

Abstrak
UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1 KEPERAWATAN
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Yolanda Dwi Anggraini

Pengaruh Terapi *Spiritual Emotional Freedom Technique* (SEFT) terhadap kualitas tidur pada lansia di posyandu lansia teratai kecamatan Taman Krocok kabupaten Bondowoso, 2019

xvii+ 56 hal + 1 bagan + 8 tabel + 3 foto + 20 lampiran

Abstrak

Lanjut usia merupakan usia dimana individu akan mengalami berbagai penurunan kemampuan dalam dirinya. *Spiritual Emotional Freedom Technique* (SEFT) merupakan teknik penggabungan dari sistem energy tubuh dan terapi spiritual dengan menggunakan tapping pada titik-titik pada tubuh. Tujuan penelitian adalah mengetahui terapi *Spiritual Emotional Freedom Technique* (SEFT) terhadap kualitas tidur pada lanjut usia. Desain penelitian adalah pre experimental dengan rancangan *one group pre test-post test*. Populasi pada penelitian ini adalah seluruh lansia yang menjadi anggota dari posyandu lansia teratai kecamatan Taman Krocok kabupaten Bondowoso yaitu sebanyak 70 lansia. Sampel yang diambil adalah 60 lansia. Teknik pengambilan sampel pada penelitian adalah probability sampling dengan pendekatan simple random sampling. Analisa data menggunakan *Uji Wilcoxon* ($P < 0,05$). Hasil penelitian menunjukkan sebelum diberikan terapi *Spiritual Emotional Freedom Technique* (SEFT) adalah 40 lansia (66.7%) mengalami gangguan tidur sedang sedangkan setelah diberikan terapi *Spiritual Emotional Freedom Technique* (SEFT) adalah 42 lansia (70.0%). Berdasarkan analisa data didapatkan *p value* 0.000 terdapat pengaruh terapi *Spiritual Emotional Freedom Technique* (SEFT) sehingga dapat disimpulkan bahwa ada Pengaruh Terapi *Spiritual Emotional Freedom Technique* (SEFT) terhadap kualitas tidur pada lansia di posyandu Teratai kecamatan Taman Krocok kabupaten Bondowoso.

Kata Kunci: kualitas tidur, *Spiritual Emotional Freedom Technique*, SEFT,

Daftar Pustaka 26 (2007 - 2015)

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Yolanda Dwi Anggraini

Effect of Spiritual Emotional Freedom Technique (SEFT) on sleep quality in the elderly at the posyandu lansia teratai sub-district Taman Krocok, Bondowoso district, 2019

xvi + 55 page + 1 draft + 8 table + 3 photo+ 20 attachment

ABSTRACT

Advanced age is the age at which individuals will experience various decreases in their abilities. Along with the decline in body function in relation to the physiology of sleep, the number of elderly sleep needs has decreased. SEFT is a technique of combining body energy systems and spiritual therapy using tapping at certain points on the body. The design of this study was pre-experimental with a one group pre-test post design. The population in this study were all elderly who were members of the Posyandu Lansal Teratai Sub-district of Krocok Park, Bondowoso District, which was as many as 70 elderly. The sample taken was 60 elderly. The sampling technique in this study was probality sampling with a simple random sampling approach. Data analysis using the Wilcoxon Test ($P < 0.05$) obtained negative rank 0, positive rank 30.50 so it can be concluded that there was an effect of Spiritual Emotional Freedom Technique (SEFT) on sleep quality in the elderly at the Posyandu Teratai Taman Krocok village, Bondowoso district.

Key Words ; sleeping qualiti, SEFT

Bibliographi 26 (2007 - 2015)