The Effectiveness Relaxation Techniques and SEFT towards Children's Stres at Rehabilitation Center for Inmate Children Bandung

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Abstract. Background : Problems often accure in children who are undergoing training at Rehabilitation Center for Inmate Children Bandung is a need in the adjustment. The failure of adjustment will cause stress, if not addressed there will be fatigue. Fatigue caused because they can not adapt to the threats can reduce the body's resistance to the threats that exist, if it continues will cause disruption getting worse, for it takes the intervention. One intervention that can be done is with complementary therapies, such as relaxation techniques. Relaxation techniques that can be used is the relaxation breathing and SEFT. Both of these relaxation techniques to relax the muscles that spasme which causes vasodilation of blood vessels and increases blood flow to areas experiencing spasms or tense.

Method : This study aims to determine the effectiveness of relaxation techniques and SEFT in reducing the stress of children at rehabilitation center for inmate children in Bandung, using Quasi Experiment pre and post test randomized two-group design, with a sample of 58 people, 29 samples of relaxation group and 29 samples of group SEFT

Result and Conclusion: The result showed a significant difference on average stress between relaxation with SEFT (p value : 0.000), so that it can be concluded that the relaxation and SEFT can reduce stress, but SEFT more effective in lowering the child's stress at Rehabilitation Center for inmate Children Bandung.

Keywords: Relaxation breathing, SEFT and Stress

Bibliography: 24 pieces (from 2008 untill 2016)

Introduction

Children are the hope of the nation, in the hands of the future of this nation depends, because whether or not the current generation must turn to the next generation, but in reality not all children deserve to be the foundation of hope, this can be seen from the many children who undergo coaching in prisons.

Data on residents of the Bandung Special Child Development Institute showed an increase of 44 children (12%) in March 2015, to 167 children (41%) in March 2016 (Regional Office of Law and Ham West Java 2016). Living as a child in a correctional institution is not an easy thing because they have to separate from their families and live with other child inmates whose cultural background, education, religion, ethnicity and habits are different, this requires the child to adapt.

Adjustments include physical, psychological, and social. The physical environment is all inanimate objects around prisoners, such as cell rooms, prison buildings and prison fences. While the social environment consists of cellmates, wardens, gardeners, prison medical teams, cooks and clergy (Tanti, 1997). In addition, the residents of this coaching institution usually have to undergo sentences that require relatively long time and create various problems (Widiyastuti, 2004). All physical changes and social environment can cause psychological problems such as loss of confidence and stress.

Stress is an unpleasant condition in which a person feels a demand in a situation as a burden or beyond the limits of his ability to meet the demands (Nasir and Muhith, 2011). The cause of stress comes from physical and psychological aspects or because of both. Physical stress is caused by exposure to stressors that are harmful to the body's tissues, for example; exposure to the body by extreme cold or heat, decreased oxygen concentration, infection, injury). While psychological stress can be caused by changes in life, social relationships, feelings of anger, and fear (Subandi, 2002). Stress is not only experienced by adults but also by children and adolescents, including children who are undergoing coaching at Penitentiary (Lapas). Children who are undergoing coaching in Lapas experience sudden changes in life and social relationships, or may also experience fear.

Stress on children undergoing coaching in the correctional institution cannot be left but must be intervened immediately, otherwise there will be more problems caused. Interventions that can be done to overcome stressful conditions include complementary therapy (XuYu, 2004). In this study using breathing relaxation and SEFT (spiritual emotional freedom technique). Respiratory relaxation is a breathing technique that is carried out regularly and deeply so that it can affect the body's physiological conditions, increasing endorphins that can have a positive effect can overcome stress because it creates relaxed, calm and comfortable conditions. In a relaxed condition the activity of the sympathetic nerves is replaced by parasympathetic activity so that the relaxed state appears. (Kozier, Erb and Snyder, 2004). This is supported by research conducted by Valenza, Valenza-Pena, Torrea-Sainchez (2014) for 48 patients with

COPD who are being treated in hospital showing that breathing relaxation decreases anxiety and depression of COPD patients.

SEFT is a set of techniques for dealing with negative emotions which are a combination of techniques that use psychological energy and spiritual power and prayer. SEFT is directly related to the "body's energy system" to eliminate negative emotions by re-aligning the body's energy system (Zainudin, 2008). According to Zainudin, SEFT is effective because there are several therapeutic techniques that are summarized in it and practiced simply, the therapies include; doaa, NLP (Neuro Linguistic Programming), hypnotherapy, visualization, meditation, relaxation, acupressure. Research that supports SEFT effectiveness has been carried out by Desmaniarti and Avianti (2013), that SEFT is effective in reducing the stress of cervical cancer patients with a p value <0.05.

SEFT has several advantages; (1) There are no side effects, (2) fast and easy to learn, (3) provide fast results, (4) have a success rate of 80-85% and (5) cheap, efficient and easily taught to others

ven to small children. For this reason, the researchers tried to do research on "Comparison of the Effectiveness of Respiratory Relaxation with Spiritual Emotional Freedom Technique (SEFT) in Reducing Stress of Child Prisoners in Class II Bandung Special Child Development Institutions.

Method

This study used a Quasy Experimental design with two pretest-posttest group designs (Grove et.al., 2013). This study used two groups of samples, to determine differences in breathing relaxation and SEFT in reducing stress. The population in this study were all children assisted by children in Class II Bandung Special Child Development Institutions. Sample calculation is calculated using a sample formula from Lemesshow et al., (1997 in Suyatno 2010), obtained a sample of 28.9 rounded up to 29 inmates in child correctional institutions for each group, so that the entire sample totaled 58 people, with using purposive sampling technique. Sample selection is based on inclusion criteria: inmates who are undergoing coaching within 2-6 weeks, and under 6-12 months before release, aged 12-18 years, have stress scores of 20-80, can read and write, are willing to become respondents. Stress was measured directly on the subject using stress quessioner modified by Destiana (2012) from Robert J.V's theory. Amberg with the validity value r: 0.486-0.785, while the reliability value is 0.926 (Destiana, 2012).

Data collection lasted for 36 days from 12 August to 4 October 2016. Prior to the intervention, a pretest was conducted to determine stress scores using stress quessioner modified by Destiana (2012), respondents who had stress scores of 20-80 were used as intervention groups. two intervention groups. Grouping procedures are carried out concretely. The children who entered the first inclusion criteria were made into a breathing relaxation group and the

second for the SEFT group, so that until the minimum number of samples according to the calculation, 29 respondents in each group were fulfilled. In the respiratory relaxation group as well

the SEFT group before the intervention was given an explanation of the benefits of the intervention, the time needed and the right to decide to be a respondent who then gave informed consent to be signed. In the breathing relaxation group, 4 exercises were directly guided by the researcher. Every time the exercise is carried out 15 times interesting and breathing out (for 15 minutes) to deal with the stress experienced at that time, before the exercise the researcher explained the steps of breathing relaxation. Exercise is carried out in the morning for 4 days, the exercise is guided by the researcher in a closed room in the supine position, and in the afternoon the respondent is asked to exercise independently using a leaflet made by the researcher, after 8 exercises, posttest. In the SEFT group researchers guided SEFT steps which consisted of three stages, namely; the set-up (aims to ensure that the body's energy flow is directed correctly and to neutralize negative emotions), the tune-in (directing the mind to a specific event that can evoke negative emotions or symptoms of stress, the tapping (light knock with two ends fingers on the body's energy meridian points) These three stages are taken seriously, sincerely, and by giving up 3 rounds for 30 minutes and doing it in a closed room, posttest is done using the same instrument. Both groups have data the normal distribution where the breathing relaxation group has p-value: 0.086 for the SEFT group has a p-value: 0.200. To know the difference between the average values before and after intervention in each group used t dependent test (Paired t test) and to find out the difference between the average value of the breathing relaxation group and the SEFT group, the indent t test was used pendent, with the test decision if p-value <α (0.05) then there is a statistically significant effect, on the contrary if the p-value> α (0.05) there is no significant effect (Arikunto, 2005)

Result

Table 1 Average Stress of Citizens Fostered Before and After Relaxation Breathing at the Class II Bandung Child Development Institute

Variabel	Mean	SD	Min-Maks
Relaksasi Pernafasan			
Sebelum	32,65	4,96	25-43
Setelah	30,93	5,84	19-43

Table 2 Average Stress Build Before and After SEFT at the Bandung Children's Class II Building Institution

Variabel	Mean	SD	Min- Maks
SEFT			
Sebelum	31,93	6,21	22-46
Setelah	25,51	4,77	20-37

Table 3 Differences in Stress of Citizens Fostered Before and After Relaxation Breathing at the Class II Bandung Child Development Institute

Variabel	Intervensi	Mean	SD	SE	P *value*
Relaksasi Pernafasan	Sebelum	32,65	4,96	0,922	0,059
	Setelah	30,93	5,84	1,084	

Table 4 Average Stress Builders Before and After Treatment At SEFT group at Bandung Children's Class II Building Institution

Variabel	Intervensi	Mean	SD	SE	P *value*
SEFT	Sebelum	31,93	6,21	1,153	0,000
	Setelah	25,48	4,77	0,887	

Table 5 Average Differences in Stress of Fostered Citizens After Intervention Between Respiratory Relaxation Group with SEFT at Coaching Institution Class II Bandung children

Variabel	Kelompok	Selisih Mean	SD	SE	P *Value*
Stres	Relaksasi	1,48	4,76	0,88	
	SEFT	6,06	4,56	0.84	0,000

In table 1, it can be seen that there is a decrease in the average stress score of the child in the ward before breathing relaxation exercise is 32.65 and after breathing relaxation exercises 4 times the exercises are guided by the researcher to 30.9. Furthermore, in Table 2 it can be seen that there was a decrease in the average stress score of child prisoners, before the SEFT training was 31.93 and after the SEFT exercise the researcher guided 3 rounds to 25.51. From the results of the analysis using Paired t test in the breathing relaxation group (table 3), obtained p-value of 0.059 (p-value> 0.05), it can be concluded that there is no significant difference between before and after breathing relaxation means that breathing relaxation which is given 4 times exercise is not effective in reducing stress. The results of the analysis using Paired t-test in the SEFT group (table 4), obtained p-value of 0.00 (p-value <0.05), it can be concluded that there are significant differences between before and after being given SEFT, meaning that SEFT can significantly reduce the stress of inmates in the Class II Bandung Child Development Institution. Furthermore in Table 5 it appears that there is a significant difference between breathing relaxation exercises and SEFT with p = 0,000

(p-value <0.05). SEFT intervention is more effective in reducing stress of child inmates compared to breathing relaxation, which is indicated by the mean SEFT difference of 6.06 while the mean difference in respiratory relaxation is 1.48. Discussion The results of the study on the group of child inmates who received the intervention breathing relaxation exercise showed that there was a decrease in the average stress score from 32.65 before breathing exercises to 30.93 after breathing exercises, with a p-value of 0.059. This data shows that there is a decrease in the average stress of 1.72 but breathing relaxation carried out 4 times of exercise guided by researchers is not effective in reducing the stress of child inmates (p-value 0, 059). This situation is likely due to the lack of regularity of the children who are assisted in doing relaxation exercises independently, this was caused by the many activities of the prison management that had to be carried out by the inmates so that they did not have time to do breathing relaxation exercises as the researchers recommended. The results of this study are not in accordance with Prasetyo's research (2012) that breathing relaxation is effective in reducing pulse, and blood pressure of hypertensive patients with p value 0.00, and Ayu Q's research, Prabowo S and Setyorini D (2013), which shows that respiratory relaxation therapy which was carried out 4 times exercise, effectively reducing the level of work stress with p value: 0.008 (p <0.05).

Respiratory relaxation is a relaxation technique that is carried out by taking a deep breath and will gently open the chest cavity optimally to breathe oxygen-rich air and exhale carbon dioxide, so as to facilitate the circulation of oxygen in the blood vessels, if done regularly makes the body relax . According to Stuart and Laraia (2005), breathing relaxation can stimulate the body to release endorphins which cause a relaxed and fit feeling. Breathing exercises are carried out based on the belief that the body and soul are interconnected, if the body is relaxed, then the soul becomes calm. According to Davis Eshelman and McKay (2008) breathing relaxation will be effective if done regularly at least 2 times a day for two weeks so that the child has a relaxation response. Someone who has a relaxation response will be able to fight the stress response in the form of a fight or escape reaction, and this response can reduce stress-related tensions so that a person will achieve peace of mind and balance of the body that will make the mind, emotions and body condition more relaxed and calm in the face of threatening situations or stressors. (Davis, Eshelman and McKay, 2000).

In the SEFT intervention group, it was found that there was a decrease in the average stress score from 31.93 before SEFT was done to 25.52, with p value of 0.000. The results of this study are in line with the research of Desmaniarti and Avianti (2014) showing that SEFT interventions reduce the stress of cervical cancer patients undergoing chemotherapy (p: 0,000). Similar research by Church, D., Yount G and Brooks, A.J. (2012), with a total sample of 83 which was divided into three groups, namely the group with EFT intervention, supportive intervention group (SI) and the untreated group

(NT). The EFT group showed significant improvement in anxiety (p <0.05) and depression improvement (p <0.002). The EFT intervention group significantly reduced cortisol levels (-24.39%; SE, 2.62, p <0.001), when compared with the SI group (-14.25%; SE, 2.61) and NT (-14.44%; SE, 2.67).) In the EFT group there was a decrease in cortisol levels and also showed an improvement in psychological distress.

The hormone cortisol is widely known as a stress hormone because it is produced more when the body experiences stress, both physical stress and emotional stress. When you feel threatened, the part of the brain will turn on the body's alarm. This will then trigger the adrenal glands above the kidneys to release adrenal hormones along with the hormone cortisol. The adrenaline hormone will increase the heart rate, while the cortisol hormone known as the stress hormone will increase sugar in the bloodstream, so the brain can work more effectively. The hormone cortisol functions to control stress which can be affected by conditions of infection, injury, strenuous activity, and physical and emotional stress.

Other research that is in line with the results of this study is the research of Safitri, R. P., Sadif, R.S. (2013) showed that SEFT performed 3 times in 2 weeks, for 30-60 minutes at a time, could reduce depression in patients with chronic renal failure undergoing hemodialysis with a p-value of 0,000. Another research that supports the results of this study, is Baskara's research, Derison Marsinova., Ibrahim Kusman., Sriati Aat. (2013), which shows that SEFT decreases the level of depression, anxiety and stress in patients with Acute Coronary Syndrome (SKA) non Percutaneous Coronary Intervention (PCI), with p value <0.005. Similar research by Lee, S-W et.al. (2014) showed that EFT can reduce physical and psychosocial symptoms in patients with panic disorder. Similar research by Church D., Yount, G., and Brooks AJ. (2014), showed that Emotional Freedom Technique (EFT) decreases depression and anxiety in PTSD patients, with p-value <0.0001. Furthermore Sari Weni W., S Suryani., Emaliyawati Ethika. (2014), stated that there was a difference between the level of anxiety before and after EFT which was carried out for 15 minutes. Furthermore, the study of Clond, M. (2016) who used EFT and cognitive therapy combined with acupressure, showed that (EFT) can significantly reduce anxiety with p-value <0.001. While the group given a combination of cognitive and acupressure therapy showed p = 0.001.

The decrease in stress on the children who were assisted by the children after the SEFT was first probably caused by a catharsis process, namely the process of spending negative feelings / burdens through story telling to the researcher, this was in agreement with Stuart G. Laraia (2005) who says that storytelling can make you feel relieved, even though the problem is actually not resolved. Furthermore, the possibility of a decrease in stress scores is caused by a state of resignation and prayer. Some of the results of research on effective prayer make the heart calm, as stated by Larry Dossey in Zainudin (A F, 2008) that prayer effectively reduces stress.

Respiratory and SEFT relaxation exercises have an effect on the stress of child inmates with a value of p = 0,000 (p-value <0.05), but SEFT intervention is more effective in reducing stress of child inmates compared to breathing relaxation, as indicated by the difference in mean SEFT 6.06 while the mean difference in respiratory relaxation is 1.48. This is probably due to the fact that in SEFT therapy there are various types of complementary therapies such as meditation, visuaization, NLP, suggestions and relaxation which can increase endorphins in the body, make the brain in the alpha wave and create a relaxed and calm condition. In the first step of the SEFT we do an NLP technique called reframing and anchoring and breathing the pattern. When we do the 2nd and 3rd steps, "tune in" and "tapping" actually we are breaking the pattern, and when we imagine our problems are accompanied by a sincere heart and surrender, we are actually reframing. Although the mechanism of action is unknown but at the time of tapping that is lightly tapping with the fingertips on the body's meridian points when experiencing emotional trauma will send a signal that deactivates the amygdala or "fear center" in the brain

and will quickly reduce fear. (Waite W and Holder M, 2003). At SEFT there is also a self hypnotherapy where we suggest ourselves by doing positive affirmations to remove subconscious programs that are the root causes of negative emotions that we experience. Visualization is done by imagining the negative emotions we experience and then doing meditation in the form of spiritual practices such as prayer. This SEFT can be effectively used to overcome physical and emotional problems very easily and quickly which is around 5-25 minutes (Zainuddin A F, 2008).

SEFT interventions are closely related to existing nursing interventions that can complement each other. Nursing therapies are also closely related to efforts to provide improvement and a balance between thoughts and behavior including cognitive therapy and CBT (Cognitive Behavior Therapy). This happened because the process of identifying specific problems in cognitive therapy and CBT was also carried out in SEFT, here inmates were given the freedom to explore problems in the form of negative emotions that occurred during their lives. The role of nurses in CBT is the same as SEFT, which is to give specific questions in order to reveal the root of the problem behind the patient experiencing stress. Besides that, by lightly tapping on 18 SEFT points while "tune in" that is to imagine events that cause negative emotions, there will be emotional release resulting in the body's energy flow running normally or balanced again. Tapping lightly on the body's 18 energy points is based on that for someone who is stressed there will be an imbalance of body energy. (Zainudin A F, 2008).

Conclusion

The results showed that there was a significant difference between breathing relaxation exercises with SEFT, but SEFT was more effective in reducing stress in the inmates at the Class II Child Development Institution in Bandung. This is likely due to the SEFT action combined with breathing relaxation. After doing SEFT exercises there are 3 rounds which

include steps; the set up, the tune in and the tapping are performed on 18 points of energy left and right body meridians and nine movements for the gamut procedure ends with taking a deep breath and blowing it 3 times.

Based on the above conclusions, it is suggested to the advisers in the Class II Bandung Special Child Development Institution to be able to use breathing relaxation exercises to reduce the stress of child inmates with 2 times a week for at least 2 weeks or SEFT interventions for 3 rounds. Every child is given the freedom to choose interventions that are considered suitable and easy for them, so that every child can do it independently, so this intervention is an easy alternative to do when the child in the child shows signs of stress.

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