

**THE EFFECT OF SPIRITUAL EMOTIONAL FREEDOM
TECHNIQUE (SEFT) IN IMPROVING THE QUALITY OF LIFE OF
PULMONARY TUBERCULOSIS PATIENTS IN PUSKESMAS PERAK
TIMUR SURABAYA**

Quasy-Experimental Research

Inas Alifi Karima

ABSTRACT

Introduction: Pulmonary tuberculosis is a chronic disease that can affect the QoL consisting of physical, psychological, social, and environment. One of non-pharmacologic therapies that can be provided is SEFT (Spiritual Emotional Freedom Technique). This research aims to explain the influence of SEFT to improve Quality of Life (QoL) in pulmonary tuberculosis patients in Puskesmas Perak Timur Surabaya. **Method:** This research used quasy-experimental method. total sample is 22 people who met the inclusion criteria. The independent variable is SEFT therapy and the dependent variable is the QoL. Data analysis was performed by using Wilcoxon test and Mann Whitney test with a significance level of $p < 0.05$. **Result:** The result showed significant improvement of the QoL of patients with pulmonary tuberculosis to the physical, psychological, and social health after SEFT. The results showed improving physical health aspects of the intervention group ($p=0.003$), an increase in the psychological aspects of the intervention group ($p=0.003$), improved social function intervention group ($p=0.046$). However, the results were not significant on the environmental aspects of the intervention group ($p=1.000$). The research showed significant results at the Mann Whitney test after SEFT, namely the aspect of physical health ($p=0.000$), psychological ($p=0.000$), and social functioning ($p=0.015$). Mann Whitney test results were not significant on environmental aspects ($p=0.167$). **Discussion:** It can be concluded that SEFT therapy can improve the QoL in the aspects of physical health, psychological, and social functioning of patients with pulmonary tuberculosis in Puskesmas Perak Timur Surabaya.

Keywords: SEFT, Quality of Life, Pulmonary Tuberculosis