

**PENGARUH TERAPI SEFT (*SPIRITUAL EMOTIONAL FREEDOM TECHNIQUEA*)
TERHADAP PENERIMAAN DIRI IBU YANG MEMILIKI ANAK BERKEBUTUHAN
KHUSUS DI RSUD KOTA SALATIGA**

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh terapi *SEFT* (*Spiritual Emotional Freedom Technique*) terhadap penerimaan diri ibu yang memiliki anak berkebutuhan khusus. Metode penelitian ini menggunakan pendekatan kuantitatif dengan metode *pre ekperimental* dan design *one group pretest posttest design*. Analisis yang digunakan menggunakan analisis *wilcoxon signed rank test*. Jumlah subjek penelitian sebanyak lima orang dengan kriteria inklusi berdasarkan ciri-ciri tertentu. Teknik pengumpulan data yang digunakan dengan memberikan kuesioner kepada subjek, uji validitas dan uji reliabilitas, dan uji beda.

Penerimaan diri adalah kesadaran diri individu dalam menerima dan memahami diri apa adanya dari sisi kelemahan dan kelebihan serta memiliki sikap positif atas dirinya, tidak terbebani oleh kecemasan atau rasa malu sehingga mampu menyesuaikan diri dengan baik di lingkungannya. Salah satu intervensi yang mampu meningkatkan penerimaan diri adalah pemberian terapi *Spiritual Emotional Freedom Techniquea* (SEFT). Terapi SEFT dilakukan dengan tiga tahap yakni *the set up*, *the tune in*, dan *the tapping* serta ditutup dengan *the gamut 9 procedure*. Terapi SEFT dilakukan selama dua kali pertemuan.

Hasil pengujian dengan analisis *Wilcoxon signed rank test* diketahui bahwa nilai Z sebesar -2.041 dengan nilai $p\ value = 0,041 < 0.05$ dengan rata-rata skor penerimaan diri saat *pretest* 21.40 dan naik saat *posttest* menjadi 37.80. Hal ini berarti ada perbedaan tingkat penerimaan diri Ibu sebelum dan setelah diberikan terapi *Spiritual Emotional Freedom Techniquea* (SEFT). Artinya, ada pengaruh intervensi terapi SEFT dalam meningkatkan penerimaan diri ibu. Nilai *mean* atau nilai rata-rata penerimaan diri Ibu sebelum diberikan terapi SEFT adalah 21.40. Nilai *mean* atau nilai rata-rata penerimaan diri Ibu setelah diberikan terapi SEFT adalah 37.80, sehingga dapat disimpulkan bahwa terdapat peningkatan penerimaan diri Ibu setelah diberikan terapi SEFT.

Kata kunci : Penerimaan diri, Terapi SEFT, Anak berkebutuhan khusus, *One group pretest posttest design*

THE EFFECT OF SEFT THERAPY (SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE) ON SELF ACCEPTANCE OF MOMS WHO HAVE CHILDREN WITH SPECIAL NEEDS AT THE REGIONAL PUBLIC HOSPITAL OF SALATIGA CITY

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ABSTRACT

This study aims to determine the effect of SEFT (Spiritual Emotional Freedom Technique) therapy on increasing the self-acceptance score of mothers who have children with special needs. This research method uses a quantitative approach with pre-experimental methods and one group pretest-posttest design. The analysis in this study used the Wilcoxon signed-rank test. The number of subjects in this study was five people with inclusion criteria based on certain characteristics. Data collection techniques were used by giving questionnaires to subjects, validity and reliability tests, as well as different tests.

Self-acceptance is an individual's self-awareness in accepting and understanding himself as he is from the side of weaknesses and strengths and having a positive attitude towards himself, not being burdened by anxiety or shame so that he can adapt well to his environment. One of the interventions that can increase self-acceptance is the provision of Spiritual Emotional Freedom Technique (SEFT) therapy. The therapy was done in three stages, namely the set-up, the tune in, and the tapping and closes with the gamut 9 procedure. This therapy was carried out for two sessions.

The test results with the Wilcoxon signed-rank test analysis show that the Z value is -2.041 with a p-value = 0.041 < 0.05 with an average self-acceptance score at pretest is 21.40 and increases at posttest to 37.80. It means that there are differences in the level of mother's self-acceptance before and after being given Spiritual Emotional Freedom Technique (SEFT) therapy. The mean value of maternal self-acceptance before being given SEFT therapy was 21.40. The average value of a mother's self-acceptance after being given SEFT therapy is 37.80, so it can be concluded that there is an effect of a mother's self-acceptance after being given SEFT therapy.

Keywords: Self-acceptance, SEFT therapy, Children with special needs, One group pretest-posttest design