



Literature review: Pengaruh SEFT (Spiritual Emotional Freedom Technique) Terhadap Penurunan Tekanan Darah Lansia Hipertensi

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ABSTRACT

Elderly is a process of aging with increasing age of the individual characterized by with decreased function of organs such as the brain, heart, liver and kidneys and increased tissue loss. One of the system disorders that are often experienced by the elderly is the cardiovascular system such as hypertension. Hypertension or high blood pressure is one of the global health problems that requires special attention today. Hypertension can be fatal if not properly controlled or commonly referred to as complications. Complications of hypertension occur due to organ damage caused by a very high increase in blood pressure for a long time. This situation can be overcome by providing SEFT therapy actions, the purpose of this literature review is to review articles related to SEFT Therapy. Where in the discussion of the Decrease in Blood Pressure of Hypertensive Elderly, the method used in writing this literature review is by searching sourced from electronic data base includes Google Scholar from 2015-2020 using 15 journals related to SEFT Therapy management. The results of the literature review indicate that there is a relationship between SEFT Therapy and a decrease in blood pressure in hypertensive elderly.

INTRODUCTION

The prevalence of non-communicable diseases in Indonesia has increased. One of the trends in the

increasing prevalence of non-communicable diseases is hypertension, which is referred to as the silent killer. Hypertension is a state of chronically

increased blood pressure, this occurs because the heart works harder to pump blood to meet the needs of oxygen and nutrients of the nervous body. Hypertension can occur in everyone, regardless of gender or age, but the incidence increases at the age of over 40 years. Increasing age has an increased risk of hypertension, meaning that the more life expectancy increases, the more opportunities there are to increase the incidence of hypertension in the elderly. The elderly are often affected by hypertension due to changes in blood vessel elasticity resulting in stiffness in the arteries and resulting in increased blood pressure.

Hypertension has become a very serious health problem in the elderly due to its high prevalence and association with the incidence of cerebro cardiovascular diseases such as stroke and heart disease and kidney disease. Hypertension can also cause problems for the fulfillment of human needs, which according to Henderson's Theory consists of 14 basic human needs, one of which is Spiritual needs. Patients with hypertension often feel fear-and anxiety about the disease, fear of the threat of complications, and fear of blood pressure that is often high or even feel incurable. Patients with hypertension also generally have unstable emotions so that they are easily angered in the face of problems that cause blood pressure to be high. Therefore, nursing interventions not only focus on physical aspects, but also psychological aspects, especially spiritual. Self-care management in hypertension is an essential part in the management of hypertension cases.

Most hypertension treatments are pharmacological. This method is indeed quite effective and practical, but its use requires supervision from health workers,

so it requires the patient's diligence to carry out regular checks by health workers. This pharmacological method can only overcome physical problems, even though some people with hypertension psychological problems are sometimes the trigger, so action is needed with an emotional or spiritual approach. Currently, many complementary therapies have been developed, one of which is SEFT (Spiritual Emotional Freedom Technigue), which can overcome various problems both physical and psychological without any side effects, cheap and easy to do.

Based on the description above, reducing the blood pressure of hypertensive elderly people can use SEFT therapy. So the authors are interested in conducting a case study with a journal review regarding "The Effect of SEFT Therapy on Lowering Blood Pressure in Hypertensive Elderly". Elderly is an aging process with increasing individual age characterized by decreased function of organs such as the brain, heart, liver and kidneys and increased tissue loss. One of the system disorders that are often experienced by the elderly is the cardiovascular system such as hypertension. Hypertension or high blood pressure is one of the global health problems that requires special attention today. Hypertension can be fatal if not properly controlled or commonly referred to as complications.

Complications of hypertension occur due to organ damage caused by a very high increase in blood pressure for a long time. This situation can be overcome by providing SEFT therapy action. The purpose of this literature review is to review articles related to SEFT Therapy. Towards Decreasing Blood Pressure in Elderly Hypertension.

Allah SWT says in the letter QS. Luqman verses 14-15 which reads:

ووصينا الإنسان بوالديه حملته أمه وهنا على وهن وفصله في عامين أن أشكر لي ولوالديك إلى المصير

Meaning: And We commanded man (to be kind) to his two mothers; his mother conceived him in a state of increasing weakness, and weaned him in two years. Give thanks to Me and to your two mothers and fathers, only to Me shall you return..

METHOD

The method used in writing this literature review is a search sourced from an electronic data base including Google Scholar from 2015-2020 using 15 journals related to SEFT Therapy management.

RESULTS AND DISCUSSION

The results based on literature review of 15 journals related to SEFT therapy can provide an overview that SEFT therapy is an easy, safe and simple way to treat hypertension in the elderly, besides being easy to do and stages that are easily remembered by the elderly so that they can be done independently. SEFT therapy is proven to be effective in lowering blood pressure in elderly hypertension in accordance with 15 journals with significant results between SEFT therapy and lower blood pressure. The results of the literature review indicate that there is a relationship between SEFT Therapy and a decrease in blood pressure in hypertensive elderly.

Hypertension is a condition when the systolic blood pressure is more than 120mmHg and the diastolic pressure is more than 80 mmHg. Hypertension often causes changes in blood vessels that can lead to higher blood pressure (Muttaqin, 2009).

Age is one of the factors that can affect blood pressure. Age is related to high blood pressure (hypertension). The older a person is, the greater the risk of developing hypertension (Khomsan, 2003). This happens because at that age the large arteries lose their flexibility and become stiff because the blood is narrower than usual and causes an increase in blood pressure (Sigarlaki, 2006). This is in accordance with the research of Novitaningtyas (2014) which found that the most common age was 60-74 years old at 36.4%.

After doing SEFT therapy 3x in 1 week. From the results of data analysis obtained the results of blood pressure before SEFT therapy on average 1.30 and blood pressure after SEFT on average 2.20. Statistical Test Results Wilcoxon statistical test results obtained p value = 0.000 and $\alpha = 0.05$. The p value result is lower than α , so the hypothesis is accepted. The conclusion from the results of the study is that there is a difference in blood pressure results between before and after being given SEFT therapy, so that there is a decrease in blood pressure in the elderly who experience hypertension.

Spiritual Emotional Freedom Technique (SEFT) is a therapeutic form of acupuncture without needles, just tapping with two fingers on 18 points to stimulate the meridian points of the body of the client while "tune in" to the problem so that the subsequent relaxation response occurs. There will be 3 stages in this therapy namely, the set up stage, the tun-in stage and the tapping. The hypothalamus will activate the parasympathetic nervous system to stimulate vasodilation of blood vessels and suppress the sympathetic nerve stress response and suppress urine production in the kidneys which causes a decrease in blood pressure (Corwin, 2009). This is in accordance with the theory (Steve, 2011), that Spriritual Emotional Freedom Technique (SEFT) will make

someone feel a relaxation response and become relaxed, so that blood pressure in the elderly suffering from hypertension can be lowered.

Researchers argue that the non-pharmacological approach of SEFT therapy action is an intervention that can be applied to every patient who experiences hypertension. Elderly people suffering from hypertension can use SEFT therapy as a complementary treatment effort that can be done independently in addition to continuing to check blood pressure and take medication regularly, adjusting diet, and managing stress to control blood pressure levels.

CONCLUSIONS

SEFT therapy is proven to be effective in lowering blood pressure in elderly hypertension in accordance with 15 journals with significant results between SEFT therapy and lower blood pressure.

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