

## ABSTRAK

Penelitian ini bertujuan untuk mengetahui efektivitas pelatihan SEFT (*Spiritual Emotional Freedom Technique*) terhadap penurunan kecemasan pada ibu hamil trimester III. Subyek berjumlah 24 orang ibu hamil trimester III dengan tingkat kecemasan sedang hingga tinggi yang diukur dengan skala kecemasan ibu hamil trimester III (Paramita, 2010), desain penelitian menggunakan *between subject design* dan subyek dikelompokkan pada kelompok eksperimen dan kelompok kontrol melalui *random assignment*. Teknik analisa data menggunakan *Wilcoxon signed rank* dan *mann whitney u test*. Hasil uji dengan *Wilcoxon Signed Rank Test* diperoleh nilai  $p = 0.002$  ( $p < 0,050$ ) dan diperkuat dengan hasil uji dengan *mann whitney u test* yang menunjukkan bahwa hasil nilai  $p = 0,000$  ( $<0,050$ ) yang berarti ada perbedaan tingkat kecemasan ibu hamil trimester III pada subyek di kelompok eksperimen. Pada pengukuran *pretest* di kelompok eksperimen diperoleh  $\bar{x} = 75,75$ , kemudian berdasarkan pengukuran *posttest* menunjukkan penurunan dengan  $\bar{x} = 42,17$ . Hal ini menunjukkan bahwa perlakuan atau intervensi berupa pelatihan SEFT (*spiritual emotional freedom technique*) efektif menurunkan kecemasan ibu hamil trimester III.

**Kata kunci :** Kecemasan Ibu Hamil Trimester III, SEFT (*Spiritual Emotional Freedom Technique*).

## **ABSTRACT**

*The research intends to examine the effect of training SEFT (Spiritual Emotional Freedom Technique) interventions to decrease anxiety in mothers pregnant third trimester. Subjects amounted to 24 mothers pregnant third trimester with a level of anxiety being up high which is measured by the scale of anxiety mother pregnant third trimester (Paramita, 2010), the design of the study using between subject design and subjects are grouped in the experimental group and control groups through random assignment. Data analysis technique used Wilcoxon signed rank and mann whitney u test. The test results with the Wilcoxon Signed Rank Test obtained value of  $p = 0.002$  ( $p < 0.050$ ) and reinforced with h acyl test by Mann Whitney U test which showed that the results of the value of  $p = 0.000$  ( $< 0.005$ ), which mean there are differences in the level of anxiety of third trimester pregnant women in subjects in the experimental group. In the pretest measurement in the experimental group obtained  $\bar{x} = 75.75$ , then based on posttest measurements showed a decrease with  $\bar{x} = 42.17$ . This shows that the treatment or intervention in the form of SEFT (spiritual emotional freedom technique) training has an effect on reducing anxiety in trimester III pregnant women.*

**Keyword :** *Anxiety Mothers Pregnant Trimester III, SEFT (Spiritual Emotional Freedom Technique).*