

DIFFERENCE *SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE* (SEFT)
AND COMBINATION WITH DEEP BREATHING THERAPY ON
REDUCTION OF PAIN IN POST-OPERATIVE EXTREMITY FRACTURE
PATIENTS AT KARSA HUSADA BATU HOSPITAL

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ABSTRACT

Post-operative pain from extremity fractures is a common problem that can impede the patient's recovery process. Non-pharmacological pain management techniques such as Spiritual Emotional Freedom Technique (SEFT) and deep breathing therapy are increasingly being applied to reduce pain intensity. This study aims to determine the difference in effectiveness between SEFT and the combination of SEFT with deep breathing therapy on pain reduction in post-operative fracture extremity patients at RSUD Karsa Husada Batu. This research used a quantitative design with a quasi-experimental method and a pretest-posttest approach with two intervention groups. The sample size consisted of 32 respondents who were purposively divided into two groups, each with 16 individuals. Pain measurement was conducted using the Numeric Rating Scale (NRS). The results of the analysis using the Wilcoxon and Mann-Whitney tests showed that both SEFT and the combination of SEFT with deep breathing therapy were effective in significantly reducing pain ($p < 0.05$). However, there was a significant difference between the two groups, where the combination of SEFT and deep breathing therapy showed a greater reduction in pain compared to SEFT alone ($p < 0.05$). The combination of SEFT and deep breathing therapy is more effective and is recommended to be applied as a complementary therapy in postoperative pain management.

Keywords : Postoperative pain, limb fracture, SEFT, deep breathing therapy.