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The Effect of Emotional Freedom Technique (EFT) Therapy Toward the Prevention of Postpartum Blues in Postpartum Mothers

Meita Robbiatul Zukhruf [1], Itryah [2]
Universitas Bina Darma Palembang
e-mail: meitarob@gmail.com

ABSTRACT

The lack of knowledge about postpartum blues among postpartum mothers in the Puskesmas Cahya Maju. This lack of awareness leads to many mothers not recognizing the symptoms of postpartum blues and potentially worsening their condition. The research problem is the need for prevention methods for postpartum blues in postpartum mothers. The aim of the study is to investigate the effectiveness of the Emotional Freedom Technique (EFT) as a self-administered therapy for postpartum blues. The methodology used in this study is the EFT therapy, which utilizes the body's meridian points to address energy imbalances that contribute to psychological effects. EFT is a branch of energy psychology that aims to improve mental, emotional, and behavioral conditions by addressing imbalances in the body's energy system. The participants in this study are postpartum mothers who are experiencing symptoms of postpartum blues. The therapy is self-administered by the mothers at home without the assistance of a therapist. The results of the study show that EFT therapy is effective in reducing symptoms of postpartum blues in postpartum mothers. The therapy helps restore balance to the body's energy system, which in turn improves the chemical balance in the brain and emotional state. This finding has important implications for the prevention and management of postpartum blues in postpartum mothers.The study highlights the importance of raising awareness about postpartum blues and providing prevention methods for postpartum mothers. The use of EFT therapy as a self-administered treatment option offers a convenient and effective approach for postpartum mothers to manage their symptoms.

Keywords: *postpartum blues, emotional freedom technique, prevention*

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INTRODUCTION

Postpartum blues, also known as postnatal blues, is a temporary emotional state characterized by feelings of melancholy and despair that occurs in women after childbirth. These symptoms often appear between two to three days after delivery and disappear within one to two weeks. These symptoms of postpartum depression peak between the third and fifth postpartum day and decline 2 weeks after delivery. If these symptoms last for two weeks, it may indicate a more serious form of mental disorder or postpartum psychosis and should not be ignored (Rukiyah & Lia, 2018).

According to nasri in (R. A. Sari, 2020) It is evident that one of the challenges faced by mothers during childbirth is psychological problems, with postpartum mothers having the most common impact being: mood disorders. Several studies have reported factors that contribute to postpartum depression, such as a study that sampled mothers under the age of 20. According to this study, social support, education, and equality are some of the elements that contribute to postpartum blues. People who gave birth before the age of 20, but had good social support, were less likely to experience postpartum blues (Chasanah et al., 2016). A person's level of education also affects the way they think and feel about a situation, including postpartum blues. People who are highly educated have differences with people who are less educated, so people who are less educated are more at risk of experiencing postpartum blues (Chasanah et al., 2016).

Postpartum blues research was conducted by Komang Prayoga Ariguna Dira and Anak Ayu Sri Wahyun (2016) with the title "Prevalence and Risk Factors for Postpartum blues Depression in Denpasar City Using Edinburgh Postnatal Depression Scales". A non-experimental method for designing cross-sectional imaging studies. The findings showed that certain risk variables, such as poor education, parity, age, infant mortality, and unexpected pregnancy, were associated with an increased likelihood of experiencing postpartum blues.

Research on Postpartum blues conducted by Diah Ayu Fatmawati in (Mariany et al., 2022), with the title "Risk factors that influence the incidence of Postpartum blues". The methodology used was non-experimental research with cross-sectional study techniques with a quantitative framework. The findings showed that age, parity, and partner social support had a significant impact.

In the postpartum blues research conducted by Wahyu Lina (2016), "Factors of blues syndrome in postpartum mothers BPM Suhatmi Puji Lestari", a non-experimental research method with a quantitative and observational approach was used. Get research findings regarding the factors that cause baby blues syndrome, namely equality, social support and poor family financial conditions.

Exploring Emotional Freedom Technique (EFT), Aisyah Roziika, Meilanny Budiarti Santoso, Moch. Zainuddin (2020) with the title "Managing Stress During the Covid-19 Pandemic Using Emotional Freedom Technique (EFT)". The method used is a descriptive method that uses literature studies using secondary data. The results showed that stress can occur to anyone when experiencing pressure, anxiety or fear of threatening situations. This treatment has the effect of reducing stress after relaxation.

Review of Emotional Freedom Technique (EFT) by Nurmawati S. Laitama, Ninuk Dian Kurniawati, Puji Astuti (2020) with the title "Benefits of Emotional Freedom Technique (EFT) for Patients with Anxiety Disorders". Using a systematic review approach based on systematic reviews and meta-analysis based on the main purpose of reporting. The results showed that EFT can reduce anxiety and stress.

Mila Yuni Sahlia, Wantiyah, Mulia Hakam (2018) Research on Emotional Freedom Technique (EFT) with the title "The Effect of Emotional Freedom Technique (EFT) on Depression in Hypertensive Clients". Practical experimental method with pre-post-test control group design with simple random sampling, non-probability sampling method. The results showed that the client's depression level decreased significantly after EFT *(Emotional Freedom Technique)* therapy.

Based on the health profile of Cahya Maju Health Center, 1292 people gave birth in the work area of Cahya Maju Health Center in the last 3 years. This delivery reported 5% of mothers experiencing postpartum blues after giving birth. The information provided is based on the annual report of the coordinator midwife of the Cahya Maju Health Center. Postpartum blues can be indicated as mild symptoms that may occur within hours or weeks after giving birth. However, these symptoms have the potential to improve spontaneously. However, in some cases, individuals experiencing postpartum depression and postpartum psychosis may pose a risk to themselves and their children, as these are the last two categories mentioned. Psychiatric conditions require proper medical intervention at the hospital (Irawati, 2014).

Symptoms of postpartum blues include crying, anxiety, sensitivity, irritability, lack of concentration, easy stress, feeling fragile and helpless, guilt, anxiety, sleep disturbances, and loneliness (Harianis & Sari, 2022).

One way to prevent postpartum blues in pregnant women after giving birth is to use therapy if the mother experiences symptoms of postpartum blues. Researchers use therapy that mothers can do independently at home without the help of a therapist, namely Emotional Freedom Technique (EFT).

According to Gary Craig (1997) Many problems, including drug addiction, eating disorders, anxiety, trauma, grief, fear, phobias, breathing problems, allergies, and other emotional problems, can be resolved using EFT procedures. EFT, or Emotional Freedom Technique is a non-invasive therapeutic method that involves tapping specific meridian points on the client's body with two fingers. The technique aims to activate the body's energy pathways as the client adapts to the issue being addressed, without the use of needles. EFT seeks to restore balance to the body's obstructed energy system, which can cause changes in cognition, behavioral changes, and emotional fluctuations due to stimulation of certain points (Church & Dawson, 2016) .

EFT belongs to a type of energy psychology, is a newly developed type of psychology. Energy psychology is a system of ideas and procedures that use the body's energy system to improve mental, emotional, and behavioral states. Various emotional illnesses, such as grief, stress, and anxiety, are associated with the presence of chemical imbalances in the body. Scientific data shows that energy disturbances in the body contribute significantly to the development of emotional disorders. These disturbances in the body's energy system alter the chemical composition of the brain, thereby affecting one's emotional state (Prameswari,2015).

The use of EFT facilitates the resolution of emotional difficulties by creating a conducive environment, so that the use of EFT can effectively address such emotional problems. In addition to energy medicine performed by social workers, it can also serve as a safe approach to reducing mental distress. This Emotional Freedom Technique (EFT) therapy can be done twice a day, by following the stages quoted from (Tambunan & Setiawati, 2022).

1.The Set-Up

The purpose of The Set-Up is to ensure that the flow of energy in the body is properly directed. This step aims to overcome "psychological reversal" or psychological resistance, which generally appears in the form of spontaneous negative thoughts or negative beliefs in the subconscious. During the configuration, we first identify the problem and create a configuration statement for the problem. The key to the effectiveness of this setup is in the concreteness. Focus on the specific time, place, and feelings that

arise, perhaps even mentioning the name of someone who strongly influences the problem at hand. By measuring the intensity of the problem on a scale of 0-10, this can be a measure of progress after the application of EFT. The adjustment sentence is done by massaging the chest (the area of pain) or by pressing the neck lightly and with significant pressure. This point is the entrance to sadness, emotion, joy, anger, and is where strong feelings are stored (Zukhruf, 2023).

2. *The Tapping*

Tapping refers to the act of gently tapping specific areas of the body with two fingers, while simultaneously reciting key lines. These key points correspond to the "main energy meridians" and can be targeted to alleviate emotional disturbances or discomforts due to disruption of the natural and balanced flow of energy in the body. For clients who have poor self-esteem, the tapping method can mainly hit the thumb (Th) or thumb. This is a state of self-esteem characterized by self-intolerance, arrogance, and melancholy. Individuals with reduced self-esteem are particularly prone to experiencing deep sadness, helplessness, meaninglessness, reduced self-confidence, and a negative outlook on upcoming events. By stimulating this particular area, the aim is to reduce or eliminate the unpleasant emotions that develop. Therefore, it is hoped that by reducing or eliminating these negative emotions, the client's self-esteem will increase (Zukhruf, 2023).

The following are the meridian points on the body in EFT:

a) EB = Eye Brow, at the point of the beginning of the eyebrow
b) SE = Side of the Eye, above the side bone of the eye
c) UE = Under the Eye, 2 cm below the eyelid
d) UN = Under the Nose, just below the nose
e) Ch = Chin, between the chin and the bottom of the lip
f) CB = Collar Bone, at the end where the sternum, collarbone and first rib meet
g) UA = Under the Arm, under the armpit parallel to the nipple
h) BN = Bellow Nipple, 2.5 cm below the nipple or at the border between the sternum and the bottom of the breast
i) Th = Thumb, the thumb on the outer side of the bottom of the nail (point of self-esteem)
j) IF = Index Finger, the index finger on the outer side of the bottom of the fingernail
k) MF = Middle Finger, the middle finger on the outer side of the bottom of the nail
l) BF = Baby Finger, on the little finger on the outer side of the bottom of the nail
m) KC = Karate Chop (Side of hand), next to the palm of the hand
n) GS = Gamut Spot, in the area between the extension of the ring finger bone and the little finger bone.

3) *The Gamut*

The Gamut procedure is a cognitive technique that activates the brain. If each movement is meant to trigger targeted neural activation in a specific brain region. The nine movements are performed by making contact with one of the body's energy points known as the /Gamut Spot. The interstitial point is located between the metacarpal bones of the fifth and fourth fingers. The nine movements are:

a) Closing the eyes
b) Opening the eyes
c) Move the eyes forcefully to the lower right
d) Move the eyes strongly to the bottom left

e) Rotate the eyeball clockwise
f) The eyeballs are rotated in a counterclockwise direction
g) Mumble rhythmically for 3 seconds
h) Do the count of 1, 2, 3, 4, 5
i) Mumble again using rhythm for 3 seconds

To prevent the development of postpartum blues in postpartum mothers, behavior modification with relaxation therapy is needed to normalize psychological behavior that shows symptoms of depression. Thus it can reduce the risk of postpartum blues in postpartum mothers at Cahya Maju Health Center health services. This behavior change focuses on handling the symptoms felt by mothers after giving birth, using a treatment called Emotional Freedom Technique therapy.

Previous studies on EFT show that this therapeutic technique significantly reduces stress, anxiety, anger, improves immunology and mild depression after relaxation. This study has the aim of being able to determine and explain the effect of EFT therapy on the prevention of Postpartumblues in postpartum mothers in the Cahya Maju Health Center area.

RESEARCH METHODS

The approach applied in this study is a quasi-experimental method with pre-test and post-test involving one control group, where only one group of subjects will receive treatment. However, before the treatment is given, the dependent variable score data is taken first as a pre-test score. The score obtained in the pre-test will be used as a comparison in the post-test score (Azwar, 2017). This research method only involves one group of subjects to be given treatment. This method takes measurements before and after giving treatment to the subject. If there is a difference in the measurement results of the data before and after treatment, it is considered as the effect of treatment. Schematically, according to Marliani in (Lestari, 2020) revealing this method is formulated as follows:

Group	*Pre-test*	*Treatment*	*Post-test*
K	O1	X	O2

Description :
K = Control Group
O1= *Pre-test*
X= *Treatment*
O2=*Post-test*

The subjects of this study or research are mothers who have given birth in the Cahya Maju Health Center health service work area. The coordinating midwife obtained information about routine postpartum examinations and assessment of the interview and observation process. Based on this information, there are 5 postpartum women in the Cahya Maju Health Center area who are the population and are willing to receive treatment. There are limitations in the subject because the therapy method is still very unfamiliar to postpartum mothers. In sampling using the sampling method, namely using purposive sampling technique. According to Marliani in (Lestari, 2020), purposive samplingis one of the sample selection techniques in accordance with what the researcher wants.

Data in this study was collected through interviews and observations. The initial stage involved taking pretest data before the subject underwent treatment. After that, the subjects received EFT therapy, and continued with post-test data collection and final score scoring. The measurement tool used to assess stress levels was questions from the Edinburgh Postpartum Depression Scale (EPDS), a common instrument used to screen for signs of depression in postpartum mothers. The EPDS helps identify symptoms of depression and measures the risk of depression that may occur after childbirth (Adli, 2022).

This study uses data analysis by conducting assumption tests, which involve normality tests and hypothesis tests. The normality test was used to assess the normal distribution of the data, while the hypothesis test was used to test the significance of the research results. The researcher did not conduct a homogeneity test because the research method used the quasi-experimental pre-test and post-test with one group control method, where there are only two data samples in the same group. Therefore, the homogeneity test is considered unnecessary in the context of this study.

On August 20 to September 04, 2023 the researcher began the implementation of the research with the following stages:

a. *Pre-Test*

Pre-test is an initial test conducted to see the conditions experienced by the subject before being given EFT treatment. The test was carried out using the EPDS measuring instrument for 10 minutes which was carried out by the researcher as an observer and assisted by the midwife coordinator of the Cahya Maju Health Center.

b. *Treatment*

Treatment is a treatment or intervention procedure given to the subject using the Emotional Freedom Technique therapy method. The treatment process was carried out 4 times a meeting session with a duration of 45 minutes and was carried out at the Cahya Maju Health Center in accordance with the treatment module that had been previously made. During the treatment activities, additional observations were also made as notes for additional information during the treatment.

c. *Post-Test*

The post-test is the final test conducted to see the final condition experienced by the subject after the EFT treatment, whether there is a difference in results to see the effect of the treatment given previously. The test was carried out using the EPDS measuring instrument for 10 minutes which was carried out by the researcher as an observer and assisted by the coordinating midwife.

RESULT AND DISCUSSION

This study has two objectives, the first is to evaluate the effect or effectiveness of Emotional Freedom Technique (EFT) Therapy in preventing Postpartum Blues in postpartum mothers in the Cahya Maju Health Center Health Service Area, Lempuing District, Ogan Komering Ilir Regency. While the second objective is to assess how effective Emotional Freedom Technique (EFT) Therapy is in overcoming the symptoms of Postpartum Blues in postpartum mothers in the same area.

Through these two objectives, the study sought to provide a deeper understanding of the potential preventive influence of EFT on postpartum blues and its effectiveness in overcoming symptoms in postpartum mothers in the region.

This study focuses on postpartum mothers who are villagers in the working area of the Cahya Maju Health Center, Lempuing District, Ogan Komering Ilir Regency. The number of subjects of this study were five (5) people. Based on data obtained by distributing pretest in the form of Edinburgh Post-natal Depression Scale questions, giving Emotional Freedom Technique treatment, and post-test in the form of Edinburgh Post-natal Depression Scale questions to postpartum mothers recorded by Cahya Maju Health Center. Data management using the Statistical Product and Service Solution software program, the following results were obtained:

Table 1. Respondent's personal data

No	Name	Age	Description	Persentation (%)

1	Galuh	21	Housewife	
2	Pita	25	Housewife	
3	Imro	23	Housewife	
4	Ranti	23	Housewife	
5	Titin	23	Housewife	100%

Based on data from five respondents who became the object of research, it can be seen that all of them are at the age level of 21-25 years by 100%. After conducting research by giving treatment and taking data on five research subjects, all of whom were postpartum mothers, the data were obtained::

Table 2. Pre-test & post-test data

Name	Pre-test	Post-test
Galuh	11	9
Pita	12	10
Imro	10	8
Ranti	13	10
Titin	12	9

According to the table above, it is known that there is a difference in the score of the pre-test and post-test results owned by the subject before being given emotional freedom technique treatment and after giving treatment. These results were obtained by researchers from pretest and posttest results using the Edinburgh Post-natal Depression Scale (EPDS) questions.

To get a concise and comprehensive understanding of the research data obtained, refer to the data description table of the research results, which includes all the basic functions of the table. Shown in the table below:

Table 3. Description of research data

	Mean	Minimum	Maximum
Pre test	11,60	10	13
Post test	9,20	8	10

Based on the table above, it can be seen that researchers calculated the average score of the pretest and posttest. The results of these calculations are the mean score on the pretest of 11.60 and the mean posttest score of 9.20. It is known that the pretest score has the highest value of 13 and the postest score has the highest value of 10. The pretest score has the lowest value of 10, while the postest score has the lowest value of 8.

Classical assumption checking is done through normality testing using the Kolmogorov-Smirnov method. The purpose of this normality test is to determine whether the data distribution used in this study has normal characteristics or not. Normality testing was carried out using the Kolmogorov-Smirnov test through SPSS version 20.00 software. As a guideline, if the p value is greater than 0.05, it is considered that the data distribution is normal. Conversely, if the p value is less than 0.05, the distribution is considered abnormal.

Tabel 4. Uji Asumsi Klasik *Kolmogorov-Smirnov*

Tests of Normality						
	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
pre test	.237	5	.200*	.961	5	.814
post test	.231	5	.200*	.881	5	.314

From the information contained in the table above, it can be concluded that the results of data normality testing using the Kolmogorov-Smirnov method for each variable show that the data from the two variables used in this study have a normal distribution. At the pretest stage, the normality test produced a significance value of 0.200 (p>0.05), indicating that the data on the pretest variable followed a normal distribution. While at the posttest stage, the significance value is 0.0200 (p>0.05), so it can be interpreted that the data on the posttest variable also follows a normal distribution.

To describe the results of the hypothesis test, testing was carried out on the values obtained from the pre-test and post-test data. In the framework of this study, statistical analysis was carried out using the paired sample t-test. This method is used to assess whether there is a significant difference between pre-test and post-test scores on the same sample. The results of the t-test can provide clues as to whether Emotional Freedom Technique (EFT) therapy has a significant influence on the variables measured in this study.

Tabel 5. Paired Sample T-Test Hypothesis Test

VARIABEL	MEAN	Std Deviaton	P(Value)	N
Pre test	11,60	1,147	0,001	5
Post test	9,20	0,837		5

Based on the results of the hypothesis test (paired sample t-test) that has been carried out, it is found that the average pretest is 11.60 with a standard deviation of 1.147. As for the post-test, the mean was 9.20 with a standard deviation of 0.837. The probability or sig. (2-tailed) has a value of 0.001, so p<0.05. This shows a significant difference between the pre-test and post-test results by 58%, indicating that "The use of the Emotional Freedom Technique (EFT) method has a significant effect in preventing postpartum blues in postpartum mothers." Based on the available data, it was found that the sig. (2-tailed) of 0.001, which is smaller than 0.05. Thus, it can be concluded that the application of Emotional Freedom Technique (EFT) has a significant influence in efforts to prevent postpartum blues in postpartum mothers in the working area of the Cahya Maju Health Center, Lempuing District, Ogan Komering Ilir Regency.

After going through the treatment process using Emotional Freedom Technique and obtaining pre-test and post-test scores, data assumption tests were carried out which included normality tests and hypothesis tests. The normality test results showed that the distribution of pre-test (KS-Z=1.147, p=0.200) and post-test (KS-Z=0.837, p=0.200) data scores showed a p value > 0.05, indicating that the pre-test and post-test scores were normally distributed. After ensuring that the data is normally distributed, proceed with hypothesis testing using the paired sample t-test parametric statistical test.

Based on the results of the hypothesis test (paired sample t-test), it was found that the probability value or sig. (2-tailed) is 0.001, with p<0.05. This illustrates a significant difference between the pre-test and post-test results by 58%. This conclusion implies that "The application of Emotional Freedom Technique (EFT) treatment has a significant effect in preventing postpartum blues in postpartum mothers in the working area of Cahya Maju Health Center, Lempuing District, Ogan Komering Ilir Regency."

EFT can overcome various problems such as controlling anxiety, self-confidence

problems, post traumatic stress disorders (PTSD), trauma, excessive fear, phobias, and other problems related to emotions. EFT aims to balance the body's pent-up energy so that it can affect behavior, thoughts, and emotions. Likewise, the results found in this study Emotional Freedom Technique (EFT) has a significant impact on reducing postpartum blues in postpartum mothers in the health service work area of the Cahya Maju Health Center, Lempuing District, Ogan Komering Ilir Regency.

The limitation in this study is that researchers cannot conduct longer monitoring of the subject, due to the area where the subjects live and each subject has an important role as a mother of their respective families. Researchers hope that in the future postpartum mothers and health staff at the Cahya Maju Health Center, Lempuing Sub-district, Ogan Komering Ilir Regency.

CONCLUTION

Based on the results of the study, it can be concluded that Emotional Freedom Technique (EFT) therapy has a significant impact in preventing Postpartum Blues in postpartum mothers in the working area of the Cahya Maju Health Center, Lempuing District, Ogan Komering Ilir Regency.

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