

## **Analysing the Spiritual Effects of Emotional Freedom Technology (SEFT) in Building Psychological Well-being: Systematic Literature Review**

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### **ABSTRACT**

Spiritual emotional freedom techniques (SEFT) influence psychological well-being because psychological well-being is an individual's ability to prosper with all one's abilities and weaknesses cope with life's stresses, can work productively and fruitfully. The method used is a systematic literature review by collecting various literature, namely Scopus, and PubMed. Using SEFT keywords; psychological well-being, effects. The results of several studies indicate that there is an influence of SEFT in developing psychological well-being. SEFT is carried out with the power of prayer and tapping at several points will influence the level of stress. SEFT therapy can be applied in the field of clinical practice to support patient care.

**Keywords:** effects, psychological well-being, SEFT

### **INTRODUCTION**

SEFT is a psychological support technique that focuses on holistic and spiritual well-being. The Emotional Freedom Technique (EFT) uses emotions and physical touch, often combined with prayer, to bring about significant emotional and physical transformations (Maryana & Dewi, 2021). Through practices like the Spiritual Emotional Freedom Technique (SEFT), which integrates spirituality through prayer, sincerity, and surrender, alongside psychological energy techniques, individuals can tap into the body's energy system to enhance their mental state, emotions, and behaviour. SEFT simplifies this process through techniques such as set-up, tune-up, and tap (Hidayat et al., 2021).

In the application of SEFT, when negative emotions disappear and positive emotions are transformed, the person is asked the following question: "What do you think the meaning of all these experiences is?" This question allows individuals to recognise that adverse experiences can offer fresh insights and perspectives in life (Lina et al., 2019). Negative psychological well-being encompasses enduring stress, depression, anxiety, anger, pessimism, and discontentment with one's present circumstances.

Conversely, positive psychological health encompasses various facets, such as optimism, gratitude, purpose, resilience, positive influence, and happiness. Studies have indicated that positive psychological well-being not only contributes to improved

health but also leads to better social and economic outcomes (Vivolo et al., 2024). Positive psychology focuses on improving psychological well-being and positive outcomes. A key aspect of psychological well-being is the resilience of academic abilities (Li & Hasson, 2020).

Spirituality could play a role in enhancing our understanding of the positive impacts of nature on psychological well-being. According to ecopsychology theory, the formation of a person's 'ecological self' emerges as a result of feeling deeply connected to the natural world, encompassing both its physical and spiritual dimensions (Koburtay & Alzoubi, 2021).

In Covid patients, research has found that there are psychological and social impacts on different population groups. The impact on psychological well-being, namely post-traumatic stress disorder, anxiety and depression (De Kock et al., 2021). Patients who have spiritual health always obey the Almighty, and their lives are meaningful and have a purpose, the spiritual element in the intervention will also add a strengthening effect that will create a feeling of sincerity, accept any situation with fortitude, hope for healing, and be able to take lessons (Lopez et al., 2020).

Research also shows a relationship between depression and SEFT. Depression is a condition characterised by alterations in mood, cognition, and behaviour. In 2018, it was reported that approximately 6.2% of the population in the East Kalimantan province experienced depression, with an estimated 1.4 million individuals suffering from mental health issues. SEFT, among other counselling methods, is considered an innovative approach to addressing such challenges (Thalib & Saleh, n.d.).

SEFT can have an effect on reducing anxiety levels. However, it is important to approach using an open mind and considering different individuals. Always consult a qualified therapist for personalised guidance and support.

## **RESEARCHED METHODS**

The research methodology entails conducting a literature review following the Preferred Reporting Items for Literature Reviews guidelines. Electronic databases such as PubMed and Scopus were utilised to search for articles. The search criteria were adjusted based on predefined inclusion and exclusion criteria, employing specific frameworks and keywords to identify relevant literature. The primary keyword used in this review was "SEFT; psychological well-being" to retrieve evidence-based research articles. The synthesised data focuses on the impact of the Spiritual Emotional Freedom Technique (SEFT) on enhancing psychological well-being. The literature review includes articles published between 2019 and 2024 in English. Articles published before 2019, those not in English, review articles, and non-experimental research designs were excluded from the search. The primary aim of the database search was to identify pertinent articles for the review process.

## **RESULT AND DISCUSSION**

10 selected articles were reviewed. Article publication from 2019-2024. The majority of research shows that there is an influence of SEFT in building psychological well-being, there is a relationship between variables, namely age, gender, occupation, level of education, and comorbidities.

**Table 1. Analysis**

<b>Researcher</b>	<b>Type of Research</b>	<b>Research result</b>
(Altuntaş & Düzgüner, 2020)	Qualitative research	Emotional freedom techniques using Chinese concepts in 1980. EFT has an impact on psychology and conditions. The method involves stimulating meridian transition points with a tip without a needle. to create a frequency between fusion and energy until events that cause negative emotions
(Irman & Wijayanti, 2022)	Quasi-experimental	SEFT therapy has the potential to alleviate feelings of hopelessness by integrating spiritual, psychological, and physical components. This involves tapping specific points on the fingertips to address emotional and psychosomatic issues, leading to a reduction in both psychological and physical symptoms.
(Fatima, Khan, & Sadia, 2023)	Experimental research	Positive psychology focuses on improving psychological well-being and positive outcomes. A key aspect of psychological well-being is the resilience of academic abilities.
(Denning et al., 2021)	Quantitative research	Mental health is a condition where the person has potential within himself. Negative psychological well-being encompasses conditions such as depression, chronic stress, anxiety, anger, pessimism, and overall dissatisfaction with life. On the other hand, positive psychological health is defined by feelings of optimism, gratitude, resilience, a sense of purpose, positive influence, and happiness.
(Er & Erkan, 2023)	Cross-sectional	Positive impacts on spiritual well-being can profoundly influence cancer patients, enhancing their quality of life and instilling a greater sense of vitality. Research has indicated that breast cancer, in particular, has a significant impact on psychological resilience. Factors such as age, number of children, duration of diagnosis, and cancer stage are correlated with changes in psychological well-being, with psychological resilience decreasing as these factors increase.
(Hidayat et al., 2021)	Quasi-experimental	SEFT has a big impact on reducing anxiety and improving psychological well-being to the point of being awake in Covid 19 patients. The instrument used is the psychological well-being questionnaire. One of the treatments that can

(Fatima et al., 2023)	Cross-sectional Non-probability convenience sampling technique	be used in DM patients with Covid is using SEFT. This pandemic has caused great concern and fear for the entire community. The risk of infection has a negative impact that affects psychological well-being. The research results show that positive and negative relationships have significant results on the influence of psychological health.
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The respondents' distribution characteristics were gender, age, education level, and occupation. R DM patients had high self-efficacy after being given SEFT therapy for 10-15 minutes whenever they felt relaxed and calm. The Mann-Whitney test results reveal a significant p-value of 0.003, indicating a notable distinction between the intervention group, which underwent the Emotional Freedom Technique (SEFT) spiritual therapy, and the control group (Maryana & Dewi, 2021).

SEFT contains tapping and prayer concentration, sincerity, surrender, and feeling gratitude that is repeated regularly with deep and long breaths. SEFT demonstrates effectiveness in decreasing the LF/HF ratio among primiparous women. Additional studies are required to confirm the applicability of SEFT in pregnant women experiencing anxiety (Hidayat et al., 2021).

SEFT is a therapy for pre-menstrual patients by carrying out standard procedures such as The Set-Up, The Tune-In, and Tapping. The findings indicate notable variances in premenstrual syndrome mood fluctuations following SEFT therapy. With a p-value of 0.001 from the analysis, it can be inferred that SEFT has the potential to ameliorate mood swings associated with premenstrual syndrome (Lestari, 2023).

## CONCLUSION

Spiritual Emotional Freedom Technique (SEFT) therapy has a great influence on psychological well-being. Looking at the p-value results, in general therapy Spiritual Emotional Freedom Technique (SEFT) can have quite a good impact on psychology because it reduces feelings that involve spiritual, psychological and physical elements. Several studies say SEFT can also affect patients suffering from diseases such as COVID-19, DM, and Cancer.

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