

**EFEKTIVITAS *SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE*
THERAPY (SEFT) FOR HEALING DALAM MENURUNKAN *DIABETES*
DISTRESS PADA PENDERITA *DIABETES MELITUS* DI USIA PRODUKTIF**

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui efektivitas SEFT (*Spiritual Emotional Freedom Technique*) *for healing* dalam menurunkan *diabetes distress* pada penderita diabetes melitus di usia produktif. Subjek dalam penelitian ini berjumlah 12 orang dengan tingkat *diabetes distress* sedang dan tinggi yang diukur dengan menggunakan skala *Diabetes distress* DDS17. Desain penelitian ini adalah desain eksperimen dengan *pre-post-test control group design* dimana adanya kelompok eksperimen dan kelompok kontrol. Teknik analisa data dalam penelitian ini menggunakan analisis statistik *Wilcoxon Sign Rank Test* dan *Mann Whitney U-Test*. Hasil uji *Wilcoxon Sign Rank Test* menunjukkan nilai signifikansi $p= 0.028$ ($p<0,05$) dan diperkuat dengan hasil uji *Mann Whitney U-Test* dengan nilai signifikansi $p= 0.004$ ($p<0,05$) dan penurunan nilai $\bar{x} = 63.33$ menjadi $\bar{x} = 20.33$, yang berarti ada perbedaan tingkat *diabetes distress* yang signifikan pada penderita diabetes melitus di usia produktif sebelum dan setelah diberikan intervensi SEFT *for healing*. Hasil tersebut menunjukkan bahwa SEFT *for healing* dapat menurunkan tingkat *diabetes distress* dan hipotesis diterima. SEFT *for healing* terbukti efektif dan dapat dijadikan salah satu terapi dalam menurunkan distress pada penderita diabetes.

Kata kunci: SEFT *for healing*, Diabetes Distress, Penderita Diabetes Melitus di Usia Produktif

**THE EFFECTIVENESS OF *SPIRITUAL EMOTIONAL FREEDOM*
TECHNIQUE THERAPY (SEFT) FOR HEALING TO REDUCE THE
DIABETES DISTRESS IN PEOPLE WITH DIABETES MELLITUS AT
PRODUCTIVE AGE**

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ABSTRACT

This study aimed to examine the effectiveness of Spiritual Emotional Freedom Technique (SEFT) for healing to reduce the diabetes distress levels in people with diabetes mellitus at productive age. Participants in this study were 12 people, 33-61 years old male and female with moderate and high levels of diabetes distress as measured with the diabetes distress scale/ DDS17. This research design was an experimental pre-post-test control group design with an experimental group and a control group. The data analysis technique used in this study was statistical analysis with the Wilcoxon sign rank test and the Mann-Whitney U-test. The results of the Wilcoxon Sign Rank Test showed a significance value of $p = 0.028$ ($p < 0.05$) and were strengthened by the results of the Mann-Whitney U-Test with a significance value of $p = 0.004$ ($p < 0.05$) and a decrease in the value of $\bar{x} = 63.33$ to $\bar{x} = 20.33$, which means there is a significant difference in the level of diabetes distress in people with diabetes mellitus at productive age before and after being given the SEFT for healing intervention. These results indicate that SEFT for healing can reduce the level of diabetes distress and the hypothesis is accepted. SEFT for healing is proven effective and can be used as one of the therapies to reduce the distress in people with diabetes.

Keywords: *SEFT for healing, Diabetes Distress, Diabetes Mellitus Patients at Productive Age*