

ABSTRAK

Pengaruh Terapi SEFT (*SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE*)
Terhadap Kualitas Tidur Pada Lansia Dengan Osteoarthritis di Desa Karangbudi
Kecamatan Gapura

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Pendahuluan: Lansia merupakan tahap akhir mengalami proses kemunduran baik dari aspek psikologis dan aspek fisiologis. Osteoarthritis merupakan penyakit degenerative sendi yang disebabkan oleh banyak faktor reaksi alergi, infeksi, genetik, dan karena proses penuaan. Salah satu bentuk kemunduran yang terjadi adalah kualitas tidur. Terdapat dua jenis penatalaksanaan yang bisa dilakukan yaitu penatalaksanaan farmakologi dan non-farmakologi, penatalaksanaan non farmakologi salah satunya adalah terapi SEFT. **Metode:** Penelitian ini termasuk jenis penelitian kuantitatif dengan rancangan penelitian pre-eksperimen dengan bentuk one group pretest-posttest design. Sampel diambil dari populasi yang memenuhi kriteria inklusi, sebanyak 47 orang dengan simple random sampling. **Hasil:** Hasil Penelitian menggunakan uji statistic Wilcoxon dan diperoleh nilai significancy p value 0,000 (p 0,05) artinya ada perbedaan yang bermakna antara kualitas tidur lansia sebelum dan sesudah diberikan terapi. **Kesimpulan:** Terdapat pengaruh terapi SEFT terhadap kualitas tidur pada lansia dengan osteoarthritis di Desa Karangbudi Kecamatan Gapura Kabupaten Sumenep.

Kata Kunci: Lansia, Kualitas Tidur, Terapi SEFT



ABSTRACT

The Effect of SEFT Therapy (SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE) on Sleep Quality in Elderly with Osteoarthritis in Karangbudi Village, Gapura District

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Introduction: Elderly is the final stage of experiencing a process of decline both from psychological aspects and physiological aspects. Osteoarthritis is a degenerative joint disease caused by many factors of allergic reactions, infections, genetics, and due to the aging process. One form of decline that occurs is the quality of sleep. There are two types of management that can be done, namely pharmacological and non-pharmacological management, non-pharmacological management, one of which is SEFT therapy. **Methods:** This research is a quantitative research with a pre-experimental research design in the form of a one group pretest-posttest design. Samples were taken from a population that met the inclusion criteria, as many as 47 people using simple random sampling. **Results:** The results of the study used the Wilcoxon statistical test and obtained a significance value of value 0.000 ($p < 0.05$) meaning that there was a significant difference between the sleep quality of the elderly before and after given therapy. **Conclusion:** There is an effect of SEFT therapy on sleep quality in the elderly with osteoarthritis in Karangbudi Village, Gapura District, Sumenep Regency.

Key Word: Elderly, Sleep Quality, Therapy SEFT

