

The Use of Spiritual Emotional Freedom Technique (SEFT) Therapy as a Coping Strategy for Student Victims of Domestic Violence

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ABSTRACT: This opinion article aims to provide recommendations regarding coping strategies that are suitable for female students who have experienced domestic violence. The coping strategy offered is Spiritual Emotional Freedom Technique (SEFT). SEFT therapy is a therapy that combines the body's energy system and spiritual therapy with the tapping method at several body points. Domestic violence is a form of violence that is rampant in Indonesia. Victims of domestic violence can be identified through their age, education and profession. If identified from the educational aspect, one of these victims is a female student. College students were chosen because as women who play the role of children in the family have the opportunity to become victims of domestic violence. SEFT therapy is recommended to overcome when these psychological impacts arise. From several literature studies conducted regarding the effectiveness of SEFT Therapy, it can be seen that this therapy is the right recommendation for female students who have experienced domestic violence.

Keywords: Coping Stress, SEFT Therapy, Domestic Violence



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INTRODUCTION

Domestic violence has become one of the issues of global society. According to Law No. 23 of 2004 on the Elimination of Domestic Violence, it states that every act against a person, especially women, which results in physical, sexual, psychological and or domestic neglect, including threats to commit acts of coercion, or unlawful deprivation of independence within the scope of the household (Agüero et al., 2022; Truong et al., 2023). Domestic violence is one of the deep-rooted problems in Indonesian society. According to data from the Ministry of Women's Empowerment and Child Protection (PPPA) throughout 2023 there have been 18,466 cases of violence and of these the most victims are women, reaching 16,351 people. Of the total number of cases, there were 11,324 cases of domestic violence with the highest number of victims from other categories of violence, namely 12,158 people. In overcoming this, the government has also set sanctions for perpetrators of domestic violence which are regulated in Article 44 of the Law on Domestic Violence regarding sanctions for domestic violence. However, in reality there are still many cases of domestic violence. The existence of these problems has an impact on victims and people around, such as students. The impact that can occur on children who are in the scope of families

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with cases of violence or experience domestic violence includes physical, mental and psychological impacts.

Victims of domestic violence can be classified based on several aspects, namely age, education level and profession (Funston et al., 2023; Juliet Ike et al., 2023; Vara-Horna et al., 2022). In terms of education, the lowest education of the perpetrator was elementary school, while the victim did not go to school. While the highest education of both victims and perpetrators is college. There are various forms of violence that can be experienced by female victims of domestic violence, such as physical, psychological, sexual, or economic and psychological neglect. According to Lianawati (2010) there are several impacts that can be experienced by victims of domestic violence, one of which is psychological impact, the impact of the violence experienced is in the form of fear, feeling inferior or not confident, loss of ability to act, a sense of helplessness and severe psychological suffering (Poerwandari and Lianawati, 2010).

Based on research conducted by Rismelina (2020), it was found that there were 161 female students of the Faculty of Social and Political Sciences, Mulawarman University, Samarinda who had experienced domestic violence in their families. The violence experienced by the 161 female students can be categorized into several types such as physical, psychological, sexual violence and economic neglect (Octoman et al., 2023; Schubert, 2022). According to this study, female students who are victims of domestic violence will feel depressed by what happened to them, causing stress.

There are several impacts that can be experienced by someone who is a victim of domestic violence. One of them is psychological impact. According to coverage 6 dated March 23, 2016 cited in (Maisah & Yenti, 2016) explains that some of the psychological impacts experienced by victims of domestic violence are anxiety, fear, depression, always feeling wary, easily imagined when there are similar cases, difficulty sleeping, nightmares, lack of confidence, feeling weak and helpless, having an irregular lifestyle, difficulty controlling themselves and often hurting themselves to suicide attempts.

Therefore, every victim of domestic violence has their own way of coping and reducing it. This effort is called a coping strategy. The concept of coping strategies usually describes the relationship between stress and a person's behavior in dealing with various pressures they experience from their environment (Oktoji & Indrijati, 2021). Coping strategies can be understood as a way to manage demands that come from within or outside oneself and are considered as something that is beyond one's ability. Coping strategies can be in the form of thoughts, feelings, attitudes or individual behavior as an effort to overcome, reduce or reduce the negative impact of circumstances that make it depressed or threatened (Wegmann et al., 2023; Yan et al., 2023).

Seeing the various impacts of the phenomenon of domestic violence experienced by women and possibly a female student, it is necessary to take action as a coping strategy to overcome or reduce the pressure experienced so that the impact felt is not prolonged. Emotion therapy became known in 2007 and is able to provide treatment for someone who focuses on healing negative emotions and behaviors that come from within a person by focusing on spiritual aspects and prayers that can be done independently. Zainuddin (2009) explains that SEFT therapy or Spiritual Emotional Freedom Technique therapy is a form of emotional therapy that can generate hope, confidence in

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a person and help solve problems both from the physical and psychological aspects that a person experiences (Adawiyah, 2016; Astuti, 2022; Darmawan, 2021; Fitriana, 2021). Spiritual Emotional Freedom Technique therapy is one method that can be used as a coping strategy for female victims of domestic violence that can be done independently with the help of a counsellor (Sakinah, 2018).

According to research conducted by Sihombing (2018) there are several factors that can be the advantages of SEFT therapy.

The advantages of SEFT include the following:

1. Easy to learn and apply by anyone.
2. The results can be felt immediately.
3. Cheap and practical.
4. The effectiveness is permanent.
5. There are no perceived side effects from the application of this therapy.
6. Universal, can be used to overcome physical or emotional problems.

However, there are several factors that can hinder the success of SEFT therapy including lack of skills and knowledge of what is felt, dehydration, feeling less confident and sincere when doing SEFT, not specifically finding the root of the problem and the lack of willingness to change in the individual. Some of these obstacles can be overcome with professional help such as counselors.

This Spiritual Emotional Freedom Technique therapy focuses on sincerity, surrender and gratitude for situations that make a person depressed. This is what makes this therapy different from other therapies (Maryana, 2019). This therapy can also be learned independently with the help of a counselor so that it can be used at any time when needed. Based on the explanation above, the author wants to explain the application of Spiritual Emotional Freedom Technique therapy as a coping strategy for female victims of domestic violence (Blázquez & Sánchez-Mangas, 2023).

METHOD

Qualitative descriptive method was used in this study, which is a data collection method that includes documentation, interview, and observation. Two kindergarten students who showed low levels of social anxiety were selected as research subjects using the target sample technique. Teachers and parents of the subjects can see the high and low levels of social anxiety of children who experience social anxiety and adjust to the symptoms by giving questionnaires with closed questions and answer choices. The main research instruments in this study were researchers, research participants, and supporting informants who assisted in data collection, intervention implementation, and evaluation.

The planning stage, the implementation stage, which involves selecting participants through observation and interviews, and the SEFT (Spiritual Emotional Framework Technique) treatment stage are the steps of this study. Qualitative analysis is the data analysis method used (Hastuti et al., 2022).

According to Zainuddin (2008) SEFT (Spiritual Emotional Freedom Technique) is divided into several ways, namely :

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No	Technique	Activities	Purpose	Time
1	<i>The Set-up</i>	The subject uttered 3 sentences, namely 1. I am a strong person. 2. I am brave. 3. I have many people who like me.	Ensures that the body's energy flow is properly directed.	$\pm$ 10 minutes (3 days)
2.	<i>The Tune-in</i>	Asked the subject to think about things that make him choose friends.	The subject understands, what is being felt.	
3.	<i>The Tapping</i>	Subject performs tapping - tapping on several limbs.	The body's en The body's energy flow is normalized and balanced again	

RESULT AND DISCUSSION

A. Coping Strategy

Coping is an effort that aims to overcome and overcome stress in a way that comes from various psychological problems that are appropriate according to individual abilities. There are two kinds of coping according to Andriyani (2019), namely psychological coping related to individual acceptance of something that is a source of stress and psychosocial coping, namely psychosocial reactions to stressful stimuli received by individuals (Dougherty et al., 2023; Okereke et al., 2023; Zolfaghary et al., 2023).

According to Richard Lazarus' theory, coping is divided into two forms, namely problem-focused coping which can be interpreted as a cognitive strategy for coping with stress or stress coping used by a person as an effort to overcome the problems he is experiencing. There are several aspects of strategies in this form of coping according to Carver, Scheier and Weintraub, namely :

1. Self-activity is a behavior that is carried out as an effort to try to eliminate the source of stress or by improving the effects of the stress source directly.
2. Planning, thinking about the efforts that will be used to overcome the source of stress by making various strategies to determine what actions will be taken in dealing with a problem.
3. Suppression of competitive activities, a person who feels stressed can begin to suppress involvement in competitive activities in order to concentrate and focus on the challenge and try to avoid things that make distracted and try to let other things happen to deal with the source of stress.
4. Instrumental social support, which is seeking social support such as advice, help and information needed.

The second form of coping is Emotion-Focused Coping which can be understood as a strategy for dealing with stress where individuals respond to stressful situations in an emotional way, especially by using defensive and more internal assessments. According to Carver, Scheier, and Weintraub explained that there are several aspects in this form of coping strategy, namely :

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1. Social-emotional support that is done by using moral support, sympathy or understanding.
2. Positive interpretation, which is interpreting stress in a positive way that can help individuals in determining stress management actions.
3. Acceptance, something that is stressful and the situation forces to overcome the stressor or source of stress.
4. Rejection, can be interpreted as rejection that sometimes appears in the main judgment. Rejection can be something useful and can minimize the pressure felt due to stressors or it can be said that rejection facilitates coping to work.
5. Religiosity, the attitude of individuals in solving problems or something that makes them stressed religiously.

According to Bell, there are two types of coping to overcome psychological problems, namely long-term coping and short-term coping. Long-term coping can be done in various ways including talking or confiding in others, finding solutions to overcome the problems faced, connecting situations or problems with spiritual strength, doing physical exercise to reduce problems and making alternative actions to overcome these problems. The second is short-term coping. This method is considered effective enough to overcome stress in the meantime. This type of coping is usually done with various activities to overcome stress such as sleeping, daydreaming, crying or increasing activities to forget the problem.

Then, based on research conducted by Safitri and Arianti (2019) on Forms of Self-Defense and Coping Strategies of Student Victims of Dating Violence, it can be seen that there are differences in coping strategies carried out between subjects 1 and 2. Subject 1 uses a problem-focused coping strategy which is carried out by telling what he is experiencing to the closest person, reflecting and trying to take lessons from what he is experiencing (Safitri & Arianti, 2019). While subject 2 uses emotion-focused coping by trying to calm himself down and spend time alone so that the subject can understand his feelings.

In addition, according to research conducted by Putriana (2018) on Anxiety and Coping Strategies in Women Victims of Dating Violence, it can be concluded that 3 out of 4 subjects chose emotion-focused coping as a coping strategy in overcoming the impact that occurred after experiencing violence (Putriana, 2018).

B. SEFT (Spiritual Emotional Freedom Technique) Therapy

SEFT can be practiced independently by everyone. The SEFT approach paradigm refers to previous research on Energy Psychology which explains that the cause of all kinds of negative emotions is the disruption of the body's energy system (Gary Craig, 1984). In addition, Albert Szent Gyorgy explained that the cells of our body are driven by energy. Cells in the body can be studied through a material or energy approach. One of the applications carried out with the energy approach occurred in the past in the classical / ancient medical tradition.

According to research conducted by Anggraini and Safinatunnajah (2021) regarding the Effectiveness of SEFT Therapy on Sleep Quality in Postoperative Patients: Literature Review.

Based on this, it can be seen that SEFT therapy is quite effective in improving the sleep quality of postoperative patients compared to standard therapy in hospitals.

In addition, according to research conducted by Astusi, et al (2017) on the Effectiveness of SEFT Therapy to Reduce Post-Disaster Stress Levels in Residents after the 2010 Merapi Eruption. The results of the study showed that SEFT Therapy succeeded in reducing the level of trauma in disaster victims (PTSD). It takes motivation and confidence of respondents to change their negative thinking through SEFT therapy (Sri, 2022).

SEFT therapy is also proven to reduce anxiety and release negative energy from the body based on research conducted by Yenny, et al (2022) in research on Revised Communication with Positive Psychology as an Effort to Overcome Toxic Relationship which uses SEFT techniques as a way to overcome the anxiety that arises (Yenny et al., 2022).

Steps to perform SEFT Therapy :

1. Set-Up

Set-up is the first step of SEFT therapy. This step will concentrate energy which consists of two ways, namely by saying prayers and surrendering everything that is felt by pressing on the sore spot or on the karate chop.

2. Tune-in

Tune-in is the stage where we feel we have a problem and want to overcome it, for example, such as focusing on the headache that is being experienced or imagining situations that bring up negative emotions or cause psychological effects such as anxiety. After focusing on what problem you want to overcome then say the prayer Ya Allah I am sincere and I surrender and followed by Tapping.

3. Tapping

This stage is done by tapping lightly with the fingertips at certain points on the body while continuing to focus on the problem to be overcome or tune-in. This tapping consists of 18 points, namely at the top of the head, the starting point of the eyebrows, the meeting point of the eyebrows, under the eyes, under the nose, between the chin and under the lips, the tip where the sternum and the first rib meet, under the armpit parallel to the nipple for men and between the sternum and the bottom of the breast for women, under the nipple for men and the border of the sternum and the bottom of the breast for women, the inside of the hand bordering the arm, the outside of the hand bordering the arm with the hand, the thumb outside the bottom of the nail, the index finger outside the bottom of the nail, the middle finger outside the bottom of the nail, the ring finger outside the bottom of the nail, the little finger outside the bottom of the nail, karate points (next to the palm) and gamut or the extension of the ring finger bone and little finger bone.

In addition to the full version as described above SEFT has a more condensed version that is easy to perform. In this condensed version, tapping is done on the first 9 points of the body or called the gamut procedure. This condensed version is done before applying the full version. The condensed version has proven to be quite effective in some cases, but if you feel that this version

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is still incomplete, you can continue with the full version. The tapping is done in accordance with the meridian lines.

Procedures in SEFT Therapy :

1. Counselors can start by introducing themselves first and explaining the purpose and benefits of SEFT therapy.
2. SEFT therapy can be done for 5 to 25 minutes according to individual conditions. Before therapy the counselor will ask the counselee or individual about the scale of complaints he feels.
3. Before starting tapping, the counselee or individual is welcome to drink mineral water and remove objects that contain electrical energy and metal objects such as watches, cell phones and jewelry.
4. The counselor can start SEFT according to the steps described above.

SEFT therapy can be used to overcome a variety of problems. According to Zainuddin (2006) SEFT (Spiritual Emotional Freedom Technique) is a therapy that utilizes two fingertips, the index finger and middle finger which is done to overcome physical or psychological problems, improve performance and achievement and help achieve peace and happiness in life. This therapy combines psychological and spiritual energy systems, so that in addition to healing but also automatically individuals will be directed to enter the spiritual space that connects humans with God. Based on this explanation, it can be seen that SEFT therapy can be categorized as a form of emotional focused-coping. According to Carver (in Bastian 2012) explains that emotional focused-coping is effective enough to prevent individuals from drowning in negative emotions and helps individuals to take proactive measures in overcoming negative emotions that arise. Coping strategies with SEFT therapy aim to change emotional conditions due to stress experienced by female victims of domestic violence in the family so as to enable a person to be more active and productive in responding to things, objects and stimuli they receive.

CONCLUSION

Victims of domestic violence can be mapped based on several aspects, ranging from age, education and profession. Victims of domestic violence usually refer to women and children. If identified based on these aspects, one of those at risk of becoming victims of domestic and family violence is female students. The literature study conducted can be seen that there are several two types of coping strategies, namely emotion-focused coping and problem-focused coping. One form of emotion-focused coping is SEFT therapy.

his therapy can be categorized as emotion-focused coping because SEFT therapy combines one's body and spiritual energy(Rahmah et al., 2018). SEFT therapy can be an effective coping that aims to release negative emotions. Based on studies from several sources, it can also be seen that SEFT therapy is effectively used to overcome several problems, both physical and psychological. Based on the explanation above, it can be seen that victims of domestic violence can experience several impacts, both physical, social, economic and psychological. In this case SEFT therapy serves as a form of effective coping strategy to overcome the various impacts that arise.

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