

## Anxiety Level of Ovarian Cancer Patients After Being Given SEFT (Spiritual Emotional Freedom Technique)

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### ABSTRACT

Ovarian cancer is the case with cancer most common cancer in the world, with 240,000 new cases every year. There are three ways to respond emotionally to cancer patients that are rejection, anxiety, stress, and even depression. As many as 28.8% of cancer patients experience anxiety. When anxiety is not handled, it can even cause stress and depression that influence the expectations and quality of life of patients. Spiritual Emotional Freedom Technique (SEFT) is therapy That uses spiritual elements to reduce psychological and physical problems caused by emotional or psychosomatic causes. Research purposes: This is to analyze the worried patient's ovarian cancer level after SEFT. Type research used in research This is a quantitative study with the method pre-experimental approach One Group Pretest- Posttest Where the population in this study is patients with ovarian cancer at the Indonesian Cancer Foundation, East Java Coordinating Branch—taking sample done with technique Purposive sampling according to the inclusion criteria with a total of 26 patients. Intervention therapy SEFT is done 4-5x times each Sunday for two weeks. The instruments used were the HARS questionnaire sheet, observation sheet, and SOP for implementing SEFT. The data analysis used is the parametric Paired T-test. The result obtained is  $P$ -value =  $0.000 < (\alpha = 0.05)$ , which means that  $H_0$  is rejected and  $H_1$  is accepted. Where the conclusion is that the Spiritual Emotional Freedom Technique (SEFT) affects reducing anxiety if done regularly and continuously. The intervention focuses on reducing problem psychological Problems caused by emotional or psychosomatics. So, the body will experience relaxation, and the patient will become calm.

## Introduction

Health reproduction is interpreted as health, in a way, physical, mental, and complete social welfare for all related things with systems and functions as well as reproductive processes. It is not only a condition free from disease. Women's reproductive organs are one of the frequent areas where hormones, infections, cysts or myomas, and cancer cause various possible diseases. Cancer is a natural disease, not infectious, or NCD (Non-non-communicable disease), which become the cause of death of most giant men around the world; globally, almost 1 in 6 deaths is caused by cancer (WHO, 2018). About 70% of cases of death consequence disease cancer occur in low-income countries. Frequent cancers experienced by women are breast cancer, cervical cancer, and Ovarian Cancer (Stelzle et al., 2021).

Ovarian cancer is the case with cancer most common cancer in the world, with 240,000 new cases every year (Chatterjee et al., 2021). World Cancer Research Fund International (2018) incidence of new

ovarian cancer enhancement reached 300,000. In Indonesia, Ovarian Cancer there is the number of 15 cases per 100,000 women (Stelzle et al., 2021), whereas According to Global Cancer Incidence, Mortality and Prevalence (Globocan) data, figures incident ovarian cancer in 2020 was 14,896 cases and numbers death reached 9,581 cases. Based on data from the Surabaya City Health Office, figures for cancer during the final year are still fluctuating. In 2018, there were 2,379 cases, in 2019, it rose to 3,035, and in 2020 it decreased to 2,619 cases. Based on the data obtained from Premier Hospital Surabaya, in 2021, there were 95 cases of ovarian cancer (Hartawan et al., 2021), in 2022, there will be 87 cases of ovarian cancer, and by 2023, starting in January – June there were 50 cases ovarian cancer. In general, there are three methods for responding to cancer in an emotional way that is rejection, anxiety, stress, and even depression. Results show that as many as 28.8% of patients with cancer experience worry (Br. Sitepu & Wahyuni, 2018).

Anxiety related to cancer can increase pain, affect sleep, cause nausea and vomiting, and disturb quality of life, and severe anxiety can even shorten the life of a patient (Lina et al., 2019). Based on the results of interviews conducted at the Indonesian Cancer Foundation Branch Coordinator East Java with patients who have ovarian cancer, as many as nine patients disease cancer is something fatal and complex disease healed so that matter This causes the emergence of negative thoughts and so on, giving rise to anxiety in sufferers cancer. Other factors mentioned that patients feel anxious and stressed because of the condition they are experiencing that causes pain and boredom. Because of the care of Consequences illness patients, cancer often suffer twofold than most diseases, which means that besides cancer themselves, they also suffer worry, even depression. Remember the possible impact of worry about the so done proper handling to increase the number of patients with ovarian cancer, some studies have already been done to overcome worry. One of them with non-pharmacological therapy uses the *Spiritual Emotional Freedom Technique (SEFT)* (Rumambi et al., 2023). This study aims to analyze the worried patient's ovarian cancer level after SEFT.

## Methods

This research was done by one of the Surabaya branches of the Indonesian Cancer Foundation. This study type is a quantitative design study and is an experimental one-group pre-and post-test. Population in a study population of as many as 39 who had ovarian cancer at the East Java branch of the Indonesian Cancer Foundation. Technique taking a sample, namely purposive sampling, sample study: As many as 26 respondents with criteria for cancer patients stages 1-3, experiencing anxiety disorders, can communicate well, have comprehension awareness, and are willing to be respondents (Djaali, 2020). Data collection takes the form of a questionnaire, namely the HARS (Hamilton Anxiety Rating Scale). Before giving Respondent SEFT therapy, given the HARS questionnaire, and after being given SEFT for 15-25 minutes, Given the HARS questionnaire again. On research, this is using ethical clearance to party Committee Ethics Faculty Science and Health UNIPA with number Ethics 112-KEPK/FSK/IV/2023 dated 17 October 2023.

## Results

This variable is what is measured as the level of anxiety in Respondents with Ovarian Cancer. Results measurements can seen in the table under

**Table 1** Anxiety Level Before (*Pre-Test*) and After (*Post-Test*)

Anxiety Level	<i>Pre-Test</i>		<i>Post-Test</i>	
	Amount	Percentage	Amount	Percentage
No Worried	0	0%	5	19.2%
Worry Light	8	30.8%	11	42.3%
Worry Currently	8	30.8%	10	38.5%
Severe Anxiety	10	38.5%	0	0%
Total number	26	100%	26	100%

Source: Primary data for 2023

**Table 2** Anxiety Level Analysis Table Patient Ovarian Cancer Before (*Pre-Test*) and After (*Post-Test*)

Variable <i>N = 26</i>	Mean: Median Min-Max	Std. Deviation ( <i>SD</i> )
Pre-Test	3, 08: 3.00 2-4	0.845
Post-Test	2, 19: 2.00 1-3	0.749

Source: Primary data for 2023

Table 1 above shows that the results of the HARS questionnaire regarding the level of worry before treatment were obtained from respondents who experienced worry heavy, medium, and light. In contrast, on the results after giving treatment, some respondents experienced worry heavy, just obtained respondents with moderate worry, anxiety light, and no existing worry. Most of the pre-test respondents experience heavy anxiety, namely 38.5% (10 respondents). During the post-test, respondents who experienced worry heavily experienced a declined level of worry, moderate six respondents and anxiety light four respondents.

**Table 3.** Results of the Anxiety Data Normality Test Patient Ovarian Cancer

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistics	Df	Sig.	Statistics	df	Sig.
Anxiety Pretest	,124	26	,200 *	,932	26	,088
Anxiety Posttest	,155	26	,107	,912	26	,030

\*. This is a lower bound of the true significance.

Based on Table 3, mark signification is known. Sig *Pretest* was 0.088 more significant than 0.05 ( $0.088 > 0.05$ ), and the value of Sig *Post-test* significance amounted to more than 0.030 significant from 0.05 ( $0.030 > 0.05$ ). It can interpreted that the normality test *Shapiro Wilk* above is normally distributed because mark significance is more than 0.05 or  $sig > 0.05$ , so fulfil condition For next with the Parametric *Paired T-Test*.

**Table 4.** Homogeneity Test Table

Levene Statistics	df1	df2	Sig.
1,091	1	50	,301

Based on Table 4 above, it is known that the mark significance of Sig. of 0.301 is considerable at 0.05 ( $0.301 > 0.05$ ). Thus, the homogeneity test levne above concluded that the data is homogeneous.

**Table 5.** Statistical Test Results Influence Spiritual Emotional Freedom Technique Against Worry Patient Ovarian Cancer

Tests	<i>n</i>	Statistics Descriptive		Paired T-Test	
		<i>M (Std.D)</i>	<i>t</i>	<i>Df</i>	Sig (2-tailed)
Pre-Test	26	3.08 (0.845)	8,402	25	0,000*
Post-Test	26	2.15 (0.732)			

\*  $p < 0.05$  Significance value

Based on Table 5 shows the average value level worry *Pre-Test* with value ( $M$  (Mean) 3.08 with mark  $Std.D$  (Standard Deviation) 0.845) and value *Post-Test* or after given SEFT intervention ( $M$  (Mean) 2.15 with mark  $Std. D$  0.732) with  $p$ -value 0.000 where  $p < 0.05$  so results from the *Paired Sample T-Test* test shows significant figure between mark *Pre-Test* and score *post-test*.

## Discussion

The frequency and percentage of worry can be known based on research done before treatment. The *pretest* results show that 38.5% (10 respondents) have category worry weight, 30.8% (8 respondents) with worry moderate, and 30.8% (8 respondents) with worry light. So, from exposure, it is known that the level of worry patients with ovarian cancer is heavy. Worry is feelings of anxiety, worry, and fear that are not clear, as if something threatening accompanies a response (Keliat, 2020).

Based on research that has been done on 26 respondents after given intervention of SEFT (Spiritual Emotional Freedom Technique), it is known that after given intervention, there is a change in the level of anxiety experienced by respondents, namely as many as ten respondents (38.5%) and anxiety mild 11 respondents (42.3%). That matter shows that there is a change in anxiety levels in respondents after the intervention SEFT. This matter is in line with Sri Maryatun's research (2020), which shows that SEFT (Spiritual Emotional Freedom Technique) is capable of lowering stress levels in patients with cancer cervix with a mark of  $P$  0.001 and obtained the average stress level before given therapy of 20.58 and after given the average therapeutic stress level was 11.50. SEFT (Spiritual Emotional Freedom Technique) is a helpful intervention to reduce feeling hostile to someone stressed and to change emotions. SEFT (Spiritual Emotional Freedom Technique) merges system energy, body, and spirituality. The series procedures carried out is Set-Up (neutralizes negative energy in the body), Tune-In (directs mind at the place of pain), and Tapping (knocking light with two end fingers on the dots certain in the body man) (Anggraini & Safinatunnajah, 2021)

Based on research conducted by Feinstein (2021), when somebody is fear-tapping is done on a point *acupoint*, then declined activity Amygdala, in other words, decline activity wave brain,  $p$  it also stops response fight or flight to participants (Keten Edis & Kurtgöz, 2024). Then, the effect of relaxation will neutralize all tension and emotions experienced by the individual. This effect is the same response when somebody is stimulated with needle acupuncture on the meridians. Temporary, according to (Feinstein, 2021), if seen from the aspect reaction physiological to SEFT (Spiritual Emotional Freedom Technique) knock light (tapping) on the 12 meridian points of the body that can stimulate or push the Pituitary Gland to emit hormone endorphins, where are hormones the will give effect calm as well as give rise to feeling happy. Doing so can reduce feelings of anxiety.

Some respondents state that many changes are experienced and experienced after it, especially changes in worry or felt and felt anxiety, more calm and relaxed. So, the researcher assumes that the level of worry experienced declines after intervention SEFT (Spiritual Emotional Freedom Technique) because the effect of therapy makes the patient feel more relaxed and comfortable. Consequences from endorphin hormones are produced so that he can lower the tension he experienced. The breast cancer diagnosis causes a high level of suffering and distress in patients who experience difficulties in coping

(Leão et al., 2022).

Results research that has been done for two weeks, intervention SEFT (Spiritual Emotional Freedom Technique) influential to decline worry with proved it analysis test results use Paired T-Test was obtained results P-value  $0.000 < (\alpha = 0.05)$  so can concluded that intervention SEFT (Spiritual Emotional Freedom Technique) has significant influence to decline level anxiety in patients ovarian cancer.

Spiritual spiritual-emotional Freedom Technique (SEFT) combines Spiritual Power with Energy Psychology. Almost 90% of the Spiritual Emotional Freedom Technique (SEFT) is Emotional Freedom Technique (EFT), Which is intended to be the point. Need is a known energy psychology technique that uses tapping, starting from the TFT Roger Callahan, the EFT Gary Craig, his PET Steve Walls, and David Lake, who use points with the same tapping. Tapping is a knock light with two end fingers on the specific points inside the body. This point is the key from “The Major Energy Meridians,” which, if we tap several times, will impact the neutralized disturbance emotion or pain we are feeling because of the flow of body energy that usually and in balance returns and stimulates or tapping directly. Specific points acupuncture influences the expenditure of cortisol.

This matter is in line with research conducted by Anggraini & Safinatunnajah (2021), where a knock on the Hypothalamus Pituitary Adrenal (HPA) alternates between stop system alarm response nerve sympathetic and relaxing system nerve parasympathetic, so lower rate hormone cortisol. A lower rate of cortisol can relax and stabilize blood pressure, hemodynamics become regular, and blood circulation smoothly, making somebody relax.

There is a decline in anxiety in respondents, making respondents become more sincere and accepting of the pain suffered moment. Several respondents also pointed out optimistic thoughts and did not tend to think about bad things that would happen later. According to Kusnanto et al. (2016), optimism can make stressful situations Something that must faced and resolved because That individual will resolve and face the problem that exists compared to an individual who is thinking sour or pessimistic. This matter is in line with a study by Mugihartadi (2020) titled “Influence Spiritual Therapy Emotional Freedom Technique (SEFT) To Reducing Anxiety Levels in the Elderly During the Covid-19 Pandemic” that part significant respondents elderly aged 71-80 years as much as 54.4%. There is an influence of SEFT therapy against the level of anxiety in the elderly during the Covid-19 pandemic in the Village Grantung with p-value = 0.000 (p-value < 0.05).

## **Conclusions**

Spiritual Emotional Freedom Technique (SEFT) affects reducing anxiety if done regularly and continuously. The intervention focuses on reducing problem psychological Problems caused by emotional or psychosomatics. So, the body will experience relaxation, which will cause the patient to become calm.

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