressure, namely a lack of knowledge and attitudes about hypertension.

Based on the results and Basic Health Research (RisKesDas), the prevalence of hypertension in Indonesia in 2013 was 28.5%, while the prevalence in Indonesia in 2017 increased to 30.9%, according to the National Health Indicator survey results. According to health profile data for East Java Province, the prevalence of hypertension reaches 20.43%. The prevalence of hypertension in men is 20.83%, and in women is 20.11% (Ministry of Health 2017). Hypertension in East Kalimantan is the most common disease, especially in Samarinda. From the Samarinda Health Office data in 2016, there were 5,942 people.

The increase in cases of hypertension worldwide is directly proportional to the increase medically and non-medically. Handling hypertension can be overcome by changing lifestyle patterns starting with a calorie diet and regular exercise to minimize the workload of organs exacerbated by hypertension. Medical treatment of hypertension alone cannot fully maximize healing. To maximize the treatment of hypertension, complementary therapies are carried out, one of which is the Spiritual Emotional Freedom Technique (SEFT) therapy. The results of a study where one round of SEFT therapy was applied to hypertensive patients affected a decrease in blood pressure in hypertensive patients. Complementary therapy has recently become an issue in various countries. People use SEFT therapy for faith, finances, chemical reactions and healing. (Lismayanti & Pamela, 2018)

Hypertension has many factors, one of which is stress. When a person experiences stress, there is tension in the sympathetic nervous system. Increased activity of the sympathetic nerves impacts the contraction of blood vessels. This causes narrowing of the blood vessels. So there is an increase in blood pressure intermittently (erratic). At the same time also stimulation of the adrenal cortex. Muhamadun (2010) states that stress can

stimulate the adrenal glands to release the hormone adrenaline and stimulate the heart to beat faster and stronger so that blood pressure will increase. This condition stimulates the release of cortisol (stress hormone), which causes vasoconstriction of blood vessels. The vasoconstrictive effect causes the decreased flow to the kidneys and the release of renin. Renin stimulates the formation of angiotensin I, which is then converted to angiotensin II, a potent vasoconstrictor that can stimulate the adrenal cortex's aldosterone secretion. The result is sodium and water retention by the kidney tubules, causing an increase in intravascular volume, so we need the right way to deal with this stress. (Johnson, 2010)

Spiritual Emotional Freedom Technique (SEFT) Therapy is a form of mind-body therapy from complementary and alternative nursing therapies - Key points along the 12 energy pathways (energy meridians) of the body for 10-15 minutes with regular tapping intensity will help reduce anxiety and make you feel comfortable and calmer.

Research conducted by Farida (2012) showed that systolic blood pressure in hypertensive patients receiving SEFT treatment differed from the control group. The average decrease in systolic blood pressure was 25.385 mmHg, and the average decrease in diastolic blood pressure was 11.538 mmHg. This follows the study of Rofacky and Aini (2015), which showed that SEFT therapy affects blood pressure in hypertensive patients. This result is also supported by the research of Wijaya (2015), who received 6 SEFT therapies in 2 weeks in hypertensive patients. Each session lasts 20 minutes, and blood pressure is measured. The results of the study show that SEFT therapy is effective in reducing blood pressure in hypertensive patients (Huda & Alvita, 2018).

## **2. METHOD**

The type of research used is descriptive with a case study approach. Case study research is often described as a flexible, challenging and most commonly used methodology in social science research. However, support and attention to case studies are minimal because there is no well-defined protocol. and no standardization or formula for conducting case study research.

The instrument used in this research is observation. Namely, the researcher uses an approach based on the system category that the researcher has made to observe an event and the subject's behaviour. The instruments to be used in this study include: tensimeter, Observation sheet, SEFT SOP

## **3. RESULT AND DISCUSSION**

The results of research conducted in the RT. 08 Kelurahan Sempaja Utara involving three respondents. This study was conducted using observation sheets and SEFT therapy measures in patients with hypertension with the following results:

Respondent 1, with the initials Mrs M, is 48 years old, graduated from high school, is Muslim, ethnically Banjar, works as a housewife, cleans the house daily, takes and picks up children from school, and cooks. Mrs M has suffered from hypertension since 3 years ago and has never taken hypertension medication. Mrs. control his blood pressure by not eating foods high in salt and checking his blood pressure using a tensimeter.

Respondent 2, with the initials Mrs S, is 50 years old, Muslim, Bugis, graduated from high school, works as a housewife, sells food daily, and participates in religious activities such as yasinan and recitation. Mrs S has suffered from hypertension since 7 years ago and has never taken hypertension medication, but Mrs M believes in consuming boiled guava leaves twice a week in the morning to control his blood pressure.

Respondent 3, with the initials Mrs A, is 47 years old, Muslim, ethnic Banjar, graduated from junior high school, works as a housewife, daily activities selling necessities and making snacks, namely sampling at home. Mrs A has suffered from hypertension since five years ago and has been taking the hypertension drug amlodipine, but for the last two years, Mrs M only consumes boiled water of celery leaves and enough rest.

Table 3. The average difference in blood pressure before and after SEFT therapy for 3 measurements

| Respondent | Mean Before | Mean After | Difference(mmHg) |
|------------|-------------|------------|------------------|
| M          | 167/90      | 160/82     | 7/8              |
| S          | 154/83      | 143/77     | 11/6             |
| A          | 157/93      | 145/85     | 12/8             |

The results of this study obtained all respondents with female sex. This aligns with research which found that hypertension incidence was higher in women than men(Sinaga et al., 2022). The prevalence of hypertension after the age of 45-54 years, the walls of the arteries will experience thickening due to the accumulation of collagen in the muscle layer, so the blood vessels will gradually narrow and become stiff with age. In premenopausal women begin to lose little by little the hormone estrogen, which has been helping protect blood vessels from damage. Before women experience menopause, the activity of the hormone estrogen plays a role in increasing levels of High-Density Lipoprotein (HDL). High HDL levels prevent arteriosclerosis from reducing cardiovascular disease incidence(Sinaga et al., 2022)(Khairul Anwar, 2019)

Increasing age will cause several physiological changes. In old age, there is an increase in peripheral resistance and sympathetic hormone activity(Eska Dwi Prajayanti, Irma Mustika Sari, 2020). When women enter old age, women will also enter menopause, where women are more influenced by hormonal changes(Surayitno & Huzaimah, 2020). One hormone that affects women when they enter menopause is the estrogen hormone. A decrease in estrogen can increase hypertension risk. Older adults who suffer from hypertension are at significant risk of cardiovascular disease because systolic blood pressure can increase progressively according to age. Increased systolic and diastolic blood pressure can increase cardiovascular mortality and morbidity (Surayitno & Huzaimah, 2020).

The risk of hypertension can be caused by increasing age, the research conducted which stated that most respondents who suffer from hypertension are at a vulnerable age of 56-65 years. The results of research conducted also found that most hypertension sufferers were in the age group > 50 years.(Syafrianti et al., 2021)

Before being given SEFT therapy, the three respondents had different complaints during the assessment. Respondent 1, with the initials Mrs M, complained of pain and tension in the nape of the neck when dropping off and picking up school children or during strenuous activities. For the past week, Mrs M did not control the food he consumed, so his blood pressure became high in respondent 2, Ny. S said that lately, he had had trouble sleeping at night because he is thinking a lot about his family, so he feels dizzy, and his blood pressure has been rising for the past few days. While respondent 3 Ny. A said that he had had many orders for making snacks for the past two weeks, so Mrs A could not control her sleep because she had to prepare the snacks. Mrs A also said he did not eat regularly because he did not have time.

Researchers argue that what causes respondents to have blood pressure is due to several other factors, such as behaviour in life or human lifestyle, such as age, genetics, smoking, alcohol consumption, stress, and lack of exercise (Elsa Panji Sukma, Sri Yuliawati, Retno Hestningsih, 2019). Stress is one of the factors that cause hypertension. When a person experiences stress, there is tension in the sympathetic nervous system. Increased activity of the sympathetic nerves impacts the contraction of blood vessels. This causes narrowing of the blood vessels. So there is an increase in blood pressure intermittently (erratic). At the same time, there is also stimulation of the adrenal cortex. Prasetyo, (2012) states that stress can stimulate the adrenal glands to release the hormone adrenaline and stimulate the heart to beat faster and stronger so that blood pressure will increase. This condition stimulates the release of cortisol (stress hormone), which causes vasoconstriction of blood vessels. The vasoconstrictive effect causes a decrease in flow to the kidneys and the release of renin. Rennin stimulates the formation of angiotensin I, which is then converted to angiotensin II, a potent vasoconstrictor which can stimulate aldosterone secretion and the adrenal cortex. The result is sodium and water retention by the kidney tubules, causing an increase in intravascular volume

Based on the results of research conducted on three respondents, it was shown that hypertension sufferers in the RT area. In 08 sub-districts of North Sempaja, it is known that most respondents experienced a decrease in blood pressure in the low category (1-15 mmHg) after being given SEFT therapy for 15-20 minutes.

SEFT therapy helps reduce sympathetic nerve activity, which causes a decrease in respiratory rate, blood pressure, and heart rate. Knocking in SEFT responds to the peripheral nervous system to the central nervous system. Tapping done on the peripheral nerves will continue stimulating the central nerves via neurotransmitters. Manual stimulation at acupuncture points controls cortisol relieves pain, lowers heart rate, reduces anxiety, and regulates the autonomic nerves, thereby making you feel calm and relaxed. Decreased cardiac output will affect the work of the heart, which gives a feeling of calm and relaxation so that cardiac output decreases. Decreased cardiac output has the effect of reducing blood pressure (Rachmanto & Pohan, 2021).

After being given SEFT therapy, respondent 1, with the initials Mrs M, said he felt calm and comfortable. He also felt the pain in the nape of his neck had decreased, and his body felt light. Respondent 2, with the initials Mrs S, said he felt calmer, and his body felt relaxed. He also said he would do it again when he felt pain. Respondent 3, with the

initials Mrs A, also said the same thing: he felt his body was more relaxed and comfortable when given SEFT therapy.

Several studies have shown that SEFT therapy can reduce systolic and diastolic blood pressure. This is in line with research conducted by Huda & Alvita (2018) concerning the effect of SEFT on reducing blood pressure in hypertensive patients showing a significant effect of SEFT therapy on reducing blood pressure in hypertensive patients. This therapy provides a sense of calm because there is a balanced process between the body's energy, causing a relaxing effect and blood pressure to stabilize. SEFT therapy is used to calm the heart, which is expected to increase spiritual elements and release thoughts congested by emotional elements(Huda & Alvita, 2018).

Based on the results of research conducted on three respondents, it was shown that hypertension sufferers in the RT area. In 08 sub-districts of North Sempaja, there was a difference in blood pressure before and after the SEFT therapy was given. In respondent 1, Mrs M obtained the average result of the difference in systolic blood pressure reduction of 8 mmHg and diastolic blood pressure of 15 mmHg. In respondent 2, Ny. S obtained the average result of the difference in systolic blood pressure reduction of 10 mmHg and diastolic blood pressure of 7 mmHg. In respondent 3, the average result was a decrease in systolic blood pressure of 12 mmHg and eight mmHg in diastolic blood pressure.

After further study, the three respondents, on average, previously did not know about nonpharmacological therapy for hypertension in the form of SEFT therapy, which can help lower blood pressure. This is also related to respondents' low education and the respondents' knowledge to provide a stimulus at the SEFT point to help release endorphins or hormones. Happiness. Mills (2012) explained that giving relaxation techniques can reduce blood pressure. Relaxation involves the work of the sympathetic and parasympathetic nervous systems. The relaxed state of the smooth muscles of the arteries, veins and other muscles in the body helps to lower norepinephrine levels in the blood. The stimulus spread by relaxed muscles will make the human soul and internal organs feel calm and comfortable. This condition occurs because the sympathetic nervous system is suppressed, so the production of the hormones epinephrine and norepinephrine in the blood decreases. Their decreased hormone levels in the blood cause the heart's work to pump blood to decrease, so blood pressure also drops.(Patriyani & Sulistyowati, 2020)(Ainurrafiq, Risnah, 2019)

#### 4. CONCLUSION

The average difference in blood pressure reduction before and after being given SEFT therapy to Mrs M systolic 7 mmHg and diastolic 8 mmHg, in Mrs S systolic 11 mmHg and diastolic 6 mmHg, and Ny. A systolic is 12 mmHg and diastolic is 8 mmHg.

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