



EMOTIONAL FREEDOM TECHNIQUES (EFT) TO OVERCOME ANXIETY IN TEENAGERS WITH SMOKING BEHAVIOR

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ABSTRACT

Adolescence is a transition period from childhood to adulthood, where adolescence is marked by physical, psychological and psychosocial changes. states that adolescence is a period that experiences many changes, especially psychological changes that make teenagers emotional and make their psychological state depressed. One complementary therapy that can be used as an alternative is Emotional Freedom Technique (EFT) therapy. The aim of Evidence Based Practice Nursing is to determine the effect of Therapy (EFT) on reducing anxiety levels in adolescents at SMAN 2 Ciamis. This research method uses a Quasy Experiment one group pretest and posttest design approach. The population is teenagers with smoking behavior who experience anxiety at SMAN 2 Ciamis. Using purposive sampling. The number of samples using the Slovin formula was 23 students with inclusion criteria of moderate anxiety levels. The results of the study, before and after the intervention, were assessed using the State-Trait Anxiety Inventory - Trait (STAI-T) anxiety questionnaire to assess whether there was a decrease in anxiety levels before and after the intervention (EFT) with the procedure of tapping or pressing meridian points on body to restore energy balance. The intervention for implementing EFT is carried out within 25-30 minutes, 4 times (2 weeks). From the statistical test results, it was found that there was a significant difference in the results of the first assessment and the second assessment before and after the intervention (EFT) with a p-value of 0.000 ($P < 0.05$). In conclusion, the application of EFT intervention has proven to be effective for adolescents who experience anxiety, this is proven by a decrease in anxiety levels after the intervention.

Keywords: adolescents/ teenagers anxiety; EBNP; emotional freedom techniques; smoking behavior

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INTRODUCTION

Adolescence is a transition period from childhood to adulthood, where adolescence is characterized by changes such as physical, psychological, and psychosocial (Rahman, Aziz, et al., 2023). Adolescence has its characteristics in biological, psychological, and social terms, with processes of identity formation, social development, and moral norms of behavior (McCabe et al., 2017) Adolescence is a time when teenagers experiment with psychoactive substances, which can cause long-term addictive behavior (Fitriyah, 2016). Ahyani 2018 stated that adolescence is a period that experiences many changes, especially psychological changes that make teenagers emotional and make their psychological state depressed.. (Ahyani, 2018). These changes are what trigger teenagers to experience deviations in their behavior, some forms of negative behavioral deviations in teenagers include: 1) Drug Abuse,

2) Brawls between students or gangs, 3) Use of alcohol/liquor, 4) Smoking, 5) Free sex (Suwendri, 2020).

The use of narcotics, psychotropic substances, and other addictive substances (NAPZA) has increased in recent years. The prevalence of drug users in Indonesia in 2021 is around 1.95 percent or an increase of 0.15 percent from 2019, namely 1.80 percent. This means that around 3.99 million people in Indonesia have been exposed to drugs and the risk factors in groups of teenagers who are at risk of drug abuse are involvement in leisure activities and smoking behavior (Prevalensi Terpapar Narkoba Meningkat, Intervensi Berbasis Masyarakat Krusial - Kompas.Id, n.d.) Cigarettes are the gateway to drugs. More specifically, cigarettes themselves are included in the definition of drugs. In the definition of narcotics, there are 3 groups of active substances, namely Narcotics, Psychotropics, and other Addictive Substances. Cigarettes along with alcohol fall into the latter group. Nicotine, which is one of the components of cigarettes, is a stimulant psychotropic substance. So actually smoking is a drug too. Therefore, cigarettes also have the main characteristics like other drugs, namely habituation, addiction, and tolerance (BNN, 2021).

Report from the World Health Agency or WHO regarding tobacco consumption in the world. The number of active smokers reached 62.8 million, 40% of whom came from the lower middle class. The prevalence rate for smoking in Indonesia is the third highest in the world, with a range of 46.8% for men and 3.1% for women. Based on age classification of more than 10 years as a smoker (WHO, n.d.). The prevalence of smoking in adolescents increased from 7.2% in 2013 to 9.1% in 2018, an increase of approximately 20%. Data from the 2019 GYTS Global Youth Tobacco Survey shows that 40.6% of students in Indonesia (aged 13-15 years), 2 out of 3 boys, and 1 out of 5 girls have ever used tobacco (for Disease Control, 2019). One of the negative behaviors in teenagers is starting the habit of smoking and trying to consume alcohol. Smoking is a habit that is often found in everyday life in various places and occasions (Rahman, Marliany, et al., 2023). Smoking and promiscuity as well as trying to consume alcohol is a necessity that cannot be avoided for people who have this habit so that currently smoking is still a health problem in the world which is dangerous for health and substance use among teenagers is still a major problem throughout the world. which results in many health and economic consequences (Gutierrez & Sher, 2015).

Smoking addiction behavior is one of the consequences of dependence on addictive substances, namely the presence of comorbidities in the form of symptoms of mental disorders, which can be symptoms of depression or symptoms of more severe mental disorders, namely psychoticism, and also the behavioral consequences of smoking can cause anxiety or anxiety disorders. In addictive substance abuse with the behavior of cigarette or alcohol addicts, most are susceptible to experiencing withdrawal syndrome or withdrawal symptoms. According to the Alcohol and Drug Foundation, the severity of symptoms depends on the type of substance, duration of use, age, physical and psychological health, and the method of cessation used. Even so, withdrawal syndrome generally causes the following symptoms: 1). Tremor or shaking; 2). Muscle ache; 3). Fatigue; 4). Nausea and vomiting; 5). Loss of appetite; 6). Sweating; 7). Sleep disorders; 8). Hallucinations; 9). Mood swings; 10). Depression; 11). Anxiety disorders; 12). Confusion; 13). Seizures; 14). Paranoid (Withdrawal - Alcohol and Drug Foundation, n.d.)

Smoking behavior in adolescents can be caused by various factors including peers, living environment, advertising factors, and psychological factors. One of the factors inherent in teenagers is psychological factors. This psychological factor is closely related to anxiety (Maya Zulfiarini et al., 2018). Teenagers are vulnerable to anxiety problems because at the teenage stage, there are changes in teenagers both psychologically and physically, causing teenagers to experience anxiety (Ramadhani & Nurwati, 2023). Dependence on smoking also involves other mechanisms that trigger an imbalance in brain function. Nicotine makes a person dependent by triggering an increase in the hormone dopamine in the brain. The increase in excess dopamine in smokers is also accompanied by a decrease in the monoamine oxidase enzyme which plays a role in reducing dopamine levels. Without this enzyme, dopamine levels will be more difficult to control, causing dependence. Most smokers feel the effects of increasing excess dopamine as a feeling of calm, happiness, or pleasure when smoking. This causes a person to have difficulty calming their mind if they don't smoke a cigarette. If that happens, smokers will look for and use cigarettes non-stop. Without realizing it, smokers also become more aggressive and irritable when they have to restrain their desire to smoke. This will of course affect the social life of smokers, which will create stress and trigger more severe changes in behavior (RSUD Cilacap, 2021).

If teenagers are unable to adapt to the various changes that exist both physically and psychologically, then teenagers will more easily fall into deviant things, including smoking, drinking, and even drug/drug abuse. Several methods that can be used to overcome anxiety in teenagers with smoking behavior include Edo State therapy, music therapy, Expressive Writing Therapy, Cognitive Behavior Therapy, and Emotional Freedom Technique (EFT) (Fitri & Asra, 2023). One complementary therapy that can be used as an alternative is Emotional Freedom Technique (EFT) therapy. EFT therapy is an emotional therapy technique that can also treat the symptoms of physical and psychological illness. EFT therapy is carried out by tapping certain meridian points to stimulate the release of endorphins which can make people calmer (Blacher, 2023). In its application, EFT uses a tapping technique at certain meridian points. The tapping technique used can reduce stress and anxiety that occurs in the brain or can also increase the feeling of relaxation felt by the body. This makes EFT a therapy that is easy, safe, effective, and cost-effective and the results are effective in reducing anxiety (Rahman, Supriadi, et al., 2023).

Recent studies found EFT treatment to be effective for (a) psychological conditions such as anxiety, depression, phobias, and post-traumatic stress disorder (PTSD); (b) physiological problems such as pain, insomnia, and autoimmune conditions; (c) professional and sporting achievements; and (d) biological markers of stress (Church et al., 2022). Based on survey results in May 2023, the following results were obtained: Several teenagers had a history of broken homes, playing until late at night when hanging out with fellow teenagers, and having friends who were at risk of addiction. Most of the male students from class XI, 70 to 80%, are active smokers and 2 to 3% of female students have a smoking habit. The results of interviews with male students revealed that some had tried consuming alcohol out of curiosity and felt embarrassed if other friends tried. Smoking behavior is carried out with the assumption that smoking can provide a feeling of comfort and calm so that it can relieve stress, anxiety, and even depression. This condition is also experienced by teenagers where smoking is considered to overcome anxiety.

Efforts used to overcome anxiety include EFT (Emotional Freedom Technique) therapy, which is a non-invasive action using tapping at points in the body's meridian energy pathways, which will send fear-reducing signals directly to the amygdala (Shari et al., 2014). EFT is one of the preferred interventions that can be used to overcome anxiety. EFT can reduce anxiety, overcome anxiety exclusively in the cerebral cortex, and overcome anxiety from the root of the problem (Lataima et al., 2020). Through the Tapping process (Oktaviani et al., 2021), you can influence the subconscious mind using self-suggestion. The Tapping reaction in EFT occurs as a response through the sensory nerve network and involves the central nervous system, so it can overcome anxiety in teenagers due to addiction to smoking and addictive substances (Rahman et al., 2022). Based on these problems, the resident aims to apply Emotional Freedom Techniques (EFT) Therapy to determine the effect of Emotional Freedom Techniques (EFT) Therapy on reducing anxiety levels in adolescents.

METHOD

This research method uses a Quasy Experiment tone group pretest and posttest design approach. The population involved in implementing Evidence-Based Nursing Practice (EBNP) is teenagers with smoking behavior who experience anxiety at SMAN 2 Ciamis, Linggasari Village, Ciamis Regency. Using purposive sampling. The number of samples was calculated using the Slovin formula and a sample size of 54 people was obtained from a population of 119 class XI students who were addicted to smoking behavior. From a total sample of 54 people with the anxiety level category, 23 students were taken with the criteria for a moderate anxiety level. The inclusion criteria in this study are: 1). Adolescents with smoking behavior who experience anxiety, 2). Adolescents with moderate levels of anxiety, 3). Do not use other complementary therapies, 4). Willing to give consent and able to follow the therapy given and cooperative throughout the process. Meanwhile, the exclusion criteria in this study are: 1). Adolescents who have changed schools, 2). Have a history of other illnesses.

The instruments in EBNP are the State-Trait Anxiety Inventory - Trait (STAI-T) anxiety questionnaire and the Emotional Freedom Techniques (EFT) procedure, tapping or pressing meridian points (energy hot spots) in the body to restore energy balance. STAI-T is a simple diagnostic test for reliable and easy detection of anxiety disorders. as a questionnaire consisting of 20 questions. Test scores provide a clear perspective on the level and type of anxiety (Zsido et al., 2020). In the initial stage, screening is carried out in stages for each teenager before the Emotional Freedom Techniques (EFT) application intervention is carried out. In the intervention process, the application of EFT is carried out in groups for 25-30 minutes. For 2 weeks (4 times), EFT application is applied by applying pressure to the part of the teenager. The body is considered a gathering place for body energy. The aim is to reduce tension and improve the connection between body and mind with the technique of pressing certain body parts 7 times starting from 1). Top of the middle of the head, 2). Tip of the eyebrows above the bridge of the nose, 3). The outer corner of the eye, 4). Bone under the eye, 5). Point between the lower nose and upper lip, 6). between the chin and lower lip, 7). The point on the upper chest (at the junction of the sternum, collarbone, and first rib), 8). Point on the side of the body, approximately 10 cm below the armpit. After completing the action, fill out the State-Trait Anxiety Inventory - Trait (STAI-T) form again to measure the level of anxiety after the EFT action. Data analysis was carried out using SPSS software tools

RESULTS

Table 1.
Characteristics of Adolescents (n=23)

Characteristics	f	%
Age		
Middle Teens	13	56,5
Late Teenagers	10	43,5
Gender		
Man	23	100
Woman	0	0
Smoker Category		
Currently	20	87
Heavy	3	13

Table 2.
Frequency Distribution of Anxiety Level Categories before and after the intervention (n=23)

Anxiety Level Category	Frekuensi			
	Before		After	
	f	%	f	%
Mild Anxiety	23	100	2	9
Moderate Anxiety	0	0	21	91

Table 3.
Average score of adolescent anxiety levels before and after therapy (EFT) (n=23)

Therapy (EFT).	Anxiety Level Score		
	Min	Max	Mean
Before	41	48	44,96
After	35	42	38,13

Table 4.
Data Normality Test Results (n=23)

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pretest	.203	23	.014	.915	23	.052
Posttest	.271	23	.000	.874	23	.008

Based on the results of the normality test using Shahiro Wilk and Kolmogorov on a sample of 23 teenagers, the data showed a normal distribution (p value> significance 0.05), so statistical tests on the differences between pre-intervention and post-intervention were carried out using the Paired t-Test.

Table 5.
Distribution of significance values for the Implementation of Emotional Freedom Techniques (EFT) intervention

	Mean	Std. Deviation	Std. Error Mean	Sig. (2-tailed)
Pretest - Posttest	6.826	1.899	.396	.000

The results of statistical tests can be explained that there is a significant difference in the results of the first screening for measuring anxiety levels with the second pre and post-screening after the application of Emotional Freedom Techniques (EFT) and the result was a p-value of 0.000 (P<0.05).

DISCUSSION

In the results of implementing EBNP, it was found that teenagers with smoking behavior who experienced moderate levels of anxiety were mostly in the middle teenage category, namely 56.5% aged 15-17 years. Adolescents with moderate levels of anxiety are someone to focus on things that are important and put aside things that are not important or are not a priority, which is characterized by decreased attention, decreased problem solving, impatience, irritability, moderate muscle tension, increased vital signs, starting to sweat, pacing frequently, urinating frequently and having headaches. This is in line with research conducted by (Husna et al., 2019), shows that there is a relationship between anxiety and smoking behavior in adolescents. This research states that teenagers who experience moderate levels of anxiety are more likely to be aged 15-17 years. This shows that teenagers who experience anxiety are more at risk of smoking than teenagers who do not experience anxiety and are vulnerable to experiencing psychosocial problems due to the formation of self-identity, This can of course be accompanied by emotional instability or decision-making that is often impulsive, thereby increasing stress and anxiety due to changes in feelings and emotions. (Sari Wijayaningsih, 2023).

Mental problems such as stress, anxiety, etc. are big problems faced by teenagers. Because in adolescence there starts to be a lot of pressure which triggers other problems. Adolescence is described as a period of emotional turmoil, they have high sensitivity so they easily experience anxiety and stress and have low-stress tolerance (Riskesdas, 2018). Research conducted (Mayah et al., 2021) It was revealed that many teenagers stated that smoking could relieve stress, anxiety, restlessness, anger, difficulty sleeping, and so on. Therefore, teenagers are called the period of Storm and Stress because their emotional conditions fluctuate drastically, and are easily turbulent and very vulnerable to conflict (Agustriyana & Suwanto, 2017). The gender in the application of EBNP is that all teenagers who experience moderate levels of anxiety with smoking behavior are male. In line with research conducted by (Salsabila et al., 2022) that smokers in Indonesia are mostly male and they find it difficult to refrain from smoking. Teenagers are one of the proportions of the population in Indonesia who smoke. Smoking behavior in teenagers is currently considered a normal behavior in society, the level of smoking is currently highest in teenagers because this behavior is initiated by curiosity, so this condition shows the bad smoking behavior of Indonesian society. (Kaghoo & Massa, 2023). NIDA (2018) states that men are more likely to experience dependence on cigarettes and symptoms of withdrawal syndrome than women.

The EBNP results obtained the highest results, namely 87%. Adolescents in the moderate smoker category are adolescents who smoke 5 to 14 cigarettes/day. As with the research entitled Analysis of smoking habits in adolescents, the results of this study also show that the frequency of smoking habits in adolescents is greater in the moderate category. (Rifiana et al., 2023). A cigarette contains 4,000 types of toxic chemical compounds that are dangerous for the body, of which 43 are carcinogenic, with the main components being nicotine (a dangerous substance that causes addiction), tar (carcinogenic), CO (reducing oxygen content in the blood. When someone is addicted to cigarettes, the nicotine contained in tobacco stimulates the brain to release substances that provide a feeling of comfort (Dopamine), thus causing a feeling of dependence. To maintain the feeling of comfort, there is an urge to smoke again, this is what causes teenagers to experience smoking addiction (Kemenkes, 2021).

The application of EFT is carried out in groups for 2 weeks (4 times) with a period of 25-30 minutes. The first EFT intervention is assessed as a pretest and the 4th (fourth) intervention is assessed as a posttest. The implementation process was carried out on 23 teenagers who had

the required criteria and after the intervention was completed, the results showed a decrease in levels with an average decrease of 6,826 from the anxiety level screening carried out using the instrument (STAI-T). It was proven that the implementation of the intervention (EFT) in teenagers smoking behavior has a significant effect on reducing anxiety levels. According to (Blacher, 2023) EFT As an alternative, Emotional Freedom Technique (EFT) therapy can be used as a complementary therapy. EFT is an emotional therapy technique that has the potential to treat symptoms of physical and psychological illness. The process of EFT therapy involves tapping certain meridian points, stimulating the release of endorphins that can help individuals achieve a state of calm. In its application according to (Church et al., 2022), EFT uses tapping techniques at certain meridian points. This tapping technique has been proven to reduce stress and anxiety levels in the brain, as well as increase the feeling of relaxation in the body. This makes EFT an easy, safe, effective, and economical form of therapy, with effective results in reducing anxiety. Thus, EFT can be considered a holistic approach that embraces mental, emotional, and physical aspects to improve overall well-being.

EFT is an intervention method that can be used to overcome anxiety (Lataima et al., 2020). Through the Tapping process, you can influence the subconscious mind using self-suggestion. The Tapping reaction in EFT occurs as a response through the sensory nerve network and involves the central nervous system, so it can overcome anxiety in teenagers due to addiction to smoking and addictive substances (Oktaviani et al., 2021). On Research (Pratiwi & Ningsih, 2022) stated that the State-Trait Anxiety Inventory–Trait (STAI-T) instrument was proven to be effective in measuring anxiety levels. EFT therapy is effective as an alternative therapy in reducing anxiety disorders. The results of implementing EBNP also found the same results as the research conducted (Tambunan et al., 2022) with a research design using quasi-experimental with a one-group pretest and posttest approach. A total of 22 people used the paired t-test (95% CI). (t value = 6.738) and depression (t value = 2.585) were significant after being given EFT therapy (p-value < 0.05), this shows that EFT intervention has proven to be effective and there is a decrease in scores on the results of the intervention for anxiety disorders (Lataima et al., 2020) states that EFT is one of the preferred interventions that can be used to overcome anxiety, EFT can reduce anxiety, overcome anxiety exclusively in the cerebral cortex, and overcome anxiety from the root of the problem.

EFT is a highly recommended intervention option. The benefits of applying EFT involve reducing levels of depression, stress, and anxiety, as well as improving immunological responses. In addition, EFT can also reduce cortisol levels in the blood and improve overall quality of life. Therefore, EFT is considered the most recommended method by several articles to treat various psychological conditions, especially anxiety problems (Lataima et al., 2020). The application of EBNP resulted in results showing that the process of applying emotional freedom techniques (EFT) to overcome anxiety in teenagers with smoking behavior in 23 teenage students found significant results in reducing moderate anxiety levels to mild anxiety levels. A decrease in anxiety levels is indicated by a decrease in anxiety level scores as measured using the State-Trait Anxiety Inventory-Trait (STAI-T). The results felt by the students after implementing EFT include students becoming more relaxed, calm, comfortable, and more enthusiastic, EFT therapy is considered capable of reducing levels of the hormone cortisol and returning the mood to a more cheerful and enthusiastic one, so EFT is proven to be able to overcome various psychological conditions, especially problems. worry. Despite the limitations, there are still many factors that can cause psychological disorders in teenagers, therefore it is necessary to apply EBNP EFT in a more comfortable and calm place and situation according to each individual's circumstances, more innovative anxiety level

screening in this digital era. and more modern so that the expected results will be more optimal.

CONCLUSION

Basically, the implementation of Emotional Freedom Techniques Intervention (EFT) Intervention to overcome anxiety in adolescents with smoking behavior behavior is very possible to do in reducing anxiety levels in adolescents. Based on the results data obtained, to see there is decrease in anxiety levels using the State-Trait Anxiety questionnaire Inventory - Trait (STAI-T) questionnaire in adolescents with moderate anxiety levels. can be done 2 times on the first day and day 4 after the EFT intervention. EFT intervention. EFT intervention conducted 4 times in (2 weeks) proved to be effective in adolescents who experience anxiety, this is evidenced by the with a decrease in anxiety levels after this intervention.

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