

Application of Seft Therapy for Anxiety in Hemodialysis Patients at Gunung Jati Regional General Hospital, Cirebon City

Aay Alawiyah¹, Ahmad Syaripudin¹, Lili Wahyuni Romadhon¹

¹Program Studi Profesi Ners, Institut Teknologi dan Kesehatan Mahardika, Cirebon, Indonesia

Article Info

Keywords :

Chronic Kidney Failure, Hemodialysis, Spiritual Therapy Emotional Freedom Technique (SEFT), Anxiety

Corresponding Author :

Aay Alawiyah

E-mail :

aayalawiyahhilmi@gmail.com

ABSTRACT

Background and Objective: Chronic Kidney Disease (CKD) with hemodialysis therapy is a condition of chronic kidney dysfunction that requires regular blood filtration procedures to replace declining kidney function. The World Health Organization (WHO, 2020) reports that the global prevalence of Chronic Kidney Disease reaches 10% of the population, while the number of CKD patients undergoing hemodialysis is estimated at approximately 1.5 million worldwide, with an annual increase of 8%. Analyzing the application of Seft therapy on anxiety in chronic kidney failure patients undergoing hemodialysis in the hemodialysis room at RSD Gunung Jati Hospital in Cirebon City. **Method:** This study uses a descriptive approach based on the results of previous case studies. The instruments used were the palliative nursing care format and the Zung Self-Rating Anxiety Scale (ZSAS). **Results:** SEFT therapy was administered over three sessions according to the hemodialysis schedule, resulting in a reduction in anxiety levels among chronic kidney disease patients undergoing hemodialysis in the Hemodialysis Unit at RSD Gunung Jati Hospital in Cirebon City. **Conclusion:** The application of SEFT therapy has been proven to be beneficial in reducing anxiety levels in patients with chronic kidney failure undergoing hemodialysis procedures in the Hemodialysis Room of Gunung Jati Regional General Hospital, Cirebon City.

DOI: doi.org/10.56359/igj.v4i2A.692



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Introduction

Chronic Kidney Disease (CKD) is a condition in which kidney function gradually declines. Chronic Kidney Disease, also known as kidney damage, can manifest as abnormalities in kidney tissue, blood composition, urine, or kidney imaging tests, and is experienced for more than three months (Hanggarini et al., 2020). The World Health Organization (WHO, 2020) reports that the prevalence of Chronic Kidney Disease worldwide reaches 10% of the population, while the number of CKD patients undergoing hemodialysis is estimated to be around 1.5 million worldwide, with an annual increase of 8%. According to the National Chronic Kidney Disease Fact Sheet (2019), there are 30 million adults (15%) in the United States suffering from CKD.

Based on data from the Basic Health Research (Riskesdas, 2018), CKD is included in the list of the top 10 non-communicable diseases. West Java Province is one of the provinces in Indonesia with a significant contribution to chronic kidney disease, with a steady increase in cases. In 2016, there were 2,003 patients, increasing to 2,412 patients in 2017, and reaching 3,038 patients in 2018 (IRR, 2018). In West Java, the prevalence of chronic kidney disease is 0.48%, ranking sixth among the top ten diseases. The number of patients undergoing hemodialysis is 21,051, increasing to 33,828 patients in 2018 (Ministry of Health of the Republic of Indonesia, 2018).

If left untreated, CKD can progress to end-stage chronic kidney disease (CKD Stage V). The onset of Stage V is often preceded by other conditions or diseases that have affected kidney function over an extended period. One of the therapies available for patients with CKD Stage V is hemodialysis (Baharuddin et al., 2023). Hemodialysis is one of the treatment options for CKD patients. However, not all CKD patients undergo hemodialysis, as it requires a significant amount of time and must be performed regularly, which can disrupt the patient's daily activities such as work, exercise, eating, drinking, and other activities. Additionally, it involves substantial costs and can alter the patient's physical condition, such as causing scaly skin, darkening of the skin, reduced fluid intake, and a decline in overall health (Anita, 2019).

The effects of hemodialysis on patients include not only physical changes but also psychosocial issues, one of which is anxiety. The anxiety experienced by patients with chronic kidney disease undergoing hemodialysis varies from mild, moderate, severe, to panic. Patients who have recently undergone hemodialysis may experience anxiety about death, discomfort, and nightmares, making it difficult for them to perform daily activities. However, some patients exhibit different behaviors, such as watching television or sleeping while undergoing hemodialysis (Alfikrie, 2020).

Objective

Based on this, the researcher was interested in conducting this study with the aim of analyzing the effect of SEFT therapy on reducing anxiety in patients with renal failure undergoing hemodialysis at Gunung Jati Hospital in Cirebon City.

Method

This study was a descriptive study with a case study design conducted with the aim of providing an overview or description of nursing care for patients with renal failure undergoing hemodialysis.

The method used is the nursing care process approach, which consists of assessment, nursing diagnosis, nursing intervention, nursing implementation, and nursing evaluation, which includes the final outcome of nursing actions.

Results

TABLE 1. Characteristics of respondents based on their knowledge scores about PHBS during the pre-test and post-test in school-age children at SDN 3 Bulukarto

	Median (Min- Max)	Mean (SD)
Pre Test		
Education PHBS N=30	73 (66,00-86,00)	75,96 (7,03)
Post Test		
Education PHBS N= 30	86 (73,00-100,00)	87,76 (8,4)
Valid N (listwise) N= 30		

TABLE 2. The Effect of PHBS Education on Knowledge Levels in School-Age Children at SDN 3 Bulukarto.

	Median	Min-Max	P-Value
Pre Test			
Education PHBS N=30	73	66,00-86,00	
Post Test			
Education PHBS N=30	86	73,00-100,00	0,000
Valid N (listwise) N=30			

Discussion

Based on the research results shown in Table 2, it was found that student scores improved from before the education was provided to after it was provided, with an increase of 13 points and a significance value of 0. 000, indicating that the PHBS education program had an impact on improving the knowledge of students at SDN 2 Bulukarto. This aligns with previous research at the Jage Kestare Foundation, Ungga Village, Central Lombok District, which found that there was an increase in the mean knowledge scores of respondents after receiving education about PHBS. This is also consistent with the research by Yulistia Tanjung (2024), which found that there is an influence of education on the improvement of respondents' knowledge regarding PHBS.

One source of knowledge is education. Formal education is the foundation of intellectual knowledge. Research conducted by Mahri & Wandu (2022) shows that the higher the ability to absorb and receive information, the greater the knowledge and insight. Direct education using visualizations such as animated videos and images, accompanied by question-and-answer sessions and practical handwashing with soap (CTPS) exercises for students, has proven effective in increasing their knowledge and understanding.

One principle of using media in health promotion is that the more senses used to receive health messages and information from a medium, the higher or clearer the understanding of the message received (Jatmika et al., 2019). In a study (Yosef Pandai Lolan, 2024), it was found that there was a significant difference in value between group education using videos and leaflets and those given only leaflets. Healthy living behavior has become a special concern for the government. This is because PHBS is used as a benchmark for achieving improved health coverage in the Sustainable Development Goals (SDGs) 2015-2030 program.

PHBS in the SDGs is a form of preventive effort with short-term impacts on improving health in three areas: family members, the general public, and schools. Therefore, PHBS education is very important to implement. The results of this study found that before receiving education, students obtained the lowest score of only 66 points, but after receiving education, students obtained the lowest score of 73 points. Thus, it can be concluded that education is indeed very important for improving one's knowledge.

In the implementation of this research, handwashing with soap (CTPS) was also practiced directly so that students would be able to remember it better. It is hoped that once students have understood and grasped the concept of PHBS, its benefits, and the consequences of not practicing PHBS, they will be able to apply PHBS in their daily lives. Parents and teachers also play a significant role in setting an example and providing guidance and knowledge to children about PHBS because parents and teachers are among the closest people to a child. Therefore, parents and teachers are expected to participate and play a role in improving children's knowledge, insight, and behavior in practicing PHBS.

Conclusion

Research shows that PHBS education has a significant effect on improving the knowledge of school-age children at SDN 3 Bulukerto ($p = 0.000$). It is recommended that PHBS education be carried out regularly, including through social media, and implemented in all elementary schools to support the creation of healthy children and quality human resources.

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