

THE EFFECT OF EMOTIONAL FREEDOM TECHNIQUES FOR REDUCING ANXIETY IN OPEN WOUND PATIENTS: LITERATURE REVIEW

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ABSTRAK

Masalah psikologis seperti kecemasan merupakan salah satu masalah paling umum di dunia. Pengobatan terhadap masalah kecemasan ini belum memadai dan memerlukan biaya yang cukup besar. Intervensi non farmakologi diperlukan untuk membantu pasien mengatasi kecemasan yang dialaminya. Untuk mendeskripsikan efek intervensi EFT yang dapat membantu pasien mengurangi kecemasan pada pasien cedera. Database yang digunakan dalam penelitian ini adalah Google Scholar, Science Direct, Elsevier dan Pubmed. Artikel yang memenuhi kriteria inklusi akan dianalisis menggunakan alur PRISMA. Pada tahap identifikasi diperoleh 256 artikel. Selanjutnya melalui proses penyaringan abstrak dan duplikasi diperoleh 40 artikel. Kemudian artikel tersebut dinilai kelayakannya dan hasilnya ada 10 artikel yang akan direview. Hasil: EFT merupakan intervensi yang mudah, murah dan efektif. EFT dapat mengurangi kecemasan pada pasien dengan luka terbuka, termasuk luka dekubitus, luka operasi, luka bakar, atau patah tulang. EFT juga dapat diterapkan dalam pelayanan kesehatan atau dilakukan secara mandiri oleh praktisi yang mempunyai izin atau secara tidak langsung dengan pasien.

Kata Kunci: Kecemasan, EFT, Tinjauan Pustaka Luka Terbuka

ABSTRACT

Psychological problems such as anxiety are one of the most common problems in the world. Treatment for this anxiety problem is inadequate and requires quite a lot of money. Non-pharmacological interventions are needed to help patients overcome the anxiety they experience. To describe the effect of EFT intervention which can help patients reduce anxiety in injured patients. The databases used in this research are Google Scholar, Science Direct, Elsevier and Pubmed. Articles that meet the inclusion criteria will be analyzed using PRISMA flow. In the identification stage, 256 articles were obtained. Furthermore, through the abstract and duplication screening process, 40 articles were obtained. Then the articles were assessed for eligibility and the results were 10 articles that would be reviewed. Results: EFT is an easy, cheap and effective intervention. EFT can

reduce anxiety in patients with open wounds, including decubitus wounds, surgical wounds, burns or broken bones. EFT can also be applied in health services or carried out independently by licensed practitioners or indirectly with patients.

Keywords: *Anxiety, EFT, Literature Review Open Wounds*

INTRODUCTION

A wound is a disruption of the normal integrity of the skin and underlying tissue, sudden or intentional, closed or open, clean or contaminated, superficial or deep (Sriwiyati & Kristanto, 2020). Wounds can result in damage to the protective function of the skin due to loss of continuity of epithelial tissue with or without damage to other tissues, such as muscles, bones and nerves. Wounds can be classified in various ways, from mild, moderate to severe, from small to large wounds, shallow wounds to deep wounds, non-infectious wounds to infections and even acute wounds that turn into chronic wounds (Wintoko & Prameswari, 2020).

According to the Ministry of Health of the Republic of Indonesia in 2018, the prevalence of injuries in Indonesia was recorded at 92%. Abrasions, bruises and bruises are the highest type experienced by the Indonesian population, namely 64%, followed by torn and stab wounds at 20%. Other causes such as burns are 1.3%. West Java Province ranks highest in prevalence in the proportion of injuries that disrupt daily activities with 186,809 cases, and the proportion of body parts affected by injuries is 16,150 cases (Kemenkes, 2018).

Each degree of wound will have a different impact based on the scale, depth and severity of the infection (Setiawan et al., 2020). According to the Ministry of Health (2020), the degree of injury based on wound description is divided into four, namely: a. Stage 1: loss or damage to the skin in the epidermis layer or abrasions, b. Stage 2: loss or damage to the skin from the epidermis layer to the upper dermis layer, c. Stage 3: loss or damage to the skin from the lower dermis layer to the subcutis layer, d. Stage 4: loss or damage to all layers of skin to muscles and bones (Kemenkes, 2021). All stages of injury cause pain. Severe pain stimulates an anxiety response that adversely affects the heart and immune system.

Anxiety can increase the perception of pain and pain can also cause anxiety. The relationship between pain and anxiety is complex (Yulendasari et al., 2022). This is in accordance with the statement by Gill (1990) quoted by Ernawati (2010) that pain is evidence that a painful stimulus can activate and influence emotions (HARTITI & Hadi, 2010). Management of anxiety can be done through non-pharmacological therapy. Some of the therapies used include relaxation, hypnosis, movement and position changes, cutaneous massage, hydrotherapy, hot/cold therapy, music, acupressure, aromatherapy, imagination techniques, distraction and Emotional Freedom Technique (EFT) (Hakam et al., 2010).

Several studies have proven that EFT is effective for treating various disorders such as anxiety, reducing the risk of physical health problems (such as blocked blood vessels, heart problems) and can psychologically prevent the occurrence of disease or mental disorders

(Lataima et al., 2020). Emotional Freedom Technique (EFT) or known as tapping therapy was developed by Gary Craig. A therapy that quickly, gently and easily removes negative emotions that are believed to be the source of problems and pain. EFT does not use needles, but rather aligns the body's energy system at the body's meridian points by tapping with the fingertips (Baker et al., 2009)

The purpose of this Literature Review is to determine the effect of Emotional Freedom Technique as a non-pharmacological therapy on reducing anxiety in patients with open wounds.

RESEARCH METHOD

The preparation of the literature review was carried out by searching for articles on the topic of applying the Emotional Freedom Technique to clients with open wounds who experience anxiety in the Scholar, PubMed, Elsevier, Science Direct databases. Key words include: "Emotional Freedom Technique AND Anxiety" "Emotional Freedom Technique AND Wounds". The inclusion criteria for the selected articles were articles published in full text, within the 2013-2023 period, Indonesian and English journals, articles with a DOI, quantitative research, and articles discussing the application of the Emotional Freedom Technique to open wound patients who experience anxiety. The article selection stages use the Preferred Reporting Items for Literature Reviews and Meta-Analysis (PRISMA) guide which includes 5 steps, namely defining eligibility criteria, determining information sources, selecting literature, collecting data and selecting data items. Where after going the PRISMA Flow, 10 articles were obtained that would be reviewed out of a total of 256 articles.

RESULTS AND DISCUSSION

A total of 256 articles were obtained from Google Scholar, Science Direct, Elsevier and Pubmed, based on the years 2013-2023 and based on the keywords: Emotional Freedom Technique AND Anxiety AND Wound. Furthermore, the article is saved in the Mendeley reference. After reviewing the titles and abstracts, 76 articles met the inclusion criteria and 180 articles did not meet the inclusion criteria and were excluded. Next, the articles were read and filtered to see whether there were any duplications, there were 36 articles that were duplicated. Next, a search for full text articles was carried out and there were only 10 articles that could be accessed in full text. There are 10 final articles that will be analyzed in this literature review. A summary of the analysis of each article is in Diagram 1. The article selection process using the PRISMA approach is:

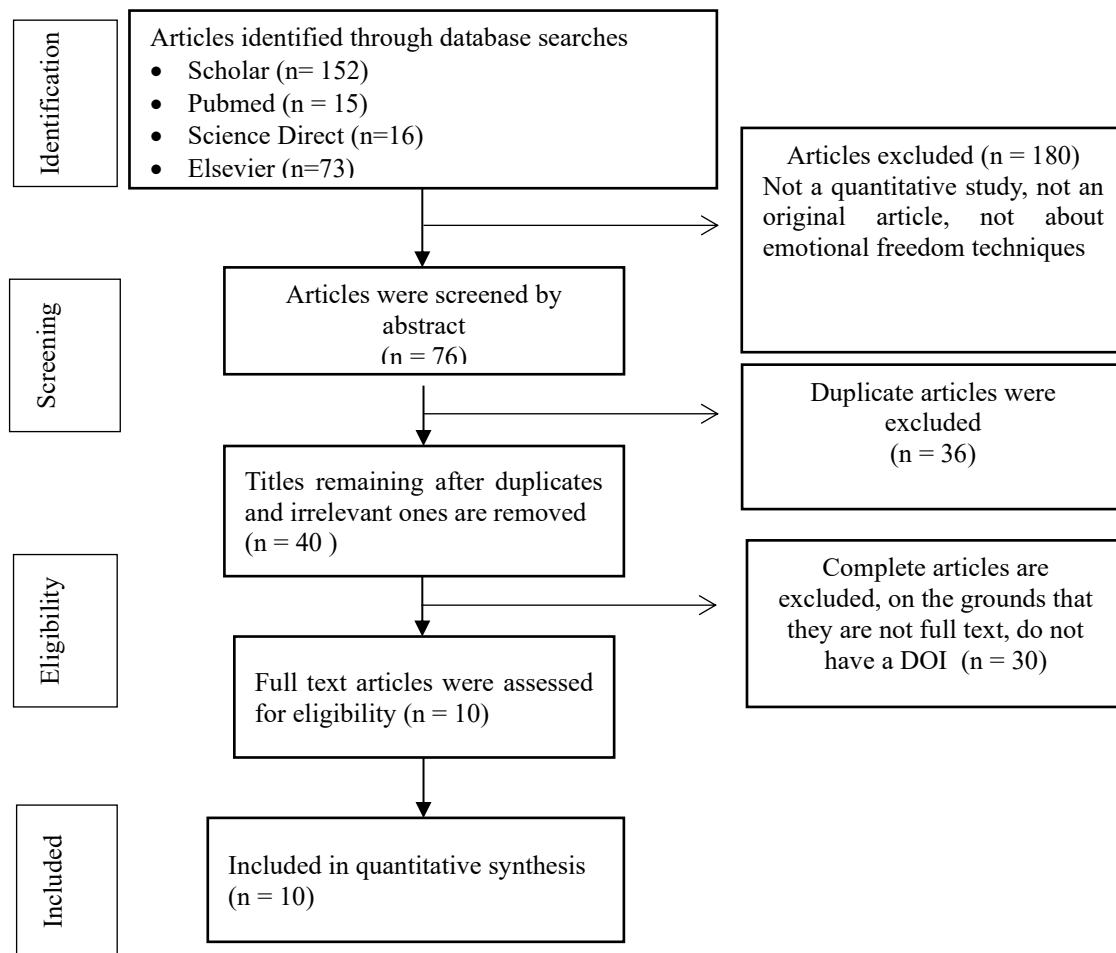


Diagram 1. PRISMA Flow

The results of searching for articles in the online database obtained several articles that met the researchers' criteria for review. The following is a table of extraction results from the selected articles (Table.1):

Table 1.
Literature Review

Title & Researcher	Method	Results
The effect of providing Emotional Freedom Technique (SEFT) spiritual therapy on the anxiety level of patients before caesarean section surgery. (Kusumasari et al., 2020)	Quasy Experiment	The results showed that the level of anxiety of respondents before those given SEFT therapy showed moderate anxiety (60%) and after being given SEFT therapy. Shows mild anxiety (60%). The results of the analysis show (p value = 0.000 < 0.05), meaning there is the effect of giving SEFT therapy on the anxiety level of patients before caesarean section surgery.

Physiological and psychological adaptation response to burn patients who were given a combination of alternative moisture balance dressing and SEFT therapy at Dr. Hospital. Sardjito Yogyakarta. (Purwaningsih, 2015)	Action Research	The physiological adaptation response to the protective function of the wound healing process in burn patients who are given a combination of alternative moisture balance dressing and SEFT therapy is adaptive. The wound healing process is better and more effective with the results of wound healing being mostly complete, in grade 3 and grade ii most of it (87.5%) is filled with granulation tissue and epithelialization is between 75 -100% of the wound area. 2. The psychological adaptation response to the function of the physical self-concept of burn patients who are given SEFT therapy is adaptive, as follows: a. Feelings become calm and comfortable, sincere and surrender, joy and pain are reduced. b. Acceptance of physical conditions: not feeling embarrassed, not feeling inferior, being sincere, not feeling disturbed.
The combination of istighfar, gratitude and Emotional Freedom Technique can reduce the stress level of people with diabetes mellitus. (Khasanah et al., 2023)	Quasy Experimental	The results of the independent t-test showed a significant difference in reducing stress levels between the intervention group and the control group (p value= 0.013; $\alpha < 0.05$)
Spiritual Emotional Freedom Technique (SEFT) to reduce the diabetes distress in people with diabetes mellitus (Priyanto et al., 2021)	Quasy Experimental	These results indicate that SEFT for healing can reduce the diabetes distress levels, and the hypothesis was accepted
Nursing Care With Anxiety Disorders Pre Surgery Blepharoplasty With Emotional Freedom Technique At Bimc Siloam Hospital Nusa Dua In 2023 (Widayanti et al., 2023)	Study Case	The results of the research on the two managed cases showed that both patients experienced a decrease in anxiety after carrying out emotional freedom technique therapy as measured using HARS
Effects on anxiety and vital signs of the Emotional	Quasy experimental	EFT and music were determined to significantly reduce participants' state

Freedom Technique and music before surgery for lumbar disc hernia. (Cici & Özkan, 2022)		anxiety and subjective discomfort ($p < .001$). EFT significantly reduced the pulse and respiratory rates and the systolic blood pressure, and music significantly lowered the diastolic and systolic blood pressures ($p < .05$). Further analyses showed that EFT was more effective on state anxiety and reducing the respiratory rate than music
Effect of Emotional Freedom Technique applied to patients before laparoscopic cholecystectomy on surgical fear and anxiety: a randomized controlled trial. (Menevşe & Yayla, 2023)	Randomized Controlled Experimental	There was no significant difference between the groups in terms of descriptive and clinical features ($P > .05$). The post-test score averages of EFT group in the Surgical Fear Questionnaire, Anxiety Specific to Surgery Questionnaire, and SUD were significantly lower than in the control group ($P < .001$).
The Effect of Spiritual Therapy Emotional Freedom Technique (SEFT) on Reducing Anxiety in Parturient Primigravidas in the First Stage of Latent Phase and Length of Labor (Sastramihardja & Suardi, 2018)	Quasy Experiment	Spiritual Emotional Freedom Technique (SEFT) therapy can have an effect on reducing the anxiety of parturient primigravidas during the first stage of the latent phase and can speed up the labor process
The Influence of Spiritual Emotional Freedom Technique (SEFT) on Reducing Pain and Anxiety in Post-Transurethral Resection Prostate (TURP) Surgery Patients at Dr. Hospital. Soekardjo, Tasikmalaya City (Brahmantia & Huriyah, 2018)	Quasy Experiment	SEFT therapy has an effect on reducing pain and anxiety in patients after TURP surgery, there was no significant difference between the SEFT intervention group and the control group in the study
Effectiveness Of Emotional Freedom Technique (Eft) Therapy On The Anxiety Of Breast Cancer Patients Stadium II And III (Ningsih et al., 2016)	Quasy Experiment	EFT was effective to decrease anxiety in breast cancer patient. Based on this result, it is recommended that health provider especially nurses to use Emotional Freedom Technique (EFT) therapy as one of non pharmacological therapy to decrease anxiety

Table 1 shows that of the 10 articles reviewed regarding Emotional Freedom Technique which was proven to have an effect in reducing anxiety in patients who had open wounds such as burns, surgical wounds, fracture wounds, gangrene wounds, and wounds after childbirth.

Discussion

Anxiety is the most common psychological disorder in the world and thus urgently requires adequate and cost-effective treatment (König et al., 2019). In 2016, International Health Metrics and Evaluation (IHME) estimated that more than 1.1 billion people in the world experienced mental disorders and were dependent on addictive substances. According to WHO, the prevalence of mental disorders is getting higher every year. The type of mental disorder with the highest prevalence is anxiety, which is usually characterized by excessive anxiety/panic, followed by depression, alcohol and drug use and bipolar. WHO said that 79 percent of suicide cases occurred in low and middle income countries in 2016. In Indonesia, depression that leads to suicide threatens those of productive age. The age group that commits suicide most is 15 to 29 years, the millennial generation.

Regarding mental disorders, the 2017 Global Health Data Exchange survey showed that 27.3 million people in Indonesia experienced mental problems. This means that one in ten people in this country suffer from mental health disorders. Indonesia is the country with the highest number of people with mental disorders in Southeast Asia. The most common mental disorder is anxiety. The number of sufferers is more than 8.4 million people. Even though it is not visible physically, mental disorders can cause systemic complications and lead to death.

One of the factors that influence anxiety is the threat to physical integrity caused by illness (Stuart, 2019). The patient experiences pain, namely a wound on a part of his body, be it an open wound or a closed wound. Wounds that often cause anxiety include burns, surgical wounds, decubitus wounds and fracture wounds. This is in line with research by Purwaningsih (2015) which states that patients with burns usually experience despair and stress due to serious problems and long treatment (Purwaningsih, 2015). In the process of healing burns, a slowdown in wound healing is very likely to occur. Because inflammatory and immune responses are influenced by psychological stress such as anxiety and depression (Dealey, 2005; Handayani, 2021).

Apart from burns, decubitus wounds can also cause anxiety for the sufferer. Decubitus wounds are chronic wounds that cause anxiety, increase morbidity, mortality and reduce quality of life. The impact that can be caused by decubitus wounds is anxiety disorders experienced by sufferers over a long period of time and for years (Tambunan et al., 2023). Patients with decubitus wounds who are in the process of wound care often complain of pain and anxiety. This anxiety begins during the process of transporting the dressing, cleaning the wound and the surgical process (Prihati & Wirawati, 2018; Tambunan et al., 2023).

Another wound that causes anxiety is a surgical wound. Lagares, et al (2014) explained that trait anxiety experienced by post-operative patients increases the perception of pain and there is a relationship between trait anxiety and poor healing. The anxiety experienced can be caused by symptoms that appear after surgery, including: pain and impaired mobility (Torres-

Lagares et al., 2014). Apart from pain, post-operative immobilization of fractures can cause anxiety in patients. According to Wong (2009), a person's diagnosis of disease and treatment procedures such as surgery can increase a person's anxiety level.

Anxiety management with non-pharmacological therapy can reduce anxiety levels in open wound patients in the form of relaxation, namely acupressure, distraction, deep breathing, aromatherapy, music therapy and Emotional Freedom Technique (EFT). EFT is a meridian-based psychological therapy that relieves psychological and psychosomatic conditions by tapping stimulation on certain meridian points using the fingers. Providing EFT (emotional freedom technique) therapy with a duration of approximately 30 minutes with 5 stages, namely preparation, the set up, the sequence, 9 gammut procedure, and repeating the sequence. use your fingers to tap these energy points with a certain number of taps and in a certain order. As a new therapeutic technique in psychology, energy has a positive effect on psychological and physiological symptoms, and can improve quality of life (Babamahmoodi et al., 2015). Referred to as tapping, this technique combines the cognitive reprocessing benefits of exposure and acceptance therapy with the release of energetic disturbances associated with acupuncture and other so-called energy therapies (Rancour, 2017). Because at each point EFT can release serotonin which is believed to provide a feeling of comfort and pleasure in the amygdala (Latifah & Ramawati, 2014).

The working principle of EFT is that when a person experiences emotional obstacles such as anger, disappointment, sadness, anxiety, stress, trauma and so on, the flow of energy in the body through the body's Meridian point will be disrupted. And to remove these emotional obstacles, we need to correct the flow disturbance at the Meridian point by tapping our fingers in a certain way according to the EFT technique (emotional freedom technique). The advantages of EFT are that it is good for emotional and physical health because it does not hurt, can be done for anyone, does not use drugs, can be used as a single intervention or with other techniques, and can be done anywhere. Apart from that, EFT (Emotional Freedom Technique) is also safe for anyone because it does not require a long time (years/months), does not reveal the experience completely, does not use surgical operations, no drugs, does not use brainwashing and does not require undressing.

EFT has been proven to be effective in treating psychosocial problems. EFT is able to relieve stress and increase general relaxation, releasing and transforming painful, uncomfortable, or negative emotions such as anxiety, sadness, anger, guilt, frustration, etc. At the set-up stage, the sentences spoken systematically organize the problem to be solved. The set-up sentence uses a cognitive approach (self-acceptance) and exposure (exposure to negative experiences. Instead of avoiding negative experiences, at this stage the client is actually faced with negative experiences, asked to remember and explain thoughts to memories that traumatize him repeatedly. and pairing it with self-acceptance to reduce psychological stress.

CONCLUSIONS

EFT can reduce anxiety in open wound patients, whether patients with decubitus wounds, surgical wounds, burns or fractures. EFT can also be applied in health services or carried out independently by licensed practitioners or indirectly to patients. The psychological adaptation response in patients after being given EFT or SEFT is a) feeling calm and comfortable, sincere and resigned, joy and pain are reduced. b) Acceptance of physical conditions: not feeling embarrassed, not feeling inferior, being sincere, not feeling disturbed.

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