

THE EFFECT OF THE SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE (SEFT) ON ANXIETY REDUCTION IN HYDATIDIFORM MOLE PATIENTS

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Abstract

A hydatidiform mole is an abnormal form of pregnancy. Women diagnosed with might face anxiety and lose hope of getting pregnant and having a child. Hydatidiform mole is potentially life-threatening and has the potential to be malignant. One of the treatments for this abnormality is curettage. This study aimed to determine the effect of the *Spiritual Emotional Freedom Technique* (SEFT) therapy on anxiety reduction in patients with hydatidiform mole. This study reported the intervention trials of SEF therapy to five post-curettage women in a private hospital. The researchers collected the data through observation and questionnaire using *Hamilton Anxiety Rating Scale* (HARS). The results showed changes in anxiety scores in patients with hydatidiform mole. In conclusion, SEFT therapy was effective in reducing women's anxiety. Therefore, it is expected that nurses apply SEFT treatment as an alternative nursing intervention to reduce patients' anxiety.

Keywords: Anxiety, curettage Hydatidiform Mole, SEFT

INTRODUCTION

The Hydatidiform mole or molar pregnancy is premalignant, potentially becoming a malignant trophoblastic disease (Jagtap et al., 2017; Nickkho-Amiry et al., 2019). This disease is one of the abnormal pregnancy conditions characterized by abnormal embryonic development. This condition produces *Human Chorionic Gonadotrophin (HCG)* more significantly than in normal pregnancy (Korenaga et al., 2020). This trophoblastic disease is likely to become malignant and causes various metastatic malignancies (Soper, 2021; Candelier, 2016). The prevalence of hydatidiform mole is higher in Asia, Africa and Latin America than in Western countries. An incidence of about 1:2000 pregnancies has been reported in Western countries. The frequency of hydatidiform mole in Asia is higher at about 1:120 pregnancies. In the United States of America, the reported incidence of molar pregnancy is 1 of 1000 to 2000 pregnancies. In Indonesia, the incidence of molar pregnancy is 1:85 pregnancies. A molar pregnancy usually occurs in women of reproductive age (15-45 years old) and multiparous women. This molar pregnancy will be more significant in about 10% of all cases along with the increase in labour, and it tends to be malignant called *Gestational Trophoblastic Neoplasia (GTN)*; Erfiandi et al., 2021; Farah, G et al., 2018). The prevalence of molar pregnancy is high, and treatment involves curettage to remove the molar pregnancy.

Vacuum curettage can be done immediately when the molar bubbles have come out, and a patient's condition is stable. The follow-up action aims to assess the uterine involution in terms of anatomy (uterus), laboratory (β -hCG levels) and functional (menstrual cycle); and to determine the existence of malignant transformation at the early stages (Li et al., 2016; TRK Korenaga, 2020). This action must be carried out for one year, and the patient is strongly advised not to become pregnant for at least six months after normal β -hCG levels in molar pregnancy and 12 months with GTN requiring chemotherapy. A delay to the subsequent pregnancy and the patient's experience with curettage causes anxiety in women, especially the younger ones. This condition negatively affects the perception of fertility and the chances of a future pregnancy (De Mattei, 2016). After therapy effect may occur in women with abnormalities in pregnancy.

Di Mattei (2015) observed that 40% of women who completed hydatidiform mole treatment felt they had no control over their future reproduction, and 17% felt angry due to their incapacity to bear children. In another study, many patients felt insecure (42%) and anxious (33%) before weekly β -hCG. In addition, the patients had higher anxiety scores dealing with relapse and infertility (Di Mattei et al., 2015). Untreated anxiety can cause problems for patients, and one of the complementary therapies to reduce anxiety is the Spiritual Emotional Freedom Technique (SEFT therapy).

SEFT therapy is an easy technique using mild tapping on the 18 critical points along the body's 12 energy pathways, and the patient will feel instant healing (one-minute wonder). This healing therapy is to recover both physically and mentally – besides, it can improve achievement and gain inner peace (Ghamsari et al., 2015; Zainuddin, 2012). SEFT has the same principle as acupuncture and acupressure, stimulating the critical points along the body's energy meridians that significantly affect our health (Irmak Vural & Aslan, 2019; Stapleton, P, 2017). This therapy is a safe, easy, quick, and simple technique because it uses the index and middle fingers by just doing a mild tapping along the body's meridians. Besides, a patient who involves God in this process will experience an amplifying effect of SEFT. Thus, a spectrum of problems can be solved impressively, including physical, mental, success, happiness, and greatness (self-glory) (Baker & Hoffman, 2015; Zainuddin, 2012). This study aimed to report the intervention trials of *the Spiritual Emotional Freedom Technique* (SEFT) therapy on anxiety reduction in patients with hydatidiform mole.

METHODS

This intervention trial study involved five patients with post-curettage of hydatidiform mole, and anxiety was one of the nursing diagnoses in this case. The patients under 30 felt anxious when they could not bear children, while patients above 40 felt anxious if their disease turned malignant and they feared death. Hence, SEFT intervention is applied to reduce patients' anxiety. The patients completed the *Hamilton Anxiety Rating Scale* (HARS) questionnaire to assess

their anxiety levels before and after SEFT therapy. Next, the patient was advised to perform SEFT independently. On the third day of treatment, the clients were given the HARS questionnaire for the second time. The HARS was first introduced by Max Hamilton, consisting of 14 anxiety symptoms. Each item observed was given a 5-point scale displaying the numerals 0 to 4. The scale consists of 14 items, including anxious mood, tension, fears, insomnia, intellectual, depressed mood, somatic (muscular), somatic (sensory), cardiovascular symptoms, respiratory symptoms, gastrointestinal symptoms, genitourinary symptoms, autonomic symptoms, and behaviour at interview (Wahyudi et al., 2019). The researchers also evaluated quantitatively by asking about the patient's mental health conditions. Each anxiety symptom is assessed into some categories: (0) Not present (no symptoms at all), (1) Mild (one of the symptoms), (2) Moderate (half of the symptoms), (3) Severe (more than half of the symptoms), (4) Very severe (all symptoms exist). The Anxiety level is determined by adding the scores and items 1-14: A score of less than 6, no anxiety; a score of 7-14, mild anxiety; a score of 15-17, moderate anxiety; dan score of more than 27 severe anxiety

RESULTS

The researchers implemented SEFT therapy for patients undergoing post-curettage surgery. The five patients were cooperative when given SEFT therapy and followed all maternity residents' instructions. In addition, the results of the HARS measurement show a difference between *before* and *after* receiving SEFT therapy.

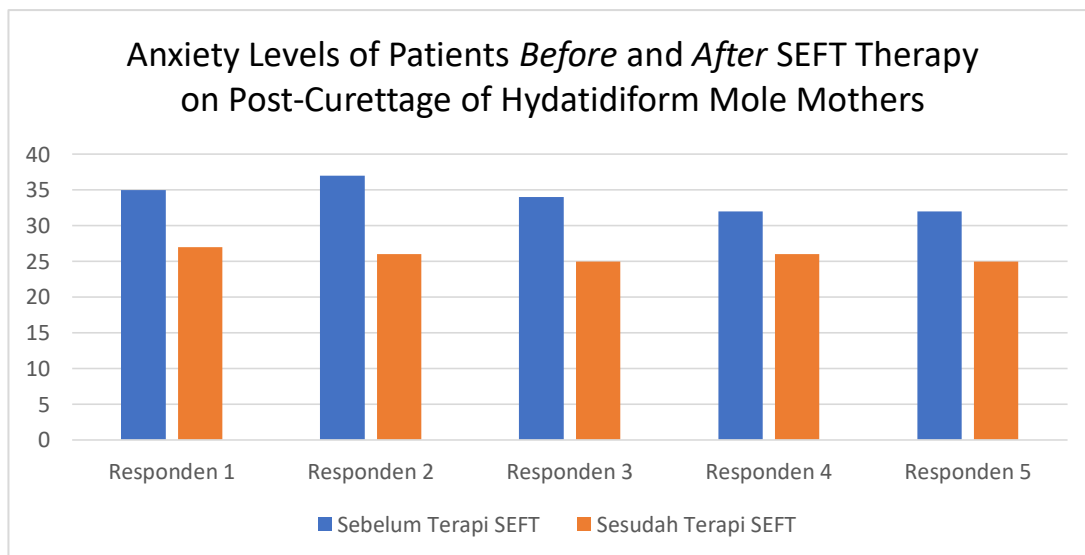


Figure 1. The level of Axiety before and after SEFT Therapy

The chart describes various scores with different categories of anxiety. A score of less than 6 indicates an absence of anxiety, 7-14 mild anxiety, 15-27 moderate anxiety, and more than 27 severe anxiety. The chart shows that before SEFT therapy, all respondents experienced severe anxiety, while after SEFT therapy, they had moderate anxiety. The results show that the anxiety score of patients decreased after SEFT therapy. The interview results show that patients were more relaxed and sincerer in living with their condition. The patients realized that God determines the fate of their disease, and humans must be able to go beyond their limits.

DISCUSSION

The diagnosis of hydatidiform mole, treatment, and long-term follow-up therapy present sudden onset stress. Consequently, the patient and family experience psychological distress. Fear of disease, waiting for β -hCG normalization during the follow-up period, and feeling worried about fertility and future pregnancies are the main factors of anxiety and stress in patients with hydatidiform mole. In addition, about 15-20 % of hydatidiform moles can develop choriocarcinoma or malignant trophoblastic disease. The result of research from Maatei (2015) indicates that choriocarcinoma patients had higher depression scores than

hydatidiform mole patients. In addition, the hydatidiform mole in younger women showed higher anxiety levels than in older women since it is related to the desire to have children (Di Mattei et al., 2021).

SEFT therapy is a method founded on EFT (Emotional Freedom Technique therapy (Zainuddin, 2012), so in this discussion, the author will strengthen it with research using the EFT technique. The result of the trials on the five cases showed differences in the average anxiety before and after SEFT therapy. The intervention of SEFT indeed reduced anxiety in patients with hydatidiform mole. SEFT therapy will reduce mental or physical health problems such as anxiety. This therapy emphasizes spirituality and the energy system in the body using the tapping method on specific points along the body. Besides, relaxation techniques that involve a factor of belief can reduce anxiety (Zainuddin, 2012; Puspitaningrum, 2012; Bach et al., 2019). This finding is in line with the research of (Mardjan et al., 2018) and (Nelms & Castel, 2016), the Emotional freedom technique, which shows a significant decrease in anxiety scores.

In the tapping method, SEFT focuses on certain words or sentences pronounced several times in a rhythm with resignation to God's will. The body will be relaxed when a patient prays (with a sincere heart and resignation). A patient will feel calm and have a regular breathing rate and heart rate. The blood circulatory system will flow smoothly, making the patient feel relaxed. This condition can reduce patients' anxiety (Patterson, 2016; Zainuddin, 2012; Benoit, M. (2009). The researchers have not found any studies on SEFT therapy's effect on anxiety reduction in patients with hydatidiform mole. However, there was much research on different diseases that used SEFT therapy.

Research (Desmaniarti & Avianti, 2017) on the effect of SEFT on reducing the stress of cervical cancer patients shows that the patients could manage stress after SEFT therapy. Ardan et al. (2019) studied the effect of a combination between spiritual therapy and emotional freedom technique to control depression levels in patients with HIV-AIDS. The result shows that patients can control their depression. Another research result by Putra (2015) indicates a reduction of

anxiety in parents whose children were the victims of sexual abuse. Prabowo's research result (2019) shows a significant anxiety reduction in the preoperative management of cardiac patients. SEFT therapy also plays a role in determining success by emphasizing sincerity and surrender, and a patient is convinced that the results depend on sincerity, surrender, and faith. The more sincere, resigned, and convinced God heals or calms the heart, the more optimal the result is (Zainuddin, 2012).

Conclusions

Anxiety in mothers with hydatidiform mole causes a feeling of failure and fear of relapse. SEFT therapy has managed anxiety in post-curettage of hydatidiform mole mothers. It is expected that nurses can apply SEFT as an alternative nursing intervention in dealing with hydatidiform mole patients. Therefore patients are willing to undergo further treatment for more optimal therapy.

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