

## ABSTRACT

**Background:** Chronic kidney failure is an irreversible and progressive renal damage. Hemodialysis is the most frequent method for chronic kidney failure patients which affect patients' quality of life. Depression is the most common psychiatric disorder found in chronic kidney failure patients which can worsen the disease and cause complications. This study aims to identify the effect of Spiritual Emotional Freedom Technique (SEFT) to reduce depression level in chronic kidney failure patients undergoing hemodialysis at PKU Gamping Hospital.

**Method :** This study use quantitative approach with quasi experimental two group pretest-post test with control group design. Samples were recruited using consecutive sampling. 20 respondents were divided into two groups: 10 respondents as the control group and 10 respondents as the intervention group. Level of depression in intervention group and control group were measured using Beck Depression Inventory II (BDI-II) questionnaire. Intervention group was given SEFT (set up, tune in, and tapping) in three times for 30 minutes before level of depression in both groups were measured again using BDI-II. Data were analyzed by using Wilcoxon test and independent t test..

**Result :** The average of pretest and post test score in the control group were 23.10 and 21.3 respectively, while in the intervention group were 23.4 and 16.8 respectively. Wilcoxon test result analysis between levels of depression before and after SEFT intervention in the intervention group showed  $p=0.008$  ( $p<0.05$ ), while in the control group showed  $p=0.342$  ( $p>0.05$ ). Independent sample t test result analysis measuring depression level change between both groups showed  $p=0.047$  ( $p<0.05$ ).

**Conclusion :** There were significant differences between levels of depression before and after SEFT intervention in the intervention group. This research benefits that SEFT can be used to reduce depression level in chronic kidney failure patients undergoing hemodialysis at PKU Gamping Hospital.

**Keywords:** Depression, Spiritual Emotional Freedom Technique, SEFT, chronic kidney failure, hemodialysis

## INTISARI

**Latar Belakang :** Gagal ginjal kronis (GGK) adalah proses kerusakan ginjal yang ireversibel dan progresif. Hemodialisis merupakan terapi pilihan yang paling sering dilakukan dan sangat mempengaruhi kualitas hidup pasien. Depresi merupakan gangguan psikologis yang paling sering ditemukan pada pasien GGK. Depresi ini selanjutnya dapat memperburuk progresivitas penyakit dan menimbulkan komplikasi. Penelitian ini bertujuan untuk mengetahui pengaruh *Spiritual Emotional Freedom Technique* (SEFT) terhadap penurunan skor skrining depresi pada pasien GGK yang menjalani hemodialisis di RS PKU Gamping.

**Metode Penelitian :** Desain penelitian ini menggunakan *quasi experimental two group pretest-post test with control group*. Teknik pengambilan sampel dilakukan dengan *consecutive sampling* dan didapatkan responden sebanyak 10 orang untuk kelompok kontrol dan 10 orang kelompok intervensi. Skor skrining depresi kelompok kontrol dan kelompok intervensi diukur dengan menggunakan kuesioner *Beck Depression Inventory II* (BDI-II), kemudian kelompok intervensi diberikan 3 kali intervensi SEFT terdiri dari tiga teknik yaitu *set up*, *tune in*, dan *tapping* selama 30 menit. Selanjutnya baik kelompok intervensi maupun kelompok kontrol diukur kembali depresinya menggunakan BDI-II. Data dianalisis menggunakan uji *Wilcoxon* dan *independent sample t test*.

**Hasil Penelitian :** Rerata hasil *pretest* dan *post test* skor skrining depresi pada kelompok kontrol adalah sebesar 23.10 dan 21.3, sedangkan pada kelompok intervensi adalah sebesar 23.4 dan 16.8. Hasil analisis uji *Wilcoxon* terhadap skor skrining depresi sebelum dan sesudah intervensi SEFT pada kelompok intervensi menunjukkan nilai  $p=0.008$  ( $p<0.05$ ), sedangkan pada kelompok kontrol didapatkan  $p=0.342$  ( $p>0.05$ ). Sedangkan hasil uji selisih *pre-post* tes skrining depresi antara kelompok kontrol dan kelompok intervensi menunjukkan nilai  $p=0.047$  ( $p<0.05$ ).

**Kesimpulan :** Hasil *pretest* dan *post-test* pada kelompok intervensi yang diberikan terapi SEFT menunjukkan perbedaan yang bermakna ( $<0.05$ ) artinya terapi SEFT dapat menurunkan skor skrining depresi pada pasien GGK yang menjalani hemodialisis.

**Kata kunci:** Depresi, *Spiritual Emotional Freedom Technique*, SEFT, gagal ginjal kronis, hemodialisis