

**Volume 5, No. 4 April, 2024 p ISSN 2723-6927-e ISSN 2723-4339**

**Analysing the Spiritual Effects of Emotional Freedom Technology (SEFT) in Building Psychological Well-being: Systematic Literature Review**

**Devani Widya Rachmawardany¹, Irma Finurina Mustikawati², Paramita**   
**Septianawati³, Glorio Immanuel⁴**   
1,2,3,4Faculty of Medicine, Universitas Muhammadiyah Purwokerto, Central Java, Indonesia   
Email: [2irmafinurinamustikawati@ump.ac.id,](mailto:irmafinurinamustikawati@ump.ac.id)[3paramitaseptianawati@ump.ac.id,](mailto:paramitaseptianawati@ump.ac.id) [4glo\_rio@yahoo.com](mailto:glo_rio@yahoo.com)

**ABSTRACT**   
Spiritual emotional freedom techniques (SEFT) influence psychological well-being because psychological well-being is an individual's ability to prosper with all one's abilities and weaknesses cope with life's stresses, can work productively and fruitfully. The method used is a systematic literature review by collecting various literature, namely Scopus, and PubMed. Using SEFT keywords; psychological well-being, effects. The results of several studies indicate that there is an influence of SEFT in developing psychological well-being. SEFT is carried out with the power of prayer and tapping at several points will influence the level of stress. SEFT therapy can be applied in the field of clinical practice to support patient care.

**Keywords:** effects, psychological well-being, SEFT

**INTRODUCTION**   
 SEFT is a psychological support technique that focuses on holistic and spiritual well-being. The Emotional Freedom Technique (EFT) uses emotions and physical touch, often combined with prayer, to bring about significant emotional and physical transformations (Maryana & Dewi, 2021). Through practices like the Spiritual Emotional Freedom Technique (SEFT), which integrates spirituality through prayer, sincerity, and surrender, alongside psychological energy techniques, individuals can tap into the body's energy system to enhance their mental state, emotions, and behaviour. SEFT simplifies this process through techniques such as set-up, tune-up, and tap (Hidayat et al., 2021).

In the application of SEFT, when negative emotions disappear and positive emotions are transformed, the person is asked the following question: ''What do you think the meaning of all these experiences is?'' This question allows individuals to recognise that adverse experiences can offer fresh insights and perspectives in life (Lina et al., 2019). Negative psychological well-being encompasses enduring stress, depression, anxiety, anger, pessimism, and discontentment with one's present circumstances.

Conversely, positive psychological health encompasses various facets, such as optimism, gratitude, purpose, resilience, positive influence, and happiness. Studies have indicated that positive psychological well-being not only contributes to improved

Jurnal Health Sains, Vol. 5, No. 4, April 2024 293

Analysing the Spiritual Effects of Emotional Freedom Technology (SEFT) in Building Psychological Well-being: Systematic Literature Review

health but also leads to better social and economic outcomes (Vivolo et al., 2024). Positive psychology focuses on improving psychological well-being and positive outcomes. A key aspect of psychological well-being is the resilience of academic abilities (Li & Hasson, 2020).

Spirituality could play a role in enhancing our understanding of the positive impacts of nature on psychological well-being. According to ecopsychology theory, the formation of a person's 'ecological self' emerges as a result of feeling deeply connected to the natural world, encompassing both its physical and spiritual dimensions (Koburtay & Alzoubi, 2021).

In Covid patients, research has found that there are psychological and social impacts on different population groups. The impact on psychological well-being, namely post-traumatic stress disorder, anxiety and depression (De Kock et al., 2021). Patients who have spiritual health always obey the Almighty, and their lives are meaningful and have a purpose, the spiritual element in the intervention will also add a strengthening effect that will create a feeling of sincerity, accept any situation with fortitude, hope for healing, and be able to take lessons (Lopez et al., 2020).

Research also shows a relationship between depression and SEFT. Depression is a condition characterised by alterations in mood, cognition, and behaviour. In 2018, it was reported that approximately 6.2% of the population in the East Kalimantan province experienced depression, with an estimated 1.4 million individuals suffering from mental health issues. SEFT, among other counselling methods, is considered an innovative approach to addressing such challenges (Thalib & Saleh, n.d.).

SEFT can have an effect on reducing anxiety levels. However, it is important to approach using an open mind and considering different individuals. Always consult a qualified therapist for personalised guidance and support.

**RESEARCHED METHODS**   
 The research methodology entails conducting a literature review following the Preferred Reporting Items for Literature Reviews guidelines. Electronic databases such as PubMed and Scopus were utilised to search for articles. The search criteria were adjusted based on predefined inclusion and exclusion criteria, employing specific frameworks and keywords to identify relevant literature. The primary keyword used in this review was "SEFT; psychological well-being" to retrieve evidence-based research articles. The synthesised data focuses on the impact of the Spiritual Emotional Freedom Technique (SEFT) on enhancing psychological well-being. The literature review includes articles published between 2019 and 2024 in English. Articles published before 2019, those not in English, review articles, and non-experimental research designs were excluded from the search. The primary aim of the database search was to identify pertinent articles for the review process.

**RESULT AND DISCUSSION**   
 10 selected articles were reviewed. Article publication from 2019-2024. The majority of research shows that there is an influence of SEFT in building psychological well-being, there is a relationship between variables, namely age, gender, occupation, level of education, and comorbidities.

Jurnal Health Sains, Vol. 5, No. 4, April 2024 294

Devani Widya Rachmawardany¹, Irma Finurina Mustikawati², Paramita Septianawati³, Glorio Immanuel⁴

**Table 1. Analysis**

|  |  |  |
| --- | --- | --- |
| **Researcher** | **Type of Research** | **Research result** |
| (Altuntaş & | Qualitative research | Emotional freedom techniques using Chinese |
| Düzgüner, | concepts in 1980. EFT has an impact on |
| 2020) | psychology and conditions. The method involves |

stimulating meridian transition points with a tip without a needle. to create a frequency between fusion and energy until events that cause negative emotions

|  |  |  |  |
| --- | --- | --- | --- |
| (Irman | & | Quasi-experimental | SEFT therapy has the potential to alleviate |
| Wijayanti, | feelings of hopelessness by integrating spiritual, |
| 2022) | psychological, and physical components. This |

involves tapping specific points on the fingertips to address emotional and psychosomatic issues, leading to a reduction in both psychological and physical symptoms.

|  |  |  |  |
| --- | --- | --- | --- |
| (Fatima, | | Experimental | Positive psychology focuses on improving |
| Khan, | & | research | psychological well-being and positive outcomes. |
| Sadia, 2023) | | A key aspect of psychological well-being is the |

resilience of academic abilities.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| (Denning et | Quantitative | Mental health is a condition where the person | | | | | |
| al., 2021) | research | has | potential | within | himself. | | Negative |
| psychological | | well-being | | encompasses | |

conditions such as depression, chronic stress,

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| anxiety, | anger, | pessimism, | and | overall |

dissatisfaction with life. On the other hand, positive psychological health is defined by feelings of optimism, gratitude, resilience, a sense of purpose, positive influence, and happiness.

|  |  |  |
| --- | --- | --- |
| (Er & Erkan, | Cross-sectional | Positive impacts on spiritual well-being can |
| 2023) | profoundly influence cancer patients, enhancing |

their quality of life and instilling a greater sense of vitality. Research has indicated that breast cancer, in particular, has a significant impact on psychological resilience. Factors such as age, number of children, duration of diagnosis, and cancer stage are correlated with changes in psychological well-being, with psychological resilience decreasing as these factors increase.

|  |  |  |  |
| --- | --- | --- | --- |
| (Hidayat | et | Quasi-experimental | SEFT has a big impact on reducing anxiety and |
| al., 2021) | improving psychological well-being to the point |

of being awake in Covid 19 patients. The instrument used is the psychological well-being questionnaire. One of the treatments that can

|  |  |
| --- | --- |
| Jurnal Health Sains, Vol. 5, No. 4, April 2024 | 295 |

Analysing the Spiritual Effects of Emotional Freedom Technology (SEFT) in Building Psychological Well-being: Systematic Literature Review

be used in DM patients with Covid is using SEFT.

|  |  |  |  |
| --- | --- | --- | --- |
| (Fatima | et | Cross-sectional | This pandemic has caused great concern and |
| al., 2023) | Non-probability | fear for the entire community. The risk of |

convenience   
sampling technique

infection has a negative impact that affects psychological well-being. The research results show that positive and negative relationships have significant results on the influence of psychological health.

The respondents' distribution characteristics were gender, age, education level, and occupation. R DM patients had high self-efficacy after being given SEFT therapy for 10-15 minutes whenever they felt relaxed and calm. The Mann-Whitney test results reveal a significant p-value of 0.003, indicating a notable distinction between the intervention group, which underwent the Emotional Freedom Technique (SEFT) spiritual therapy, and the control group (Maryana & Dewi, 2021).

SEFT contains tapping and prayer concentration, sincerity, surrender, and feeling gratitude that is repeated regularly with deep and long breaths. SEFT demonstrates effectiveness in decreasing the LF/HF ratio among primiparous women. Additional studies are required to confirm the applicability of SEFT in pregnant women experiencing anxiety(Hidayat et al., 2021).

SEFT is a therapy for pre-menstrual patients by carrying out standard procedures such as The Set-Up, The Tune-In, and Tapping. The findings indicate notable variances in premenstrual syndrome mood fluctuations following SEFT therapy. With a p-value of 0.001 from the analysis, it can be inferred that SEFT has the potential to ameliorate mood swings associated with premenstrual syndrome (Lestari, 2023).

**CONCLUSION**   
Spiritual Emotional Freedom Technique (SEFT) therapy has a great influence on psychological well-being. Looking at the p-value results, in general therapy Spiritual Emotional Freedom Technique (SEFT) can have quite a good impact on psychology because it reduces feelings that involve spiritual, psychological and physical elements. Several studies say SEFT can also affect patients suffering from diseases such as COVID-19, DM, and Cancer.

**REFERENCES**

Altuntaş, Semra, & Düzgüner, Sevde. (2020). Duygusal Özgürleşme Tekniği (EFT) ile Destek Alan Kadınlarda Bireysel, Sosyal ve Manevi Değişim Üzerine Nitel Bir Araştırma. *Ankara Üniversitesi İlahiyat Fakültesi Dergisi*, *61*(2), 453–492.

De Kock, Johannes H., Latham, Helen Ann, Leslie, Stephen J., Grindle, Mark, Munoz, Sarah Anne, Ellis, Liz, Polson, Rob, & O’Malley, Christopher M. (2021). A rapid review of the impact of COVID-19 on the mental health of healthcare workers: implications for supporting psychological well-being. *BMC Public Health*, *21*, 1–18. Denning, Max, Goh, Ee Teng, Tan, Benjamin, Kanneganti, Abhiram, Almonte, Melanie, Scott, Alasdair, Martin, Guy, Clarke, Jonathan, Sounderajah, Viknesh, & Markar, Sheraz. (2021). Determinants of burnout and other aspects of psychological well-

Jurnal Health Sains, Vol. 5, No. 4, April 2024 296

Devani Widya Rachmawardany¹, Irma Finurina Mustikawati², Paramita Septianawati³, Glorio Immanuel⁴

being in healthcare workers during the Covid-19 pandemic: A multinational cross-sectional study. *Plos One*, *16*(4), e0238666.

Er, Özlem Soyer, & Erkan, Hamide Nur. (2023). The mediating role of psychological resilience in the relationship between spiritual well-being and supportive care needs in women with breast cancer. *European Journal of Breast Health*, *19*(4), 297.

Fatima, S. Mushkbar, Khan, Saira, & Sadia, Rayna. (2023). The Relationship between Perceived Infectability and Psychological Well-being: The Mediating Role of Covid-19 Anxiety. *Psychology in Russia*, *16*(2), 63.

Hidayat, Asri, Emila, Ova, Dewi, Fatwa Sari Tetra, & Sumarni, Sumarni. (2021). Spiritual emotional freedom technique (SEFT) improved autonomic nervous activity in primipara. *Bali Medical Journal*, *10*(1), 361–365.

Irman, Ode, & Wijayanti, Anggia Riske. (2022). Reduction of Hopelessness Through Spiritual Emotional Freedom Techniques Therapy in Chronic Kidney Disease Patients Undergoing Hemodialysis. *Jurnal Keperawatan Indonesia*, *25*(2), 95–102. Koburtay, Tamer, & Alzoubi, Abedelkareem. (2021). The linkages between person- organization spirituality fit and workers’ psychological well-being. *The Journal of*  *Social Psychology*, *161*(1), 103–118.

Lestari, Indah. (2023). *Spiritual Emotional Freedom Technique (SEFT) as an Effort to*  *Improve Mood Swing Premenstruation Syndrome*.

Li, Zhuang Shuang, & Hasson, Felicity. (2020). Resilience, stress, and psychological well-being in nursing students: A systematic review. *Nurse Education Today*, *90*, 104440.

Lina, Liza Fitri, Sabriyanti, Hazaroh Eldis, & Sartika, Andry. (2019). Decreased The Anxiety Scale of Hemodialysis Patients With The Spiritual Emotional Freedom Technique (SEFT) and The Autogenic Relaxation. *South East Asia Nursing Research*, *1*(3), 142.

Lopez, Jaime, Perez-Rojo, Gema, Noriega, Cristina, Carretero, Isabel, Velasco, Cristina, Martinez-Huertas, J. A., Lopez-Frutos, Patricia, & Galarraga, Leyre. (2020).

Psychological well-being among older adults during the COVID-19 outbreak: A comparative study of the young–old and the old–old adults. *International Psychogeriatrics*, *32*(11), 1365–1370.

Maryana, Maryana, & Dewi, Sari Candra. (2021). Spiritual emotional freedom technique increased patient self efficacy. *Bali Medical Journal*, *10*(3), 1138–1141. Thalib, Abdul Herman Syah, & Saleh, Fitri J. (n.d.). Effectiveness of Spiritual Emotional Freedom Technique on Improving Quality of Life in Post Stroke Patients. *Jurnal*  *Ilmiah Kesehatan Sandi Husada*, *11*(1), 82–88.

Vivolo, Marco, Owen, Joel, & Fisher, Paul. (2024). Building resilience in the Improving Access to Psychological Therapy (IAPT) Psychological Wellbeing Practitioner (PWP) role: a qualitative grounded theory study. *Behavioural and Cognitive Psychotherapy*, *52*(2), 135–148.

**Copyright Holder:**   
Devani Widya Rachmawardany¹, Irma Finurina Mustikawati², Paramita Septianawati³, Glorio Immanuel⁴ (2024)

Jurnal Health Sains, Vol. 5, No. 4, April 2024 297

Analysing the Spiritual Effects of Emotional Freedom Technology (SEFT) in Building Psychological Well-being: Systematic Literature Review

**First Publication Right:**   
Jurnal Health Sains

This article is licensed under:



|  |  |
| --- | --- |
|  | |
| Jurnal Health Sains, Vol. 5, No. 4, April 2024 | 298 |