

**EFEKTIFITAS TERAPI SEFT (*SPIRITUAL EMOTIONAL
FREEDOM TECHNIQUE*) TERHADAP KECEMASAN
MAHASISWA MENGHADAPI PEMBELAJARAN PRAKTIK
KLINIK KEBIDANAN**

Debby Syullelu Diyeni
18190313K

ABSTRAK

Latar Belakang: Pembelajaran Praktik Klinik Kebidanan merupakan mata kuliah sangat penting yang memungkinkan mahasiswa mengembangkan dan memadukan pengetahuan, ketrampilan, dan sikap sebagai seorang bidan. Sayangnya pembelajaran ini sering disertai dengan kecemasan, dimana mahasiswa yang cemas berlebih dikhawatirkan tidak dapat mengimplementasikan pengetahuan, mengembangkan sikap, dan memahami prinsip keilmuan mereka dengan baik sehingga dapat berpengaruh negatif pada keputusan klinisnya. Terapi SEFT diharapkan dapat menurunkan tingkat kecemasan tersebut. Penelitian ini bertujuan untuk Mengetahui apakah terapi SEFT efektif dalam menurunkan tingkat kecemasan mahasiswa menghadapi pembelajaran praktik klinik kebidanan.

Metode: Penelitian eksperimen ini dilakukan di UKH-Surakarta pada total mahasiswa semester IV. Dengan instrumen *Visual Analogue Scale for Anxiety* (VAS-A) didapatkan 18 orang subyek dengan kategori cemas sedang dan berat. Dilakukan *random sampling* untuk mendapatkan kelompok kontrol dan kelompok eksperimen yang diberi perlakuan terapi SEFT. Perbedaan kelompok kontrol dan eksperimen diuji dengan Mann-Whitney test. Sedangkan perbedaan variabel berpasangan antara *pretest*, *posttest* dan *follow-Up* pada kelompok kontrol maupun kelompok eksperimen di uji dengan Wilcoxon test.

Hasil: Uji Mann-Whitney menunjukkan tidak ada perbedaan antara *pretest* kelompok kontrol dengan *pretest* kelompok eksperimen dengan nilai $p = 0,160 > 0,05$. Sedangkan pada *posttest* $p = 0,002$ dan *follow-Up* $p = 0,000 < 0,05$, artinya ada perbedaan tingkat kecemasan pada *posttest* maupun *follow-Up* antara kelompok kontrol dengan kelompok eksperimen. Uji Wilcoxon menunjukkan bahwa *p value* pada *pretest* ke *posttest* kelompok eksperimen = 0.006 dan *posttest* ke *follow-up* = 0.034 < 0,05 artinya ada perbedaan antara *pretest* dengan *posttest*, maupun *posttest* dengan *follow-up* pada kelompok eksperimen. Sebaliknya pada kelompok kontrol *p value* pada *pretest* ke *posttest* = 0.180 dan *posttest* ke *follow-up* = 0.317 > 0,05 artinya tidak ada perbedaan antara *pretest* dengan *posttest*, maupun *posttest* dengan *follow-up* pada kelompok kontrol.

Kesimpulan: Terapi SEFT (*Spiritual Emotional Freedom Technique*) efektif dalam menurunkan tingkat kecemasan mahasiswa menghadapi pembelajaran praktik klinik kebidanan.

Kata Kunci: Terapi Seft (*Spiritual Emotional Freedom Technique*),
Kecemasan,
Praktik Klinik Kebidanan

*ECTIVENESS OF SEFT (SPIRITUAL EMOTIONAL FREEDOM
TECHNIQUE) THERAPY ON STUDENTS' ANXIETY OF LEARNING
IN MIDWIFERY CLINICAL PRACTICES*

Debby Syullelu Diyeni
18190313K

ABSTRACT

Background: *Midwifery Clinical Practice Learning is a very important subject that enables students to develop and integrate knowledge, skills, and attitudes as a midwife. Unfortunately this learning is often accompanied by anxiety, where students who are overly anxious are worried that they will not be able to implement knowledge, develop attitudes, and understand their scientific principles well so that it can negatively affect their clinical decisions. SEFT therapy is expected to reduce the level of anxiety. This study aims to find out whether SEFT therapy is effective in reducing students' anxiety levels facing learning about midwifery clinical practice.*

Methods: *This experimental research was conducted at UKH-Surakarta on a total of semester IV students. With the Visual Analogue Scale for Anxiety (VAS-A) instrument, 18 subjects were found with moderate and severe anxiety categories. Random sampling was carried out to obtain the control group and the experimental group which were treated with SEFT therapy. Differences in the control and experimental groups were tested with the Mann-Whitney test. Meanwhile, the differences in paired variables between the pretest, posttest and follow-up in the control and experimental groups were tested with the Wilcoxon test.*

Results: *The Mann-Whitney test showed no difference between the control group's pretest and the experimental group's pretest with $p = 0.160 > 0.05$. Whereas in the posttest $p = 0.002$ and follow-up $p = 0.000 < 0.05$, it means that there are differences in the level of anxiety in the posttest and follow-up between the control group and the experimental group. The Wilcoxon test showed that the p value at pretest to posttest of the experimental group = 0.006 and posttest to follow-up = 0.034 < 0.05 , meaning that there was a difference between the pretest and posttest, as well as posttest and follow-up in the experimental group. In contrast, in the control group, the p value at pretest to posttest = 0.180 and posttest to follow-up = 0.317 > 0.05 , meaning that there was no difference between the pretest and posttest, or posttest and follow-up in the control group.*

Conclusion: *SEFT (Spiritual Emotional Freedom Technique) therapy is effective in reducing the anxiety level of students facing learning about midwifery clinical practice.*

Keywords: *Seft Therapy (Spiritual Emotional Freedom Technique), Anxiety, Midwifery Clinical Practice*