

**COMPARATIVE STUDY OF SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE (SEFT) THERAPY AND MUROTTAL THERAPY ON REDUCING PAIN IN ELDERLY WITH HYPERTENSION****Annisa Febriana\*, Devi Hairina Lestari, Diana Pefbrianti, M.Noor Ifansyah**Sekolah Tinggi Ilmu Kesehatan Intan Martapura, Jl. Samadi No.1, Java, Martapura, Banjar, South Kalimantan  
71213, Indonesia\*[annisafebriana012@gmail.com](mailto:annisafebriana012@gmail.com)**ABSTRACT**

Hypertension is still one of the diseases suffered by many elderly. Complementary therapy is a form of non-pharmacological therapy that is applied to help relieve symptoms due to hypertension. Therapy that can be given is Spiritual Emotional Freedom Technique (SEFT) and Relaxation Therapy listening to Murottal Al-Quran. This study aims to compare SEFT therapy and Murottal therapy to reduce pain in elderly with hypertension. This study used Quasy experimental design with pre test and post test. The samples in this study were 15 people in the SEFT group and 15 people in the Murrotal group in PPRSLU Budi Sejahtera. This study used non-probability sampling technique, consecutive sampling type. Data was measured with a visual analog scale (VAS) to measure pain felt by the elderly. Data were analyzed using the Mann Whitney statistical test. results showed that there was no difference between SEFT therapy and Murrotal therapy in reducing pain in hypertensive elderly (p Value 0.473). There is no difference between SEFT therapy and Murottal therapy in reducing pain in hypertensive elderly. Trials of effectiveness in both therapies showed Murottal therapy was more effective than SEFT therapy in reducing pain levels in elderly people with hypertension.

Keywords: elderly; murrotal; pain; SEFT

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**INTRODUCTION**

Hypertension is still one of the diseases that many elderly suffer from. The prevalence of hypertension sufferers is quite high in Indonesia, namely 34.1%. in South Kalimantan 44.1%, and the lowest in Papua 22.2% (Riset Kesehatan Dasar, 2018). Hypertension is ranked first among the 10 biggest diseases in Banjarbaru City with a total of 3,326 people, including 1,853 women aged 45-75 years old and 1,088 men aged 45-75 years (Dinas Kesehatan Banjarbaru, 2018). Biologically, the elderly are people who experience a continuous aging process, which is characterized by a decrease in physical endurance, that is, they are increasingly susceptible to attacks of disease that can cause death (Dachi et al., 2021). There are two types of efforts that hypertension sufferers can take to lower blood pressure, namely pharmacological and non-pharmacological. Complementary therapy is a form of non-pharmacological therapy that can be applied to help relieve symptoms, relax the body and overcome health problems, especially in hypertension sufferers.

Research by (Sulistyarini et al., 2013) states that complementary therapy focuses on providing relaxation as a procedure and technique that aims to reduce tension and anxiety, by training patients to be able to deliberately relax the body's muscles at any time, according to their

wishes. According to the scientific view, relaxation is a technique for reducing stress and tension by stretching the whole body to achieve a healthy mental state (Varvogli & Darviri, 2011). The therapies that can be given are Spiritual Emotional Freedom Technique (SEFT) therapy and Relaxation Therapy listening to music/Murottal Al-Quran. SEFT is relaxation therapy in the form of mind body therapy from complementary therapy which works more or less the same as the principles of acupuncture and acupressure, namely by stimulating acupuncture points on the surface of the body. SEFT therapy is a combination of the body's energy system and spirituality in prayer sentences using a tapping method on 18 body meridian points which stimulates and activates the body's 12 energy pathways, thereby causing relaxation in the body (Fitriana et al., 2023; Maryatun, 2019).

Research journal with the title Application of Supportive Model in Spiritual Emotional Freedom Technique (SEFT) Intervention on Changes in Blood Pressure in Hypertensive Elderly at Teratai Nursing Home, there was a decrease in blood pressure in the intervention group with an average decrease in systolic blood pressure of 10.41 mmHg and the average . The average decrease in diastolic blood pressure was 8.35 mmHg (Maryatun, 2019). In another study entitled The Effect of SEFT Therapy on Reducing Blood Pressure in Hypertension Sufferers in the Annual Community Health Center Area, the average blood pressure of respondents before being given therapy was 167/88 mmHg, and after SEFT therapy there was a decrease to an average of 142/83mmHg (Huda & Alvita, 2018). In research entitled The Influence of Spiritual Emotional Freedom Technique (SEFT) on Blood Pressure in Hypertension Sufferers in Sawahan Hamlet, Nogotirto, Gamping, Sleman, Yogyakarta. The average systolic blood pressure before treatment was 162.67 mmHg and diastolic 98 mmHg, after SEFT therapy the average systolic blood pressure became 139.33 mmHg and diastolic blood pressure became 90.67 mmHg (Prihatin et al., 2022). Research conducted by (Septyani Permatasari et al., 2020) using SEFT therapy with a duration of 30 minutes and carried out for 14 days can reduce the average blood pressure, where the systolic blood pressure value decreases by 12 mmHg and diastolic blood pressure decreases by 12.8 mmHg.

Another relaxation therapy is listening to music/Murottal Al-Quran. Relaxation therapy with Murattal Al-Quran has been widely applied as an alternative to speed up healing. However, not many people know that relaxation therapy with Murottal Al-Quran actually helps healing. Musical stimulation can activate specific pathways in several areas of the brain (Pandiangan & Mariyam, 2023; Qalbi & Maryoto, 2023). The limbic system which is related to emotional behavior is one of those that is activated. The limbic system which is activated due to the Al-Quran murattal causes the body to relax, during this situation blood pressure decreases thereby reducing pain (Wahyuni et al., 2020). The sound of reading the Koran which contains elements of the human voice is a healing instrument. This sound can reduce stress hormones, activate endorphin hormones, increase relaxation, divert feelings of fear, anxiety and tension (Wahyu Satyaningtyas et al., 2022). The aim of this research is to compare spiritual emotional freedom therapy (SEFT) and Murottal therapy to reduce pain in elderly people with hypertension.

## **METHOD**

This research uses Quasy experiment design with pre and post test. The Population in this Study were all elderly in PPRSLU Budi Sejahtera South Kalimantan Province. The number of samples in this study was 15 people in the SEFT intervention group and 15 people in the Murrotal group, so the number of respondents was 30 people. This study used a non-probability sampling technique, consecutive sampling type. The independent variables in this

research are spiritual emotional freedom technique (SEFT) and murrotal therapy (Surah Ar-Rahman) and pain as a dependent variabel. The data measured by visual analogue scale (VAS) to measure the degree of pain felt by the elderly. Data were analyzed using the Mann Whitney statistical test. The Time of the research is February 2024

## RESULTS

Table 1.  
Respondent characteristics (n= 15 each group)

Characteristic Respondent	SEFT group		Murrotal group	
	f	%	f	%
Gender				
Male	1	6,7	7	46,7
Female	14	93,3	8	53,3
Age				
55-65 years old	7	46,7	5	33,3
66-74 years old	5	33,3	7	46,7
75-90 years old	3	20,0	3	20
Education				
Elementary school	14	93,3	10	66,7
Junior high school	0	0	4	26,7
Senior high school	1	6,7	1	6,7
College	0	0	0	0
Work				
Civil servants / retirees	0	0	0	0
Self-employed	1	6,7	0	0
Farmer	0	0	0	0
Doesn't work	14	93,3	15	100

Table 1, the results show that the majority of respondents' gender is female in the SEFT group and the murrotal group. In terms of age, the majority of respondents were between 55-64 years old, namely 7 respondents (46.7%) in the SEFT group and 66-74 (46,7%) in murrotal group. In terms of education, the majority of respondents had elementary school education, namely 14 respondents (93.3%) in the SEFT group. In terms of work, the majority of respondents did not work, namely 14 respondents (93.3%) in the SEFT group and 15 respondents (100.%) in the murrotal group.

Table 2.  
Pain Levels Before and After in the SEFT Intervention Group

Pain	SEFT intervention					
	PRE		Mean	POST		Uji Wilcoxon
	f	%		f	%	
Rendah	6	40	4.60	8	53,3	P= 0.003
Sedang	6	40		7	46,7	
Berat	3	20		0	0	

Table 2, the results showed that there was an effect of the SEFT intervention on pain in the elderly with  $p=0.003$ , there was a decrease in pain after the intervention was given with no more severe pain at 0%.

Table 3.  
Pain Levels Before and After in the Murrotal Intervention Group

Pain grade	PRE		Murrotal intervention		Mean	Wilcoxon test
	f	%	Mean	POST		
Mild	4	26,7	4.67	12	2.46	P= 0.002
Moderate	9	60		2		
Severe	2	13,3		1		

Table 3, the results showed that there was an effect in the murrotal intervention group on pain in the elderly with  $p=0.002$ , there was a decrease in pain in the pre-previous period from 2 people with severe pain to 1 person. The mean results showed a decrease in pain of 2.27.

Table 4.  
Comparison of SEFT Therapy and Murrotal Therapy on Reducing Pain in Hypertensive Elderly

	Intervention		Mann Whitney test	Control		Mann Whitney test
	f	Mean		f	Mean	
SEFT intervention	15	14.37	0.473	15	16.07	0.716
Murrotal intervention	15	16.63		15	14.93	

Table 4, the results of different tests using the Mann Whitney test were obtained with a P value of 0.473 in the intervention group, and a P value of 0.716 in the control group, indicating that there was no difference between SEFT therapy and Murrotal therapy in reducing pain in hypertensive elderly.

## DISCUSSION

Based on the research results, it shows that there is no difference between Spiritual Emotional Freedom Technique (SEFT) therapy and Murrotal Therapy in reducing pain in elderly people with hypertension with a p value of 0.473 in the intervention group and a P value of 0.716 in the control group. Even though the results showed that there was no difference between the two interventions in reducing pain, the effect test results showed that murrotal therapy had a greater effect in reducing pain levels in elderly people with hypertension, namely 2.21 compared to SEFT therapy of 1.74. The pain felt is an accumulation of various stimuli. Pain stimuli that occur tend to occur due to an imbalance in the condition of the human body. Moreover, in elderly people with hypertension, physical discomfort in the form of pain can be felt if their blood pressure increases (Novitasari & Wirakhmi, 2018). Apart from that, the physical condition of the elderly who has experienced a decline is also one of the causes of pain appearing in the head, neck, nape, hands and feet as well as other body parts. Various non-pharmacological therapies are alternative nursing interventions that can be given to reduce the pain felt.

The results of this study show that murrotal therapy given for 15-20 minutes is proven to be more effective than SEFT therapy. According to several studies, chanting the Koran physically contains elements of the human voice which can be an amazing healing instrument and an easily accessible tool. Murrotal therapy can reduce stress hormones, activate natural endorphin hormones, increase feelings of relaxation, and divert attention from fear, anxiety and tension, improve the body's chemical system thereby lowering blood pressure (Oop Ropei, 2017; Wahyuni et al., 2020). One of the suras used as murrotal Al Qur'an therapy in this

research is the Ar-Rahman surah. Surah Ar-Rahman, which means the Most Gracious, is the 55th letter in the Al-Qur'an consisting of 78 verses. There are many opinions that Ar-Rahman's letter is a letter of love. All the verses in the Ar-Rahman letter are Makiyyah letters which have the character of short verses so that this letter is comfortable to listen to and can have a relaxing effect even for lay listeners (Pratiwi et al., 2015; Rio Rendra Rizqi et al., 2017). The feeling of relaxation felt by the elderly's body certainly has an impact on reducing pain, because the body's organs are in a relaxed condition.

When the elderly listen to the chanting of Surah Ar Rahman in a relaxed state, it not only creates a feeling of comfort, but also provides a positive emotional response which is very influential in bringing about positive perceptions which have an impact on reducing feelings of anxiety in the elderly. The positive perception obtained from listening to Ar Rahman's murottal will then stimulate the hypothalamus to release endorphin hormones, so that the hormones epinephrine and norepinephrine can be controlled, which will inhibit the formation of angiotensin which can then reduce blood pressure (Hendriana, 2019; Rachmawati & Baehaki, 2021). SEFT therapy in this study also had an effect on reducing pain. The SEFT therapy provided can help treat or manage hypertension more quickly and is able to control the psychological aspects that accompany hypertension sufferers. SEFT therapy also makes sufferers more comfortable, provides a more relaxed feeling, and reduces physical complaints of dizziness, aches, neck pain and pain in the waist (Rina Elsa Rizkiana & Dwi Mulianda, 2021). The provision of SEFT therapy provides motivation for the elderly to be more resigned and sincere with the pain they feel, so that the elderly can think more positively about living their lives. This is because there are several sentences of suggestions and prayers that the elderly say when carrying out this therapy.

Apart from treating pain, SEFT therapy also has an impact on reducing blood pressure. Hypertensive elderly people who experience physical complaints of pain and discomfort certainly have an impact on blood pressure. Based on the results of research conducted by (Eryanti & Sugiharto, 2021) regarding "SEFT therapy (spiritual emotional freedom technique) as an effort to reduce hypertension" the results showed that blood pressure decreased by 20 mmHg. This therapy provides a feeling of calm because the body's energy balance process occurs, causing a relaxing effect which has an impact on stable blood pressure. According to (Rofacky & Aini, 2015), spiritual emotional freedom technique (SEFT) therapy is a technique that combines the body's energy system (energy medicine) and spiritual therapy by using tapping at certain points on the body. Explaining that relaxation techniques have the same effect as medicine. anti-hypertension in lowering blood pressure and treating pain complaints. The process begins by relaxing the smooth muscles of the arteries and veins along with other muscles in the body. The effect of relaxing these muscles causes the levels of norepinephrine in the blood to decrease. These relaxed muscles will spread the stimulus to the hypothalamus so that the human soul and internal organs feel calm and comfortable (Fitriana et al., 2023; Jumain et al., 2024).

The results of this study show that there is no difference between SEFT therapy and Murottal therapy in reducing pain in hypertensive elderly people. There is no difference in reducing pain in the two therapies because both therapies have the same effect, namely helping to relax which has an impact on reducing pain and reducing blood pressure. This is in line with research by (Ismarina, D., Herliawati, Muharyani, P., 2023), regarding the comparison of music therapy with autogenic relaxation, which also showed that there was no difference because it had the same effect on reducing blood pressure. Various studies regarding SEFT Therapy and Murottal Therapy in general still focus on reducing blood pressure, anxiety and

sleep quality in hypertensive elderly people (Rachmanto & Pohan, 2021). There is still no research that leads to a reduction in pain in hypertensive elderly people. So this research is an initial finding and can be researched further by adding samples to the intervention group, both SEFT and Murottal.

## CONCLUSION

Based on the research results, it shows that there is no difference between administering SEFT Therapy and Murottal Therapy in reducing pain in hypertensive elderly. The effect test on the two therapies given showed that there was an effect, where Murottal therapy was more effective than SEFT therapy in reducing pain levels in elderly people with hypertension.

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