

Effectiveness of the Emotional Freedom Techniques to Reducing Stress in Diabetic Patients



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Abstract

The research aimed to recognize the EFT effect on the stress reduction of diabetes mellitus patients. The Research used a quasi-experimental design non-randomization pre-test – post-test group design. The ‘t’ value for stress level before EFT was performed with a p-value of 0,000 and for stress level after EFT p-value was 0,000. From the statistic, it was concluded that there was a significant EFT effect on stress reduction in patients with diabetes mellitus. The Emotional Freedom Technique (EFT) including the mind-body therapy relaxation technique was an integrated system between energy medicine and EFT therapy using a tapping method on body meridian points. EFT therapy firmly helped the patients to manage their minds from emotional pressure (negative energy) therefore it helped patients with stress. It helped all patients mainly patients with diabetes mellitus.

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Contents

Abstract	555
1 Introduction.....	556

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2	Materials and Methods	556
3	Results and Discussions	557
4	Conclusion	558
	Acknowledgments.....	558
	References	559
	Biography of Authors	561

1 Introduction

Diabetes Mellitus was a chronic inflammation that potentially caused degenerative brain metabolism alteration (Klockner et al., 2021). Diabetes Mellitus might create several symptoms. Starting from the limp body, frequent urination, and frequent dozing, to the heaviest symptom, even led to death. The patient from 63 years to above who had diabetes mellitus with 220ml/dl random blood sugar serum attended to have weakness syndrome (Sadiq Ahmed et al., 2021). The complication in diabetes mellitus patients might cause gangrene, heart disease even stroke. Diabetes mellitus was affected by several factors such as hereditary factors and lifestyle factors.

One of the people's lifestyles is the ability to manage stress in facing a problem. When someone experiences stress, naturally the body will ensure that the blood level and energy are sufficient to release cortisol and epinephrine hormones. The cortisol hormone was one that determines our body's response to a stressful situation. The cortisol hormone inside the body might prevent insulin hormone output and cause high blood sugar levels (Lingga, 2012). The heavier the stress inside the body, the cortisol hormone output increase. This showed that stress might affect the sugar elevation in the blood (McPhee & Ganong, 2011).

This research aimed to identify the stress level of a diabetes mellitus patient who was hospitalized. There were 40 samples of respondents, who used EFT and were guided online through video call (Hidayati et al., 2011). Meanwhile, some research was held on outgoing patients and EFT was conducted by assisting directly from the researcher (Church & Brooks, 2010).

Several research mentioned that EFT might reduce the stress level of other than diabetes mellitus patients. The Research held by Dr. Padmakalli Banerjee, Dr. Amita Puri, and Dr. Nadeem Luqman declared EFT was an alternative therapy to outgrow stress with direct assistance from a researcher. The Research by Morgan Cloud, Ph.D. mentioned EFT for psychological treatment using acupuncture control was held on 14 respondents.

Research by Donna Bach, ND1, Gary Groesbeck, BCIA1, Peta Stapleton, PhD2, Rebecca Sims, MCP2, Katharina Blickheuser, PhD1, and Dawson Church, PhD1 about Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health with 31 samples of workshop participants revealed the result after EFT that there were reductions by 40% of stress, 35% of depression, 32% of posttraumatic stress disorder, 57% of pain with $P < 0,000$ and happiness escalation occurred about 31% with $p < 0,000$ (Bach et al., 2019).

Emotional Freedom Technique was a tool to handle symptoms of all diseases including diabetes mellitus symptoms by tapping on several determining points in EFT and combining them with the mind. Apart from that, EFT was an innovative cognitive-somatic therapy that proved to have a significant valuable effect on several symptoms and was also effective to balance the mood (Harbottle, 2019).

2 Materials and Methods

This research used Quasi Experiment Pre-Posttest Control Group Design with two groups of respondents, the control group and the intervention group. This research measured the stress level of diabetes mellitus patients before and after EFT. The instrument was Depression Questionnaire using DASS (Arikunto, 2013).

This method section describes the procedure for our study, which aims to analyze this health-finding article that discusses experts' opinions about how the COVID-19 vaccine works in the human body. This research is part of general public health literacy (Okhabska et al., 2022). To facilitate this study, we obtained data through a Google search engine on many well-known publications concerned with health issues,

especially the issue of the COVID-19 vaccine. The journal publications we mean are Medpub, Google Book, Esavier, Sagepub, Academic research, Taylor and France, and several other publications (Galanis et al., 2021). We manage this paper in a descriptive qualitative design for secondary data exploration. Meanwhile, our research review efforts were carried out; we used data coding, evaluation, and in-depth interpretation to draw conclusions that could answer this research question validly and reliably. We followed the review guidelines (Li et al., 2021; Akbarov & Xabilov, 2021).

3 Results and Discussions

Based on a bivariate analysis of diabetes mellitus patients, the mean value of statistical test results before EFT was 17, meanwhile, the mean value after EFT was 9.5, and the mean difference was 1,9 with a deviation standard of 5,39 also showed a p -value = 0,000 (p -value<0,005). The result indicated a significant difference before and after intervention given statistically. It showed that there was an EFT effect on stress reduction in diabetes mellitus patients (Goldman et al., 2020; John, 2016).

From this research, EFT is extremely valuable to reduce stress. So it might be concluded that there was a correlation between the Emotional Freedom Technique (EFT) effect and an attempt to reduce stress on diabetes mellitus patients (Goldman et al., 2020). If EFT was performed well frequently then the stress level of diabetes mellitus patients will reduce even if the patients will not experience any stress (Iskandar, 2010).

The following research by Dr. Padmakalli Banerjee, Dr. Amita Puri, and Dr. Nadeem Luqman about the Emotional Freedom Technique: An Alternative Therapy in Distressing explained that the Emotional Freedom Technique has a positive effect on the stress level (McEwen, 2008). This research was held on university students. After EFT was performed, students felt more relaxed, comfortable, and calm (Banerjee et al., 2015).

Clinical EFT was extremely effective to reduce stress on several populations and EFT was more eminent compared to other treatments (John, 2016). As result a research revealed that the EFT effect on respondents was superior to meta-analyze test results of antidepressant drug and psychotherapy study (Nelms & Castel, 2016). Besides, the research performed by Morgan Clond, PhD about Emotional Freedom Techniques for Anxiety explained that after EFT was 1,23 (interval reliance 96% 0,82-1,64; p <0,001) while the result of control was 0,41 (interval reliance 95%, 017-0,67; p =0,0001), it indicated a significant reduction on anxiety value (Clond, 2016).

This research was also supported by Brenda Sebastian, MPsych.1, and Jerrod Nelms, Ph.D. about The Effectiveness of Emotional Freedom Technique in the Treatment of Posttraumatic Stress Disorder which declared EFT was a fine treatment for the posttraumatic patients with several disorders and EFT did not have any side effects (Asmat et al., 2016). It even showed that EFT might be used as a primary evidence-based treatment for posttraumatic patients (Sebastian & Nelms, 2017).

Several research on EFT also stated that EFT might reduce the patient's dread during labor. The research was performed by Pinar Irmak Vural, Ergul Aslan (Vural & Aslan, 2019). The research performed a description of the level of stress on 80 respondents of diabetes mellitus patients. The highest stress level of 80 respondents before the Emotional Freedom Technique was a normal stress level of 40 respondents (50%).

The second was the mild stress level of 20 respondents (25%). Third was severe stress level on 10 respondents (12,5%) and acute on 10 respondents (12,5%). While a moderate stress level did not occur in any of the 80 respondents. After the Emotional Freedom Technique was given, there was a stress level reduction. 20 respondents with mild stress levels reduced to 0 (0%). Meanwhile, those with a severe stress level reduced to 0 (0%), 10 respondents (1,25%) with acute stress levels reduced to 0 (0%) and those with moderate stress levels increased after EFT to 10 respondents (1,25).

The alteration means of stress level on diabetes mellitus patients at Crysant Ward RS Sentra Medika after EFT was 17 with a deviation standard of 11,2. The stress level reduction on diabetes mellitus patients at Crysant Ward RS Sentra Medika after EFT was immensely significant P-Value 0,000 with a mean difference before EFT was 17 while after EFT was 9,5.

4 Conclusion

It is necessary to execute the research on EFT for a prolonged period and to be applied to all patients to reduce stress levels and also to reduce anxiety. It also requires an assessment of blood pressure and vein effect on EFT as a support data of stress or anxiety occur. EFT (Emotional Freedom Technique) might be formulated as a nursing independent intervention to overcome stress on patients mainly diabetes mellitus patients.

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