

The Application Of Spiritual Emotional Freedom Technique (SEFT) Therapy On Anxiety Levels In Chronic Kidney Disease (CKD) Patients Undergoing Hemodialysis At Sunan Kudus Islamic Hospital

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Abstract. Chronic Kidney Disease (CKD) is a chronic condition causing progressive decline in kidney function, necessitating routine hemodialysis therapy. This condition causes not only physical problems but also impacts psychological well-being, particularly regarding anxiety. One non-pharmacological intervention to reduce anxiety is the Spiritual Emotional Freedom Technique (SEFT), a therapy combining a spiritual approach with tapping techniques on the body's energy points to induce relaxation and alleviate anxiety. Objective: To determine the anxiety levels of CKD patients undergoing hemodialysis before and after receiving SEFT therapy. Methods: This study employed a pre-experimental design using a one-group pretest-posttest approach. The sample consisted of 15 CKD patients undergoing hemodialysis at Sunan Kudu Islamic Hospital, selected via purposive sampling. Anxiety levels were measured using the Hamilton Anxiety Rating Scale (HARS) questionnaire. Data analysis was performed using the Paired Sample t-Test. Results: The mean anxiety level was 24.93 prior to SEFT therapy and decreased to 21.00 following the intervention, representing a mean reduction of 3.933. The Paired Sample t-Test yielded a p-value of 0.000 ($p < 0.05$), indicating that SEFT therapy significantly influenced the reduction of anxiety levels in CKD patients undergoing hemodialysis. Conclusion: SEFT therapy is effective in reducing anxiety levels among CKD patients undergoing hemodialysis; therefore, it can be utilized as a non-pharmacological intervention in nursing care.

Keywords: Chronic Kidney Disease (CKD), Hemodialysis, Anxiety, Spiritual Emotional Freedom Technique (SEFT)

INTRODUCTION

Chronic kidney *failure* (CKD) is a progressive and irreversible disorder of kidney function so that the kidneys are unable to maintain the balance of fluids, electrolytes, and remove the body's metabolic waste optimally. Decreased kidney function causes the accumulation of urea and uremic toxin which causes various complications, such as excess fluids, electrolyte disorders, hypertension, anemia, and the need for kidney replacement therapy in the form of hemodialysis. Hemodialysis is a kidney replacement therapy that aims to control uremia, remove excess fluid, and maintain electrolyte balance. However, this therapy must be undergone regularly throughout life so that it not only causes physical impacts, but also psychological problems in the form of anxiety (Hadrianti & Dessy, 2021). (Hadrianti & Dessy, 2021; Pernefri, 2020).

According to the *World Health Organization* (WHO), in 2021 there are more than 843.6 million people with chronic kidney failure in the world and it is estimated that the death rate due to this disease will increase to 41.5% by 2040 stroke (WHO, 2021). In Indonesia, the prevalence of chronic kidney disease increased from 2.0% in 2013 to 3.8% in 2018. In Central Java Province, there are around 25,157 patients with chronic kidney failure and around 60% of them are undergoing hemodialysis therapy (Central Java Provincial Health Office, 2023). Meanwhile, in Kudus Regency, the number of chronic kidney failure sufferers reached 3,185 cases in 2023 (Risksed, 2018). Putri et al., (2024). Data at Sunan Kudus Islamic Hospital shows an increase in the number of chronic kidney failure patients undergoing hemodialysis, from 225 patients in 2023 to 247 patients in 2024 and increasing again to 275 patients in 2025. The high number of hemodialysis patients shows that chronic kidney disease is still a health problem that requires long-term treatment. In addition to facing various physical complications, patients undergoing hemodialysis also often experience anxiety due to changes in health conditions, dependence on dialysis machines, and worries about the future. Research reports that as many as 61% of chronic kidney failure patients undergoing hemodialysis experience anxiety (Damanik, (2020) (Damanik, 2020; Fannisa & Hermawati., 2023)

Anxiety management in CKD patients can be done through pharmacological and non-pharmacological therapies. Pharmacological therapy uses benzodiazepines and antidepressants, but its

use in patients with chronic kidney failure has a risk of drug accumulation, excessive sedation, cognitive impairment, and drug interactions. Therefore, non-pharmacological therapy is a safer alternative, one of which is (Kumara et al., 2025). *the Spiritual Emotional Freedom Technique* (SEFT). SEFT is a complementary therapy that combines a spiritual approach with tapping techniques on the body's meridian points to help reduce anxiety, provide calm, and be easily applied independently (Maraya, 2019; Kumara et al., 2025).

Previous research has shown that SEFT therapy is effective in lowering anxiety in chronic kidney failure patients undergoing hemodialysis. The study showed a decrease in anxiety levels after SEFT therapy with significant results ($p < 0.05$). However, the application of SEFT therapy in CKD patients undergoing hemodialysis at Sunan Kudus Hospital has never been researched. Therefore, this study aims to analyze the effect of Fajrianti et al, (2025) Bahrudin et al, (2023) *Spiritual Emotional Freedom Technique* (SEFT) therapy on anxiety levels in *Chronic Kidney Disease* (CKD) patients undergoing hemodialysis at Sunan Kudus Hospital.

METHODS

This study is a quantitative research with a pre-experimental design using a one-group pretest-posttest design approach. The research was conducted in the Hemodialysis room of Sunan Kudu Islamic Hospital on June 8-19, 2026. The study population was all *Chronic Kidney Disease* (CKD) patients undergoing hemodialysis at Sunan Kudus Hospital. The research sample amounted to 15 respondents who were selected using purposive sampling techniques in accordance with the inclusion and exclusion criteria that had been set. The independent variable in this study was *Spiritual Emotional Freedom Technique* (SEFT) therapy, while the dependent variable was the anxiety level of CKD patients undergoing hemodialysis. Anxiety level measurements were carried out using *the Hamilton Anxiety Rating Scale* (HARS) questionnaire which has met the validity and reliability tests. Data were analyzed univariately to describe respondent characteristics and anxiety levels, while bivariate analysis used a *Paired Sample t-test* with a significance level of $\alpha = 0.05$ to determine the effect of SEFT therapy on anxiety levels in CKD patients undergoing hemodialysis.

RESULTS AND DISCUSSION

RESULTS

The univariate analysis aimed to describe the characteristics of respondents as well as the level of anxiety in *Chronic Kidney Disease* (CKD) patients undergoing hemodialysis before and after being given *Spiritual Emotional Freedom Technique* (SEFT) therapy. The results of the analysis are presented as follows:

Table 1. Frequency Distribution of Respondent Characteristics by Age of Chronic Kidney Failure Patients (n=15)

Age Range	Frequency	Percent (%)
<50 years old	3	20%
>50 years old	12	80%
Total	15	100%

Table 1, it is explained that most of the respondents were >50 years old, which is 12 people (80%) out of a total of 15 respondents. Meanwhile, respondents with the age of <50 years amounted to 3 people (20%) out of a total of 15 respondents.

Table 2. Frequency Distribution of Respondent Characteristics by Gender of Chronic Kidney Failure Patients (n=15)

Gender	Frequency	Percent%
Male	10	66,7
Women	5	33,3
Total	15	100,0

Based on Table .2, the results of respondent characteristics based on gender show that most of the

respondents were male, namely 10 people (66.7%) out of a total of 15 respondents. Meanwhile, the female respondents amounted to 5 people (33.3%).

Table 3. Frequency Distribution of Respondent Characteristics by Education (n=15)

Gender	Frequency	Percent%
SD	5	33,3%
SMP	4	26,7%
SMA	6	40%
Total	15	100%

Table 3 above, the results obtained for the characteristics of respondents based on education show that the highest level of education is high school as many as 6 people (40%) out of a total of 15 respondents. Furthermore, respondents with elementary education were 5 people (33.3%)

Table 4. Anxiety Levels of Chronic Kidney Failure Patients Before SEFT Therapy (n=15)

Degree of Emergency	Frequency	Percent%	Mean	Median
No anxiety	0	0%		
Mild Anxiety	5	33,3%		
Moderate Anxiety	3	20%		
Severe Anxiety	7	46,7%		
Panic	0	0%		
Total	15	100%	2,40	2,00

Based on Table 4.it shows that before being given SEFT therapy, most patients with chronic kidney failure experienced severe anxiety as many as 7 respondents (46.7%) out of a total of 15 respondents. Furthermore, 5 respondents (33.3%) experienced mild anxiety, while 3 respondents (20.0%) experienced moderate anxiety, with an average of 2.40 and a median of 2.00

Table 5. Anxiety Levels of Chronic Kidney Failure Patients After SEFT Therapy (n=15)

Degree of Emergency	Frequency	Percent%	Mean	Median
No Anxiety	3	20%		
Mild Anxiety	6	40%		
Moderate Anxiety	3	20%		
Severe Anxiety	3	20%		
Panic	0	0%		
Total	15	100%	2,13	2,00

Based on Table 4. showed that after being given SEFT therapy, most patients with chronic kidney failure experienced mild anxiety as many as 6 respondents (40.0%) out of a total of 15 respondents. Meanwhile, 3 respondents (20.0%) each experienced moderate anxiety, severe anxiety, and no anxiety, with an average of 2.13 and a median of 2.00.

Table 1. Paired Sample t-Test results of anxiety levels before and after SEFT therapy (n=15)

	Mean	Hours Deviation	Hours Error Mean	t	df	p-Value
Pretest- Posttest	3.933	2,520	0,651	6,044	14	0,000

Based on Table 4.6, it shows that there is a decrease in anxiety levels in *Chronic Kidney Disease* (CKD) patients who undergo hemodialysis after being given *Spiritual Emotional Freedom Technique*

(SEFT) therapy. This can be seen from the mean value of anxiety levels before and after the administration of SEFT therapy which has an average difference of 3.933 with a standard deviation of 2.520. The results of the *Paired Sample t-Test* obtained a t-value of 6.044 with a p-value of 0.000 ($p < 0.05$).

DISCUSSION

Frequency Distribution Based on Age Characteristics

Based on the largest age characteristics, it was shown that most of the respondents were >50 years old, which was as many as 12 people (80%) out of a total of 15 respondents. Meanwhile, respondents with the age of <50 years amounted to 3 people (20%) out of a total of 15 respondents. As we age, the function of human organs tends to decrease, so a person is more susceptible to various health problems, including impaired kidney function. The results of this study are in line with a study conducted by the one entitled (Siringoringo & Sigalingging, 2023). Kumara et al., (2025b) "*The Effect of SEFT on the Level of Anxiety of Patients with Hemodialysis*", which showed that most of the respondents were in the age group of 45–59 years as many as 16 people (59.3%). This condition suggests that age can be one of the factors that affect anxiety levels. As we age, there is a decrease in the body's physiological function and increased susceptibility to chronic diseases, which can cause concern about health conditions, dependence on medication, and a decrease in quality of life which can ultimately trigger anxiety.

Frequency Distribution Based on Sex Characteristics

Based on gender characteristics, it was shown that most of the respondents were male, namely 10 people (66.7%) out of a total of 15 respondents. Meanwhile, the female respondents amounted to 5 people (33.3%). The results of this study are supported by a study conducted by the one entitled Rsu & Prima.,(2019) "*The Relationship between Compliance with Hemodialysis Therapy and Patient Quality of Life*", which shows that most of the respondents are male as many as 20 people (66.7%) and women as many as 10 people (33.3%). The predominance of male respondents can be influenced by lifestyles that tend to be less healthy, such as smoking and alcohol consumption, which can increase the risk of decreased kidney function. In addition, men generally play the role of breadwinners for the family, so limited activities due to illness and dependence on hemodialysis therapy can cause concerns about the ability to work and carry out family responsibilities, which can ultimately trigger anxiety (Fachrezi et al., 2025).

Frequency Distribution Based on Educational Characteristics

Based on the education level, the most respondents were high school students as many as 6 people (40%). Furthermore, respondents with elementary education level were 5 people (33.3%), while the least number of respondents was 4 junior high school students (26.7%). The results of this study are in line with the study conducted by the one entitled "RSU & Prima, (2019) *The relationship between compliance with hemodialysis therapy and patients' quality of life*" showed that the majority of respondents had a high school education level of 13 people (43.3%). Education level is one of the factors that can affect a person's ability to receive and understand information. Individuals with higher levels of education tend to have better thinking skills in receiving, processing, and understanding new information, including in dealing with and solving problems faced. Conversely, lower levels of education can lead to limitations in understanding information and potentially increase anxiety (RSU & Prima, 2019).

Univariate Analysis

Table 4 shows that before being given SEFT therapy, most patients with chronic kidney failure experienced severe anxiety as many as 7 respondents (46.7%) out of a total of 15 respondents. Furthermore, 5 respondents (33.3%) experienced mild anxiety, while 3 respondents (20.0%) experienced moderate anxiety. Based on the results of research at RSI Sunan Kudus, the level of anxiety before being given SEFT therapy was dominated by the category of severe anxiety as many as 7 respondents (46.7%). The high level of anxiety in patients with chronic kidney failure before receiving SEFT therapy can be influenced by various factors, such as chronic disease conditions, dependence on hemodialysis therapy, lifestyle changes, limitations in daily activities, and concerns about health conditions and the future. This condition can cause psychological distress that leads to increased anxiety

levels in patients (Reong et al., 2026).

These findings are in line with previous research titled "Munawaroh et al., (2019) *Anxiety Response of Chronic Kidney Failure Patients Undergoing Hemodialysis*" showing that chronic kidney failure patients undergoing hemodialysis experience a lifelong dependence on therapy that can lead to various changes in their lives. These changes include physical, psychological, spiritual health disorders, socioeconomic status, and family dynamics. In addition, the existence of uncertainty regarding health conditions, changes in body functions, and the demands of long-term therapy can cause psychological distress that has an impact on increasing anxiety levels in patients. The results of the study found that out of 34 respondents, 10 respondents (29.41%) experienced no anxiety, 19 respondents (55.88%) experienced mild anxiety, and 5 respondents (14.71%) experienced moderate anxiety. The results of this study showed a p-Value of 0.000 ($p < 0.05$), which means that there is an effect of *Spiritual Emotional Freedom Technique* (SEFT) therapy on reducing anxiety levels in *Chronic Kidney Disease* (CKD) patients undergoing hemodialysis.

Table 5 shows that after being given SEFT therapy, most patients with chronic kidney failure experienced mild anxiety as many as 6 respondents (40.0%) out of a total of 15 respondents. Meanwhile, 3 respondents (20.0%) each experienced moderate anxiety, severe anxiety, and no anxiety. SEFT therapy can reduce anxiety through a spiritual and emotional approach that helps individuals accept their own condition, reduce psychological burden, and build a calmer and more optimistic attitude. From a physiological perspective, the increased release of endorphins, dopamine, and serotonin provides a relaxation effect, causing a sense of comfort and pleasure, while a decrease in cortisol hormone levels helps suppress anxiety symptoms so that a better psychological balance is created. Based on research conducted at RSI Sunan Kudus, it can be concluded that the level of anxiety after being given SEFT therapy shows a decrease in the level of anxiety in patients with chronic kidney failure, which is characterized by an increase in the number of respondents in the category of mild anxiety and no anxiety. *Spiritual Emotional Freedom Technique* (SEFT) therapy has been shown to provide benefits in lowering anxiety levels in patients with chronic kidney failure. SEFT generally includes stages of focusing on emotions/problems, prayer or affirmation that involves surrender, and tapping techniques at specific points that aim to trigger relaxation. Patients who previously experienced anxiety in the severe and very heavy categories showed improvement after being given therapy. In addition, SEFT can help create a state of relaxation, increase self-acceptance of disease conditions, and support the psychological health of patients.

Bivariate Analysis

Based on Table 5, it shows that there is a decrease in anxiety levels in *Chronic Kidney Disease* (CKD) patients who undergo hemodialysis after being given *Spiritual Emotional Freedom Technique* (SEFT) therapy. The decrease was indicated by the mean *difference in* anxiety levels before and after the intervention of 3,933 with a standard deviation of 2,520. The results of the analysis using *the Paired Sample t-Test* obtained a t-value of 6.044 and a significance value of p-value of 0.000 ($p < 0.05$). These results showed a significant difference between anxiety levels before and after SEFT therapy. Therefore, H_0 was rejected and H_a was accepted, so it can be concluded that SEFT therapy has an effect on the anxiety levels of CKD patients undergoing hemodialysis. The effectiveness of SEFT therapy in reducing anxiety is suspected because this therapy can increase the production of feel-good hormones, such as endorphins, dopamine, and serotonin, as well as reduce cortisol hormone levels, so that the body becomes more relaxed and emotionally stable (Mar., 2019)

The results of this study are in line with the research on Fajrianti et al.,(2025b) *the Spiritual Emotional Freedom Technique* (SEFT) in hemodialysis patients which showed that SEFT therapy had a significant effect on reducing anxiety levels with a p value of < 0.05 . These findings are also supported by studies showing that SEFT therapy affects sleep quality and anxiety in chronic kidney failure patients undergoing hemodialysis ($p < 0.05$). These results reinforce that SEFT can be used as a nonpharmacological intervention to reduce anxiety in hemodialysis patients. Kasmianti, (2021)

CONCLUSION

Spiritual Emotional Freedom Technique (SEFT) therapy has been proven to be effective in reducing anxiety levels in *Chronic Kidney Disease* (CKD) patients undergoing hemodialysis at Sunan Kudus Islamic Hospital. The results showed a decrease in the average anxiety score from 2.40 before the intervention to 2.13 after the administration of SEFT therapy, with the results of the *Paired Sample t-Test* showing a value of $p = 0.000$ ($p < 0.05$). Therefore, SEFT therapy can be used as one of the effective spiritual-based nonpharmacological nursing interventions to help reduce anxiety and support the provision of more holistic nursing care for CKD patients undergoing hemodialysis.

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