



THE EFFECT OF EMOTIONAL FREEDOM TECHNIQUE ON ANXIETY AND SLEEP QUALITY IN POSTPARTUM MOTHER

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Abstract

Introduction: Anxiety in postpartum mothers often occurs because postpartum mothers are faced with the adjustment process, especially during the collection phase. The impact of anxiety and decreased sleep quality during the postpartum period, if not handled properly, can cause mental stress on the mother, if it continues to push postpartum blues, it can even progress to postpartum depression. There is an alternative therapy that is generally used to deal with emotional stress, namely the Emotional Freedom Technique.

Objectives: This study was to determine the effect of EFT on anxiety and sleep quality in mothers during the postpartum period in the Greater Bandung area.

Method: This research is quantitative with a pre-experimental process and a one-group pretest-posttest design. The data obtained is primary data. The sampling technique used was purposive sampling, with the study population being postpartum mothers and a sample of 15 postpartum mothers 3–4 days. The independent variable is the Emotional Freedom Technique, and the dependent variables are anxiety and sleep quality. Data collection was carried out using a questionnaire, and data analysis was carried out using analytical techniques for univariate and bivariate.

Result: The results of this study indicate that the average postpartum mother's anxiety has decreased and the mother's sleep quality has increased after being given EFT. The results of the paired sample t-test data analysis show that Emotional Freedom Technique affects anxiety with a p-value of 0.004 and Emotional Freedom Technique affects quality sleep with a p value of 0.000.

Conclusion: Based on the results of the research, it is proven that the Emotional Freedom Technique is effective in reducing anxiety and improving the quality of sleep for postpartum mothers. It is recommended that future researchers conduct research with a larger sample size and conduct EFT training first.

Keywords: Emotional Freedom Technique, anxiety, sleep quality, postpartum mother

INTRODUCTION

The postpartum period is the next stage for a mother after pregnancy and childbirth. The postpartum period is one component in the life cycle of a woman's reproductive cycle. The postpartum period can be interpreted as the period that begins after labour is complete and ends when the reproductive organs return to their pre-pregnancy condition, where this period lasts for six weeks. The mother's postpartum period is a vulnerable, both physically and psychologically. During this period there is psychological adaptation, according to Reva Rubin, there are three stages, including taking in, taking hold, and letting go.¹ Of course, this will be a complex experience because there are

many external and internal influences and demands, so the role of the family is vital, especially for the mother's psychological condition, namely by providing psychological support so that the health of the mother and baby is always maintained.²

Based on data from the Data and Information Center of the Ministry of Health of the Republic of Indonesia, in the 2015-2019 health development program targets, data was obtained on 5,050,637 postpartum mothers. Based on data from the Data and Information Center of the Ministry of Health of the Republic of Indonesia, data was obtained on women giving birth or postpartum in the province of West Java totaling 922,396 people.³ Some mothers will successfully face the adaptation period in the transition to their new role. Quite a few mothers will fail in meeting the adaptation process to their new position, which can cause anxiety and have an impact on the daily life of the new position.⁴

As for research by Yuliani & Aini (2020), the majority of postpartum mothers experience anxiety on a mild-moderate scale. This shows the mother's vulnerability in the postpartum period. Mothers during the postpartum period will experience adaptation both physiologically, psychologically and socially, but not all postpartum mothers can go through these adaptations well. Postpartum mothers may have psychological disorders such as anxiety. A mother who is easily anxious and stressed can interfere with her child-rearing activities and even affect breast milk production for her baby.⁵

According to Atkinson, anxiety is an unpleasant emotion characterised by worry, concern, and fear that we sometimes experience in varying degrees.⁶ person who feels anxiety as a personal feeling caused by a reaction to a person's inability to overcome a difficulty or a sense of security that is lost in the form of mental tension that makes one anxious, giving rise to physiological and psychological changes. This feeling of anxiety is one of the psychological discomforts that mothers often experience during the postpartum period.⁷

Anxiety during the postpartum period will have many impacts on the mother's parenting style towards her baby. One of the first signs of postpartum depression is anxiety and worry about the baby. Feeling burdened by the demands of being a mother and newborn and feeling depressed can even cause difficulty sleeping. The most common are feelings of sadness, inadequacy, worthlessness, loss of appetite, persistent low self-esteem and depression, as well as loss of joy and spontaneity. This feature is not difficult to recognise, but it can be missed by midwives or other health workers caring for the mother after giving birth.²

The impact of anxiety and decreased sleep quality during the postpartum period, if not handled properly, can cause mental stress in the mother. If continues, it can cause postpartum blues, and can even progress to postpartum depression. Another impact of anxiety can also result in a lack of oxytocin release during breastfeeding which, if it happens repeatedly, will result in a reduction in milk production and emptiness in the breasts during breastfeeding. Meanwhile, in research conducted by Sari, it was said that there was a significant relationship between psychological stress and the smooth production of breast milk in primiparous mothers who breastfeed.^{4,8,9}

Anxiety is often considered normal and part of everyday life, but if anxiety is excessive, it can be said to be a bad thing.¹⁰ So that the anxiety and sleep quality of postpartum mothers is maintained and does not worsen to the point of interfering with daily activities, therapy or treatment is needed which can reduce excessive anxiety at that time. On this occasion, the author will use the Emotional Freedom Technique therapy to determine its effect on the problems of postpartum mothers. Emotional Freedom Technique (EFT) is a method for overcoming and managing stress, known as the tapping method. Several studies have proven that EFT can treat anxiety disorders. Based on research, the results showed that there was an effect of EFT on anxiety levels.¹¹

Emotional Freedom Technique (EFT) is a treatment method that is easy to learn. This treatment is effective for most anxiety or trauma-related problems that have an

overwhelming impact the pain. The emotional Freedom Technique (EFT), or what can be called energy therapy, is a therapy that uses the body's meridian points as energy points, like acupuncture, but without using needles. EFT is based on the discovery of imbalances in the body's energy system that directly impact a person's psychology.¹²

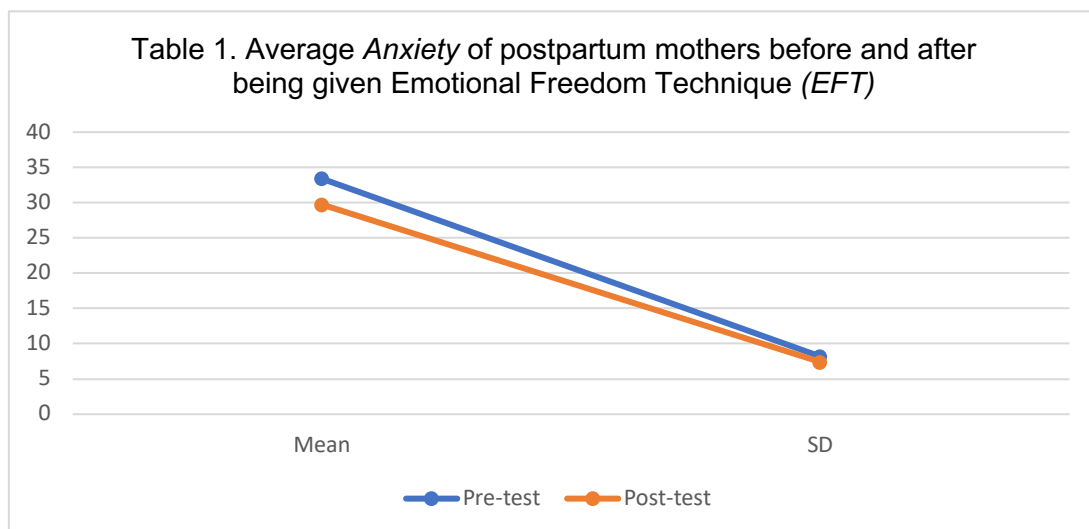
EFT therapy, which is easy to learn, can be used as an alternative and additional method that is quite efficient in dealing with stress experienced by people, including postpartum mothers. Based on research that has been carried out Zukhruf & Itryah (2023) regarding the application of therapy *Emotional Freedom Technique*, It turns out that many pregnant women don't know anything about postpartum or even how to handle it. Of course, ignorance and lack of information about postnatal conditions will have an impact on many factors in the future, such as anxiety and the quality of the mother's sleep.¹³

METHODS

This research design used a quantitative and pre-experimental method with a one-group pretest-posttest design. The population in this study is all mothers during the postpartum period in the Greater Bandung area. Meanwhile, the sample used 15 respondents using purposive sampling technique where each member of the people must meet inclusion criteria such as postpartum mothers, healthy babies, and are willing to be respondents in the study. The data analysis used in this research was the paired-samples t-test statistical test.

RESULTS AND DISCUSSION

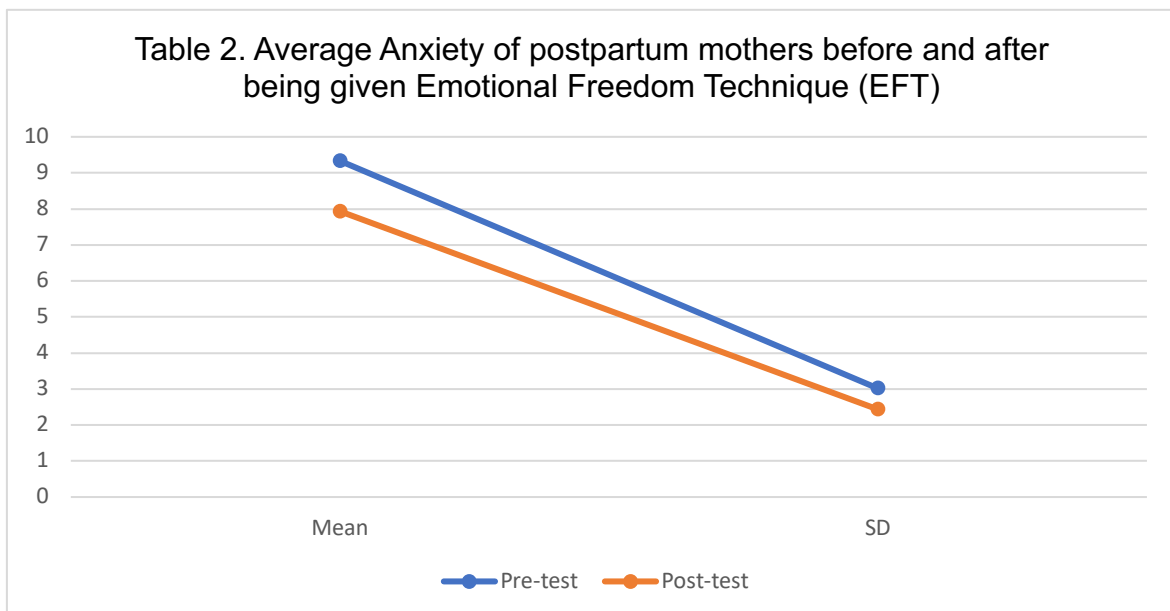
1. Anxiety of postpartum mothers before and after being given Emotional Freedom Technique (EFT)



The results of the univariate analysis based on the research results showed that the average pretest level of anxiety was 33.4 and after being given EFT it was 29.733. Based on these data, it shows that maternal anxiety after EFT is carried out is reduced. This anxiety can be influenced by the changes that occur. Mothers during the postpartum period will experience various kinds of changes that occur both physically and psychologically. Postpartum mothers can have emotions in the form of happiness about the birth of the baby as well as the pain they are experiencing, so this feeling of anxiety

often occurs where the mother seems to have fear and worry about impacts or things that have not or will not happen. Apart from that, postpartum mothers certainly have to adapt to their new role as mothers, new roles as parents, the addition of new activities with the presence of new family members, and increased responsibilities. This anxiety is a personal feeling caused by a reaction to a person's inability to overcome a difficulty or a sense of security that is lost in the form of mental tension that makes you anxious, giving rise to physiological and psychological changes.⁷ This anxiety can be intervened so that the mother's anxiety can be reduced and the mother can adapt well, the mother knows how to care for children. This is in line with research conducted by Septiningsih and Ratnasari that EFT is effective in reducing anxiety, childbirth stress, depression in older people, affects reducing cortisol levels in the blood and can improve quality of life by as much as 40%.¹⁴

2. Postpartum mothers' sleep quality before and after being given Emotional Freedom Technique (EFT)



Based on the research results, the average pretest sleep quality was 9.333 and after being given EFT it was 7.933. From these results, it emerged that there was a decrease in anxiety and an increase in sleep quality after being given the EFT intervention.

This EFT can be done to help mothers create and channel energy and positive suggestions to minimise mothers thinking about things that can disrupt the quality of their sleep. In EFT, positive sentence repetition provides good suggestions to the body, thereby creating hope and optimism in the subconscious mind and being able to change beliefs about what the postpartum mother is facing. This will make postpartum mothers feel relaxed and comfortable. EFT is just one effort to improve the quality of the mother's sleep because, of course, Many other things can be one of the main supporting factors in maintaining the comfort and quality of the mother's sleep, namely support from family and close friends, the mother's pregnancy history, and self-motivation.¹¹ So, EFT plays a role in maintaining positive affirmations within oneself to maintain the mother's motivation for positive things which makes the mother calm and relaxed to keep the sleep quality of postpartum mothers.

3. The Effect of Emotional Freedom Technique (EFT) on Anxiety in Postpartum Women

Analysis to determine whether Emotional Freedom Technique (EFT) has an effect on anxiety was carried out using a paired sample t-test using SPSS by setting a significant value of less than 0.05, meaning there is an influence and more than 0.05, meaning there is no significant influence. The results obtained for the pretest post-test anxiety were 0.004, so it can be concluded that H_a is accepted, namely that there is an influence of Emotional Freedom Technique (EFT) on maternal anxiety during the postpartum period.

This anxiety can be triggered by many things, whether the exact cause is realised or not known. Anxiety can also occur due to negative thoughts that arise in oneself and can cause conflict for the individual, both physically and psychologically, considering that the postpartum mother has various changes and new adaptations that he has to face.

As for research conducted by Oktawati, et al., there is an influence of EFT on anxiety levels in mothers who have LBW. In this study, it was also explained that mothers experienced difficulty sleeping because they had to wait for their babies and stay overnight in the intensive care unit so they could monitor their babies' condition at all times. Mothers who have LBW in this room are said to reduce their anxiety by holding their baby, always being next to the baby or inviting the baby to communicate.¹¹

This research is also in line with community service by introducing EFT which was researched by Magdalena and Hariani, where it was found that the Emotional Freedom Technique was effective in reducing the psychological problems of pregnant women so that it could increase feelings of relaxation (comfort) during pregnancy.¹⁵

4. The Effect of Emotional Freedom Technique (EFT) on Sleep Quality in Postpartum Women

Based on the analysis, to find out whether EFT affects sleep quality, a paired sample t-test was carried out using SPSS by setting a significant value of less than 0.05, meaning there is an influence and more than 0.05, meaning there is no significant influence. The results obtained for the pretest-post test for sleep quality were 0.000, so it can be concluded that H_a is accepted, namely that EFT influences the mother's sleep quality during the postpartum period.

Sleep is defined as one of the essential activities for humans. One-quarter to one-third of human life is spent sleeping. If a person can carry out this activity well, the effects will affect various dimensions of a person's life while awake. Sleep is a period of rest for the body and soul.¹⁶

Sleep quality is also related to the anxiety experienced by mothers because when someone tries to sleep, many people often have disturbing thoughts or muscle tension which will disrupt rest and sleep affecting the quality and quantity of sleep and rest.¹⁷ So EFT can be done to help mothers create and channel positive energy to minimise mothers thinking about things that can disrupt the quality of their sleep. During the EFT intervention, several respondents stated that they felt more relaxed and comfortable, slept more soundly than usual and their minds became more relaxed after doing EFT. This EFT intervention will be more effective when carried out with feelings and desires to be calm and happy so that it can stimulate the release of endorphin hormones. This hormone can increase feelings of quiet and happiness, thereby relaxing the musculoskeletal system.

CONCLUSION

In an experimental research technique with a group pretest-posttest design with a sample of 15 postpartum mothers on days 3-4, it can be concluded that the anxiety of postpartum mothers decreased after being given EFT compared to before it was issued, anxiety and the sleep quality of postpartum mothers also increased after being given EFT. compared before being given. There is an effect of giving EFT on postpartum mothers' anxiety, so EFT is good to give to postpartum mothers for anxiety. With the results of statistical tests, values are obtained value 0.004(<0.05). Also, on sleep quality, it was found that quality giving EFT on the mother's sleep quality was an affect, so EFT is good to give to postpartum mothers to improve sleep quality. With the results of statistical tests, values are obtained value 0.000(<0.05).

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