

# **THE EFFECT OF SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE (SEFT) THERAPY ON ANXIETY AND HEMODYNAMIC PREOPERATIVE PATIENTS IN THE DAHLIA WARD OF RSUD MARDI WALUYO BLITAR**

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## **ABSTRACT**

Preoperative anxiety is a common psychological response experienced by patients and can affect physiological conditions. Patients facing surgery, particularly elective surgical procedures, may experience anxiety and hemodynamic changes due to perceived high risks. Inadequate management of anxiety can increase the risk of intraoperative complications. This study aimed to determine the effect of the Spiritual Emotional Freedom Technique (SEFT) on anxiety levels and hemodynamic status in preoperative patients in the Dahlia Room at Mardi Waluyo Regional Hospital, Blitar. A quasi-experimental design with a pre-post test control group approach was used. The sample consisted of 100 patients divided into an intervention group (SEFT) and a control group (standard hospital procedure). Anxiety was measured using the State-Trait Anxiety Inventory (STAI), along with hemodynamic parameters. Independent t-tests and Mann-Whitney tests showed significant reductions in anxiety levels and hemodynamic parameters such as blood pressure, heart rate, respiratory rate (RR), and mean arterial pressure (MAP) in the intervention group ( $p < 0.001$ ), while the control group showed no significant changes. Body temperature remained unchanged. The results indicate that SEFT is an effective non-pharmacological intervention for reducing anxiety and improving hemodynamic status in preoperative patients. This study supports the integration of SEFT in holistic nursing care. Further research with broader scope and long-term follow-up is recommended to explore SEFT's impact on postoperative recovery.

**Keywords:** SEFT Therapy, Anxiety, Hemodynamics, Pre-operative