

ABSTRACT

SEFT (SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE) THERAPY DECREASE CHILDBIRTH ANXIETY LEVEL IN THIRD TRIMESTER PRIMIGRAVIDA

Pre-Experimental study
in Watesnegoro Villages, Subdistrict Ngoro, Mojokerto

By : AYU DEWI NASTITI

Childbirth anxiety is common in primigravida. Primigravida usually anxious about childbirth especially labor pain. The purpose of this study was to determine the effect of SEFT therapy on reducing anxiety levels in third trimester primigravida.

The design used in this study was pre-experimental (one group pre-post test design). Population in this study were eighteen people and the samples match the inclusion criterias were fifteen primigravida in third trimester of pregnancy. The independent variable was SEFT therapy and the variable dependent was childbirth anxiety levels. Structured questionnaire was use to collect data in this research . Data then analysed using Wilcoxon Signed Rank Test with significance level $\alpha \leq 0.05$.

The results of this study indicate if SEFT therapy significantly reduce childbirth anxiety levels in primigravida ($p = 0.001$).

It can be concluded that SEFT therapy reduce childbirth anxiety levels in third trimester primigravida. SEFT therapy effective to reduce to anxiety level in third trimester primigravida although conducted without a verbal pronunciation. Further research was needed to reveal the effect of SEFT therapy on the length of childbirth.

Key words: *primigravida, anxiety, SEFT, labor pain.*