

THE EFFECT OF SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE (SEFT) THERAPY METHODS ON CHANGES IN ADOLESCENT SMOKING BEHAVIOR

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ABSTRACT

Smoking behavior in adolescents is a difficult behavior to change. In cigarettes there are addictive ingredients that make dependence on the wearer. The phenomenon obtained in Bendungan Village, there are 42 teenagers aged 15-19 years who have smoking behavior due to invitations from friends, curiosity, often seeing parents smoking and the desire of teenagers themselves. The Spiritual Emotional Freedom Technique (SEFT) method by tapping 2 fingers on 18 key points in the body's 12 energy pathways. The purpose of this study was to determine the effect of the SEFT therapy method on changes in smoking behavior in adolescents in Bendungan Village, Pabelan District, Semarang Regency. The research design used is a quantitative method using a pre-experimental type with a one group pretest-posttest design. The sampling technique used 30 respondents. The research instrument is a questionnaire that has been tested for validity in research (Anggraeni, 2019) with the title "Peer Peer Relationships with Smoking Behavior in Early Adolescents" the number of respondents in this assessment is 15 people with an r value of 0.518 provided that the value of r product moment > r table (0.514), then it is declared valid. The analytical method used is Paired Sample T-test. The results showed that smoking behavior before SEFT therapy was in the moderate category (86.7%) than after being given SEFT therapy in the good category (63.3%). The results of the analysis with the Paired Sample T-test test obtained p value = 0.000 means p value < 0.05, meaning that there is an effect of SEFT therapy method on changes in smoking behavior in adolescents in Bendungan Village, Pabelan District, Semarang Regency.

Keywords : Adolescents, Smoking Behavior, SEFT Therapy.

BACKGROUND

Adolescence is often referred to as a period of transition, adolescence generally starts from the age of 10 to 19 years, which is included in the category of early, middle and late adolescence with various characteristics that each teenager has (Mirnawati et al., 2018). There are three stages of adolescent development in the process of becoming adults: early adolescence is in the age range of 10-13 years, middle adolescence is in the age range of 14-16 years, and the last adolescence is in the age range of 16-19 years. The unique stages of development and growth are in adolescence. (Diananda, 2019).

Emotional, mental, social and physical maturation is a unique change in adolescents which is a period of transition from childhood to adulthood. Adolescence has the most different characteristics when compared to other developmental periods. Adolescence is often synonymous with the search for self-identity, problematic, unrealistic age, and the threshold of adulthood or late adolescence (M Ali. M Asrori, 2017). According to the World Health Organization (WHO), the age limit for adolescents is 10 to 19 years. Adolescence is usually a time of being on a par with older people, and when they are teenagers they are associated with puberty (Zuraida, 2019). Adolescence does have different characteristics from other ages, this is evident when someone expresses their emotions which can trigger unique behavior in adolescents (Saputro, 2018).

According to the Ministry of Health (Kemenkes, 2017) states that 2-3 out of 10 Indonesian children are active smokers. Smokers under 18 years of age also increased from 7.2% in 2013 to 8.8% in 2018 (Purwandari et al., 2020). In

Central Java alone, the prevalence of smokers aged more than 10 years is currently quite high at 22.9%. Meanwhile, in Semarang Regency, the prevalence of smokers aged over 10 years is higher at 24.5% (Dwiyani, 2017). Smoking behavior has become a habit in various countries, especially in Indonesia itself. Currently, the majority of cigarette connoisseurs are male adolescents, as much as 47% of the population, while female adolescents are 12% with different age categories. The reasons why teenagers smoke vary widely, such as looking for identity, seeking pleasure, peace of mind, to seeking comfort in life (Nurnaningsih, 2020). Smoking is an activity of burning tobacco and then sucking it and producing cigarette smoke. Cigarette smoke that is inhaled contains chemicals that are harmful to the body. Cigarettes can have an adverse effect on health, because they contain carbon monoxide, nicotine, tar, and various other dangerous heavy metals (Nurjanah, 2019).

According to Hamdan & Rosmaidar, 2019 adolescents try to smoke because of the desire to distract themselves from physical or mental pain, escape from boredom such as the desire to relieve stress, and it can also be due to the environment, the individual himself, or an invitation from friends. Raising awareness of smokers to quit smoking is very important, because many smokers want to quit smoking but don't know how. Smoking cessation therapy is most often done replacing nicotine in the form of prescribed chewing gum (nikoter), (nasal spray) nasal spray (Anggraeni, 2019). In addition to the above methods, there is an effective way that can eliminate smoking addiction by using complementary therapy, namely SEFT therapy. SEFT is a blend of acupuncture and psychology that is enhanced with a universal spiritual touch (Aminuddin et al., 2019). The SEFT technique has working principles such as acupuncture and acupressure therapy and this SEFT adds a spiritual concept or prayer when doing therapy. SEFT uses 3 out of 21 techniques (Abidin, 2019).

The working principle of SEFT is the same as the principles of acupuncture and acupressure, but is divided into three stages, namely set up, tune up, and tapping (Blaise, 2016). Research conducted by (Yugistyowati & Rahmawati, 2018) states that most of the respondents are 18 years old (26.1%) and all respondents are male (100%), the pre test shows that some respondents have moderate motivation (47.8%).) and the post test showed that most of the respondents had high motivation (69.6%). In this way, adolescents after being given therapy experienced an increase in motivation to stop smoking at a young age. Regarding the importance of SEFT therapy in influencing changes in smoking behavior in a person, the researchers are interested in conducting research on the effect of SEFT therapy methods on changes in smoking behavior in adolescents.

METHOD

The research method used is a quantitative method using Pre-Experimental, with a one-group pretest-posttest design by means of a pretest (initial observation) before being given an intervention, after being given an intervention then a posttest (a final observation). Research respondents consisted of 42 teenagers from Bendungan Village, Pabelan District, Semarang Regency who were taken using a minimum sampling technique of 30. This research was conducted on April 4-25, 2021 in Bendungan Village, Pabelan District. Semarang Regency in conducting this research, the researcher was assisted by a hypnotherapist, Mrs. Siti Sulaikah, S.Pd, M.Pd and used a questionnaire. The analytical method used is Paired sample t-test. The population in this study were all adolescents aged 15-19 years with a total of 30 respondents who had smoking behavior for more than 1 year. The sampling technique in this study used a minimal sampling technique.

RESULTS AND DISCUSSION

Table 1 Characteristics of Respondents

characteristics		Frequency	%
Age	15 years	3	10.0
	16 years	6	20.0
	17 years	6	20.0
	18 years	8	26.7
	19 years	7	23.3
	Total	30	100
Education	Junior High School	13	43.3
	Senior High School	15	50.0
	College	2	6.7
	Total	30	100
Teen Job	Student	13	43.3
	Laborer	7	23.3
	Farmer	2	6.7
	Private	6	20.0
	Does not work	2	6.7
	Total	30	100
parents' job	Laborer	10	33.3
	Farmer	12	40.0
	Private	8	26.7
	Total	30	100
Get information about smoking	Once	30	100.0
	Never	0	0
	Total	30	100
Source of information about smoking	Health Worker	14	46.7
	Internet	7	23.3
	Family/Friends	9	30.0
	Total	30	100
Old Smoking	3 years	12	40.0
	2 years	10	33.3
	1 years	4	13.3
	4 years	4	13.3
	Total	30	100

Based on table1, the results show that most of the teenagers are 18 years old as many as 8 respondents (26.7%) with the most high school education, namely 15 respondents (50.0%) and work as college students as many as 13 respondents (43.3%) where the work of parents as laborers was 10 respondents (33.3%), had received information about smoking as many as 30 respondents (100%), obtained sources of information about smoking from health workers as many as 14 respondents (46.7%). and duration of smoking 3 years as many as 12 respondents (40.0)

Table 2 . Smoking Behavior Before and After

	Mean	Median	Modus	Std. Dev	Min	Max
Before SEFT Therapy	59.27	61.00	43	7.913	42	70
After SEFT Therapy	75.47	75.00	76	4.953	67	87

Based on table 2, the results of smoking behavior before SEFT therapy were given were mean 59.27 (moderate), median 61.00, mode 43, std. Dev 7,913, a minimum score of 42 and a maximum value of 70. While the results of smoking behavior after SEFT therapy were given were mean 75.47 (good), median 75.00, mode 76, std. Dev 4,953, a minimum value of 67 and a maximum value of 87. The normality test of the data used aims to determine whether it is normal or not by using the Shapiro-Wilk formula. The results of the normality test of the data were found to be significant before therapy 0.002 and after therapy 0.268, which means a significant value before and after therapy > 0.05 which means that it is normally distributed, so the Paired sample t-test formula must be used.

Table 3. Results of Giving Therapy Before and After

	T	Df	Sig.(2-tailed)
Before therapy - After therapy	-14.061	29	,000

Based on table 3 on the treatment of SEFT therapy, the results obtained df 29 with a negative t count of -14.061. The t-count is negative because the average result of SEFT pre-test therapy is lower than the average post-test SEFT therapy result.

The results of the bivariate test with the Paired Sample t test were obtained before and after the treatment, the value showed a p value of $0.000 < 0.005$, then H_0 was rejected and H_a was accepted, which means that there is an effect of giving SEFT therapy on changes in smoking behavior in adolescents in Bendungan Village, Pabelan District, Semarang Regency.

Univariate analysis

Characteristics of Respondents

Age

The results of the research on the age data of respondents in Bendungan Village, Pabelan District, Semarang Regency are included in the middle-late adolescence stage, the characteristics of respondents according to most are 18 years of age with a total of 8 respondents (26.7%). It is explained that smoking behavior is often found at a young age (adolescents), because at this age curiosity about something is very high, such as wanting to try, easy to obtain, becoming a habit of gathering with friends (Yugistyowati & Rahmawati, 2018). There are three stages of adolescent development, namely early adolescence (Early Adolescence) 10-13 years, Middle Adolescence 14-16 years, and late adolescence (Late Adolescence).

In this study, respondents with criteria aged 15-19 years were included in the middle-late adolescent stage. Middle adolescence experiences a stage where new thinking skills emerge, while late adolescence shows maturity towards intellectual functions, has high ideals, and has great energy (Sarwono Sarlito, 2012). The developmental task of a late teenager is to learn to grow and develop from a child to an adult, achieve a more mature relationship and association between the opposite sex men and women as well as socially responsible behavior and can also accept his own physical condition (Hasudungan, 2017).

Education

The results of the research data based on education, it is known that most respondents have high school education, namely 15 respondents (50.0%) while respondents with undergraduate education are 2 respondents (6.7%). This study shows that someone with high school education has a higher risk of smoking behavior than undergraduate education.

Adolescents receiving education is a way to shape, nurture and educate them to become a generation that is able to make their homeland and nation proud. But what if the adolescent education period is not in accordance with the demands of education, it can be concluded that it is a factor from the youth themselves. A good environment makes a teenager a well-developed person, but if he is in an unsupportive environment, a teenager becomes a lost person. The education period is indeed important for an early age because it makes a person recognize good ethics in establishing life (Wijayanti & Dewi, 2017). This is also in accordance with research (Juliansyah & Rizal, 2018) which states that someone who attends high school tends to have a lot of smoking behavior because at this time they are very curious about new things, easily influenced by association and also want to feel free.

Work

The results of the research on data based on work it is known that the most work as students / students are 13 respondents (43.3%). This research Notoatmodjo, 2012 shows that the most people who go to school or college have smoking behavior because they think too hard in terms of studying or underestimate the education bench.

In the study Putantri, 2019 the results obtained from respondents on adolescent smoking behavior, most of them sitting on the educational bench, as many as 63 respondents or 48.8% of the 129 research samples. They need something to calm them down and make them more enthusiastic, not only student workers often need something that can turn their anger into calm by consuming cigarettes to make them comfortable. Students who have never been familiar with nicotine are usually tempted by a friend's invitation to try one cigarette, because they think that cigarettes are a helper when they are sad or under a lot of stress. This causes them to become consumers of the nicotine substance (Iwa et al., 2017)

Parents' job

The results of the study in table 3 of the data based on the work of parents it is known that the most parents who work as farmers are 12 respondents (40.0%). This study shows that a teenager who has smoking behavior has parents who work as farmers.

With regard to adolescents who have smoking behavior, the family environment has a very important role because in the family the child first gets to know education, what will happen if there is no role in the growth of children from parents, the relationship between parents and adolescents and children in general is attachment theory. A warm and trusting relationship with parents or their surrogate makes children feel safe and confident. On the other hand, children who do not have trust or attachment to their parents will be filled with anxiety and become less competent in social relations according to research (Trisaputro, 2019).

Information about smoking

The results of the study on data based on information about smoking, it is known that teenagers have received information about smoking as many as 30 respondents (100%). This study shows that whether or not someone gets information about smoking does not necessarily mean they lead a healthy life.

According to research, curiosity about smoking will be so high and indirectly there is a possibility that adolescents will enter several stages of becoming smokers, namely the preparatory stage, initiation, becoming a smoker, and maintenance of smoking. Where later teenagers will become smokers (Sabaruddin, 2021). We can get information about smoking from health workers in the village, the internet and the parents themselves. In this very modern era, we can get a lot of information from the internet, ranging from information about infectious diseases, hereditary diseases and other chronic diseases. Especially information about smoking on the internet has been found a lot, such as the causes of smoking, the side effects of smoking, and the symptoms caused by smoking for the health of the body.

Sources of Information About Smoking

The results of research on data based on sources of information about smoking are known to be mostly sourced from health workers, namely 14 respondents (46.7%). As revealed by Budiarto, 2016 that adolescents who get the most sources of smoking information from health workers and also families.

Sources of information are indeed very important for us to know where the source itself comes from, what more sources of information about smoking that we want to know to provide accurate additional information to be given to people around us in order to reduce smoking behavior (Hamdan & Rosmaidar, 2019). This is also in accordance with research Ruhyat, 2020 which states that giving information about smoking does not guarantee that teenagers understand the dangers of smoking.

Long Time Smoking

The results of the study of data based on the length of smoking in adolescents were known to be 3 years, namely 12 respondents (40.0%). This study shows that someone with a long history of smoking 3 years is difficult to give up their smoking habit. Active smokers are very aware of the dangers posed by frequent consumption of nicotine substances such as heart disease, shortness of breath, to cancer, so it is not uncommon for someone who is aware of this to try to find ways to reduce it. There are various ways they do to stop smoking, but for active smokers who have smoked for more than 1-2 years it is indeed difficult because they are addicted but not a few have succeeded in reducing smoking (Abdul Muhid, 2015). Smoking behavior can be said to be an active smoker if it has been more than 1 year. Usually with a history of chronic smoking it is difficult to reduce smoking because it has become a habit for smokers (Sihombing, 2018).

Bivariate Analysis

The Effect of Spiritual Emotional Freedom Technique (SEFT) Methods on Changes in Smoking Behavior in Adolescents. The results of the study in table 4.3 show that the results of the analysis test using the Paired Sample T-test test obtained p value <0.05 then H_0 is rejected and H_a is accepted, meaning that there is an effect of giving Spiritual Emotional Freedom Technique (SEFT) therapy to changes in smoking behavior in adolescents. in Bendungan Village, Pabelan District, Semarang Regency. The value of $t = -14.061$ indicates a negative value, which if t is negative, it is because the average value of the results of giving spiritual emotional freedom technique (SEFT) pre-test is lower than the average of giving spiritual emotional freedom technique (SEFT) post-test. test (notoatmodjo, 2012). Giving SEFT therapy is effective for reducing smoking behavior, so that smoking behavior can be reduced which will improve a person's quality of life. Someone who has behavior low smoking can avoid deviant associations and change life to be more useful and improve the quality of healthy life, this can reduce smoking behavior according to opinion (Wilujeng & Zakaria, 2021).

This study proves that there is a negative relationship between before and after SEFT therapy on changes in smoking behavior in adolescents in Bendungan Village, Pabelan District, Semarang Regency. Which means that the more often SEFT therapy is given to adolescents, the smoking behavior will decrease and they can even stop smoking. This is in accordance with Nugroho & Fitriani, 2020 that one of the factors that can reduce smoking behavior is the ability to refrain.

Research conducted by Widyawati, 2020 found that smoking behavior in adolescents is influenced by the surrounding environment, parenting patterns from parents, and also the influence of association. They can avoid smoking behavior by always thinking positively and doing independent therapy. In addition, there are factors within the individual that can avoid or control the desire to quit smoking by consuming chewing gum or sweets (Handayani, 2021).

According to (Tallo et al., 2021) one of the causes of smoking behavior in adolescents is the invitation from peers. Several other things that cause smoking behavior are physical activity, psychological activity and the intensity of smoking is quite high (Sari et al., 2021).

CONCLUSION AND SUGGESTION

There are respondents who are not at all affected by the therapy that has been given because the respondents are not focused and do not follow the instructions given by the therapist. For further research, before carrying out activities, it is necessary to focus on the respondents first.

Based on the results of research conducted in Bendungan Village, Pabelan District, Semarang Regency, it was found that the average smoking behavior in adolescents before the spiritual emotional freedom technique (SEFT) method was carried out was 59.27 (moderate), median 61.00, mode 43, std.dev 7913, min 42 and max 70

Based on the results of research conducted in Bendungan Village, Pabelan District, Semarang Regency after being given the spiritual emotional freedom technique (SEFT) method, the mean 75.47 (good), median 75.00, mode 76, std.dev 4.953, min 67 and max 87.

Based on the results of research conducted in Bendungan Village, Pabelan District, Semarang Regency after and before being given the spiritual emotional freedom technique (SEFT) method of therapy, the results obtained were df 29 with a

negative t count of -14,061. The t-count is negative because the average value of the spiritual emotional freedom technique (SEFT) pre-test results is lower than the post-test results of spiritual emotional freedom technique (SEFT) therapy. The results of the bivariate test with the Paired sample t test obtained data before and after treatment, the value shows p value $0.000 < 0.005$ then H_0 is rejected and H_a is accepted which means that there is an effect of giving spiritual emotional freedom technique (SEFT) therapy on changes in smoking behavior in adolescents in the village. Dam, Pabelan District, Semarang Regency.

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