

ABSTRACT

Background: COVID-19 can affect social and psychological aspects as well as physical health. Anxiety, loss of control in independence, changes in self-concept and breathing difficulties lead to serious psychological changes, including fear of death and depression. The motivation of patient is one of the factors that influence patient compliance in undergoing treatment and care. If the motivation is low, it will make the patient disobedient in undergoing treatment. Spiritual Emotional Freedom Technique (SEFT) is a therapy that uses spiritual elements to reduce psychological and physical problems caused by emotional or psychosomatic causes. The purpose of this study was to analyze the effect of SEFT on anxiety and motivation to recover in COVID-19 patients.

Methods: The study used a True Experiment with a Pre-Post test control group design approach. The study population was covid-19 patients at the Rumah Karantina Kota Probolinggo. Sampling was done by purposive sampling technique according to the inclusion criteria with a total of 68 patients. The SEFT intervention was carried out 5 times for 1 week. Anxiety measuring instrument was using HARS and the level of motivation to recover was using a motivation questionnaire (Likert scale). Data analysis was using Wilcoxon, Mann Whitney Test.

Results: There was a difference in the level of anxiety (p 0.000) and motivation to recover (p 0.000) after the intervention of Spiritual Emotional Freedom Technique (SEFT) on COVID-19 patients at Rumah Karantina Kota Probolinggo

Conclusion: Spiritual Emotional Freedom Technique (SEFT) therapy can reduce anxiety levels and increase motivation to recover from COVID-19 patients, if done regularly and continuously. These interventions focus on reducing psychological problems caused by emotional or psychosomatic causes.

Keywords: COVID-19, EFT, SEFT, anxiety, motivation to recover