

## **Spiritual Emotional Freedom Technique (Seft) In Reducing Primary Menstrual Pain Intensity Toward Female Students Atsma Negeri 6 Kediri**

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### **ABSTRACT**

Menstrual pain is a medical condition that occurs during menstruation that can disrupt activity. Besides, it requires treatment that is indicated by cramps or pain in abdominal or pelvic area. Based on WHO data in 2015, incident rate of dysmenorrhoea in Indonesia was 55% among productive ages, which the 15% of them complained about activity that became limited due to menstrual pain. Furthermore, this research aimed at determining Spiritual Emotional Freedom Technique (SEFT) in reducing the intensity of primary menstrual pain toward female students at Public senior high school 6 Kediri, East Java Province, Indonesia. This sample selection utilized total sampling method and research targets were selected based on population characteristics that had been determined. Meanwhile, measuring instrument in this research was observation sheet of descriptive pain scale based on theory from Judha, M., S. & Fauziah, A., 2012. Results of this research showed that most of female students at Public senior high school 6 Kediri experienced moderate menstrual pain before being treated by Spiritual Emotional Freedom Technique, then, most of female students at Public senior high school 6 Kediri experienced mild menstrual pain after being treated by Spiritual Emotional Freedom Technique. In conclusion, core version of Spiritual Emotional Freedom Technique (SEFT) could reduce the intensity of primary menstrual pain. Besides, core of SEFT method could be utilized as a treatment option in order to reduce non-pharmacologically menstrual pain when experiencing primary dysmenorrhea.

**Keywords:** *Dysmenorrhea, Spiritual Emotional Freedom Technique, Pain Scale*

### **Introduction**

Menstrual pain is a medical condition that occurs during menstruation that can disrupt activity and it requires treatment that is indicated by cramps or pain in abdominal or pelvic area. (Judha, et al., 2012). Dysmenorrhoea can cause an impact on teenage girls' activities. Female students who are experiencing menstrual pain (dysmenorrhoea) while participating in learning activities can cause the learning activities are disturbed, not excited, their concentration decrease even they are difficult to concentrate well, thus, the material that is presented during learning activities cannot be well comprehended.

Moreover, this causes the female students feel difficult to concentrate because of discomfort that they feel when experiencing menstrual pain. Some female students who experience menstrual pain (dysmenorrhoea) during having class also ask permission to go home and sometimes some of them ask permission to be given dispensation to rest in School

Health Unit (UKS) room. Based on WHO data in 2015, incident rate of dysmenorrhoea in Indonesia was 55% among productive ages, which the 15% of them complained that their activities became limited due to menstrual pain (dysmenorrhoea) and this was experienced by 55% of women who were productive age in Indonesia.

Furthermore, factors that cause cramps or pain during menstruation until recently have not been known. As we know that dysmenorrhoea is divided into two types, which are primary type and secondary type. Primary dysmenorrhoea type is caused by hormonal imbalance, meanwhile, secondary dysmenorrhoea type is caused by an abnormality in pelvic organs. Based on result of preliminary research that was conducted by researchers which compared high schools in Subdistrict area in Kediri City where were Public senior high school4 Kediri, Public senior high school6 Kediri, and Public senior high school8 Kediri was obtained the comparison of students who experienced primary dysmenorrhoea and students who did not attend lessons (asking permission to rest in School Health Unit (UKS)room due to primary dysmenorrhoea as follows.

**Table 1 : Data Research in School**

<b>School name</b>	<b>Total of female students who did not attend lessons due to dysmenorrhoea in August, September, and October</b>	<b>Prevalence of dysmenorrhoea</b>
Public senior high school4 Kediri	6 female students	It was obtained that 4 students (40%) experienced mild menstrual pain, 2 students (20%) experienced moderate menstrual pain, and the others did not experience any dysmenorrhoea every month.
SMA Negeri 6 Kediri	33 female students	It was obtained that 5 students (50%)

		experienced mild menstrual pain, 2 students (20%) experienced moderate menstrual pain, and the others did not experience any dysmenorrhoea every month.
Public senior high school8 Kediri	No	It was obtained that 3 students (30%) experienced mild menstrual pain, 3 students (30%) experienced moderate menstrual pain, and the others did not experience any dysmenorrhoea every month.

Source: Preliminary Research at Public senior high school 4 Kediri, Public senior high school6 Kediri, and Public senior high school8 Kediri

In preliminary research, it was found a problem at Public senior high school6 Kediri which every month, it was known by looking at secondary data at the UKS from August to October 2018 and it showed that there was a significant increase in total of female students who experienced dysmenorrhoea and asked permission to do not attend lessons. Based on the phenomena above, the researchers were interested in conducting research that aimed at investigating about Spiritual Emotional Freedom Technique (SEFT) in Reducing the Intensity of Primary Menstrual Pain toward Female students at SMA Negeri 6 Kediri, East Java Province, Indonesia.

## Research Method

This research was descriptive exploratory non-hypothesis observational research and utilized descriptive design by Cohort Survey design or a research that was utilized in order to observe an incidence through prospective approach. Meanwhile, method of data collection in this research utilized descriptive pain scale observation sheet. Moreover, in this research,

after the respondents were treated by Spiritual Emotional Freedom Technique (SEFT), the researchers followed the respondent's development through observation sheet which would later be utilized to collect the results. Hence, it could be concluded how many respondents experienced the intensity of mild menstrual pain, moderate menstrual pain, severe menstrual pain, or very severe menstrual pain after being treated the core version of SEFT method.

While, population total based on data that was obtained in the School Health Unit (UKS) room from August 2018 to October 2018 showed that there were 33 female students who experienced primary dysmenorrhoea. Meanwhile, at the time when this research was conducted on 27<sup>th</sup> March to 27<sup>th</sup> April 2019 showed that there were 31 female students who experienced primary dysmenorrhoea, so the population of this research was 31 female students. Sampling technique in this research utilized total sampling which all members of the population were utilized as the sample. Moreover, inclusion criteria in this research were: 1) Public senior high school6 Kediri female students who experienced primary dysmenorrhoea that indicated general symptoms, such as feeling unwell, tired, nausea and vomiting, diarrhea, low back pain, headache, and sometimes it was also accompanied by vertigo, feeling anxious, and restless. 2) Regular menstrual cycle. 3) composmentist awareness.

Instrument that was utilized in this research was measuring instrument in 2 observation sheets which were consisted of an observation sheet for measuring menstrual pain before being treated Spiritual Emotional Freedom Technique (SEFT) and an observation sheet for measuring menstrual pain after being treated Spiritual Emotional Freedom Technique (SEFT).

Meanwhile, procedures of data collection was conducted by obtaining permission from the Head of Midwifery Study Program in Kediri, Branch of Education Officein Kediri District / City, and the Headmaster of Public senior high school6 Kediri, then, collecting data of the students who experienced primary dysmenorrhoea. After that, providing explanations before conducting research and informed consent, assessing pretest and post test of giving SEFT. Meanwhile, methods of data processing were by Editing, Coding, Data Entry, andCleaning.

Data analysis was conducted byutilizing univariate analysis, which aimed at describing the characteristics of each research variable. Generally, in this analysis only resulted frequency distribution and percentage from each variable. Moreover, ethics of data collection in this research included informed consent, anonymity, confidentiality, and privacy.

## **Research Result**

Respondents in this research were female students who experienced primary menstrual pain. Result of data collection were conducted on 27<sup>th</sup> March 2019 to 27<sup>th</sup> April 2019 and it was obtained 31 respondents who were utilized as research samples. The data were obtained through observation sheets by assessing the level of menstrual pain intensity before and after being treated Spiritual Emotional Freedom Technique through utilizing descriptive pain scale. Presentation of the results in this research included specific data that presented menstrual pain intensity before and after being treated Spiritual Emotional Freedom Technique (SEFT).

**Table 2 Frequency Distribution of Primary Menstrual Pain Intensity Before being treated Spiritual Emotional Freedom Technique (SEFT).**

	<b>Menstrual Pain Intensity</b>	<b>Frequency</b>	<b>Percentage (%)</b>
1.	Mild Menstrual pain	8	25,80 %
2.	Moderate Menstrual pain	17	54,85 %
3.	Severe Menstrual pain	6	19,35 %
4.	Very Severe Menstrual pain	0	0
	<b>TOTAL</b>	<b>31</b>	<b>100 %</b>

**Source : Primary Data from 27<sup>th</sup> March2019 to 27<sup>th</sup> April 2019**

Based on table 1 regarding frequency distribution of primary menstrual pain intensity before being treated Spiritual Emotional Freedom Technique (SEFT) above, it could be known that most of respondents experienced moderate menstrual pain level before being treated Spiritual Emotional Freedom Technique (SEFT) in which there were 17 respondents (54.85%).

**Table 2Frequency Distribution of Primary Menstrual Pain Intensity Afterbeing treated Spiritual Emotional Freedom Technique (SEFT).**

	<b>Menstrua l pain Intensity</b>	<b>Freque ncy</b>	<b>Percentag e (%)</b>
1.	No Menstrual pain	1	3,23 %
2.	Mild Menstrual pain	23	74,19 %
3.	Moderate Menstrual	6	19,35 %

	pain		
4.	Severe Menstrual pain	1	3,23 %
5.	Very Severe Menstrual pain	0	0
	<b>TOTAL</b>	<b>31</b>	<b>100%</b>

**Source : Primary Data from 27<sup>th</sup> March 2019 to 27<sup>th</sup> April 2019**

Based on table 2 regarding frequency distribution of primary menstrual pain after being treated Spiritual Emotional Freedom Technique (SEFT) above, it could be known that most of respondents experienced mild menstrual pain in which there were 23 respondents (74,19 %).

## Discussion

### **Intensity of Primary Menstrual Pain Before being treated Spiritual Emotional Freedom Technique (SEFT)**

It was known that most of respondents (54.85%) experienced moderate menstrual pain. Besides, it could be known from the observation that the respondents objectively grined, hissed, could show the location of the pain, could describe, and could follow orders well. While, the total of respondents who experienced mild menstrual pain was 25.80%. This was because the pain threshold that was felt by each respondent was different.

The pain that was felt by respondents was in lower abdomen to the waist. This statement was in accordance with the result of conducted research by Noor Azizah in (2013) who said that menstrual pain had occurred due to imbalance of hormone progesterone in the blood, thus, it caused pain.

Anugroho (2011) also stated that primary dysmenorrhoea was menstrual pain without any pathology in pelvis. Primary dysmenorrhoea was indicated by common symptoms, such as malaise (feeling unwell), fatigue (tired), nausea and vomiting, diarrhea, low back pain, headache, sometimes vertigo or falling sensation, feeling anxious, restless, even collapsed. Primary menstrual pain was caused due to high levels of prostaglandins. Nevertheless, there was usually no correlation with uterine diseases. The menstrual pain was felt in the lower abdomen to the waist and thighs and it was usually followed by nausea and vomiting.

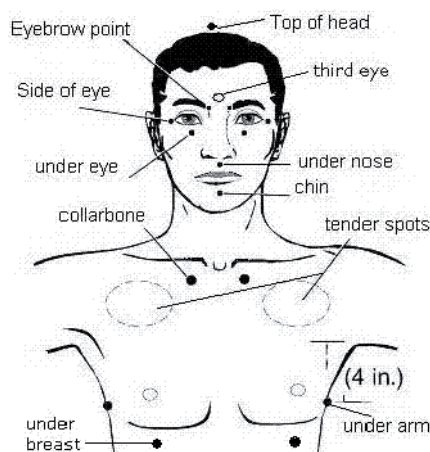
In this research, it was found that menstrual pain categories which were experienced by respondents were mild menstrual pain, moderate menstrual pain, and severe menstrual pain. However, menstrual pain categories that dominated mostly before being treated Spiritual Emotional Freedom Technique (SEFT) was moderate menstrual pain. Besides, the female students' way to overcome menstrual pain was different as one another. Thus, the menstrual pain categories which were experienced by female students varied due to perception of the pain. Therefore, health workers needed to notice more regarding good pain management in

overcoming menstrual pain problem (dysmenorrhea) toward female students in order to improve the quality of reproductive health.

### **Intensity of Primary Menstrual Pain After being Treated Spiritual Emotional Freedom Technique (SEFT)**

Based on the result of the research in table 2 regarding intensity of primary menstrual pain after being treated Spiritual Emotional Freedom Technique (SEFT) method showed among 31 respondents, it was obtained that the largest decrease was aimed at the intensity of mild menstrual pain which was 74.19% and it could be seen from the observation which showed description objectively from the respondents who could communicate well. This was because the respondents felt decrease in the intensity of their menstrual pain after being treated Spiritual Emotional Freedom Technique (SEFT).

Result of this research described that SEFT method in shortened version was effective in non-pharmacological menstrual pain management because it needed approximately 5-10 minutes. In this method, respondents felt comfortable when they were given a treatment because this action was conducted through light tapping on certain meridian points of the body and doing spiritual calmly, thus, it could help the process of reducing menstrual pain.



**Picture of SEFT Tapping Points**

Source: Zakiyyah, Muthmainnah. "Pengaruh Terapi *Spiritual Emosional Freedom Technique* (SEFT) Terhadap Penanganan Nyeri *Dismenorea*" Jurnal Sain Med, Vol. 5. No. 2 Desember 2013: 67 accessed on 12<sup>th</sup> December 2018  
[https://www.kopertis7.go.id/uploadjurnal/Muthmainnah\\_Zakiyyah\\_Akbid\\_Hafshawaty\\_Zainul\\_Hasan\\_Genggong.pdf](https://www.kopertis7.go.id/uploadjurnal/Muthmainnah_Zakiyyah_Akbid_Hafshawaty_Zainul_Hasan_Genggong.pdf)

Research that was conducted by Muthmainnah Zakiyah (2013) regarding the effect of Spiritual Emotional Freedom Technique (SEFT) against the management of dysmenorrhoea pain toward junior high school students at SMP Zaha 1 Genggong, Pajajaran, Probolinggo showed that there was a significant influence against the management of dysmenorrhoea pain. This explained that non-pharmacological menstrual pain management was safer to be used because it did not cause any side effects as drugs because non-pharmacological therapy used physiological process. Changes in pain scale that was experienced after conducting

Spiritual Emotional Freedom Technique (SEFT) therapy showed respondents mostly experienced mild menstrual pain before, then, they experienced no menstrual pain and this was an evidence that this therapy was suitable for treating dysmenorrhoea pain that was often experienced by most of teenage girls.

Another research was also conducted by Azizatul Hamidiyah and Fevi Mila Nur Jannah in 2018 regarding intensity of dysmenorrhoea pain before and after conducting Spiritual Emotional Freedom Technique (SEFT) therapy which explained that reducing menstrual pain that was felt by respondents was due to prayer and positive attitude that aimed at ensuring the flow of body's energy to be able to be directed quickly which was useful to neutralize what was called as 'psychological resistance or negative subconscious thoughts or beliefs'. Besides, the patient was guided to pray fervently, sincerely, and resignedly while saying self-acceptance repeatedly. After feeling sincere, light tapping was conducted on certain meridian points of the body.

In theory that was written by Zainuddin, A. F., 2010 in book of Spiritual Emotional Freedom Technique (SEFT) for Healing + Success Happiness + Greatness was explained that SEFT method was universal, which meant that it was for all groups without any difference in background of belief. SEFT could help to change one's focus. From the fears and doubts that arose could be neutralized through SEFT, then, it could visualize as what you expected.

## Conclusion

Based on the research results and discussion that had been discussed in previous chapter, it could concluded that:

1. Most of female students at Public senior high school 6 Kediri who experienced primary menstruation felt moderate menstrual pain before being treated Spiritual Emotional Freedom Technique (SEFT).
2. Most of female students at Public senior high school 6 Kediri who experienced primary menstruation felt mild menstrual pain after being treated Spiritual Emotional Freedom Technique (SEFT).

## Suggestion

1. For further researchers, it is expected that they can add more insights and the latest information regarding primary menstrual pain management, particularly for Spiritual Emotional Freedom Technique (SEFT) method.
2. For school of Public senior high school 6 Kediri, it is expected that the school can use it as reading material either for students and staffs or for further research. The further research is expected to research other non-pharmacological techniques which are effective and efficient in helping management for reducing primary menstrual pain.
3. For the research location

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