



Emotional Freedom Tehcniques and Psychological Response of Mother Post Partum Survivor Covid 19

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ABSTRACT

As a long-term psychological consequence, postpartum mothers who survive COVID-19 may have psychological symptoms such as increased stress, uncertainty, sorrow, worry, and depression. Several studies have shown elevated levels of stress, anxiety, and depressed symptoms, including suicidal ideation, in pregnant and postpartum women throughout the globe during the COVID-19 pandemic. In a similar research, EFT counseling resulted in a substantial reduction in anxiety and depression ratings among COVID-19-positive participants. The purpose of this research was to compare the psychological reactions (depression, anxiety, and stress) of postpartum moms proclaimed healed of COVID-19 before and after receiving emotional liberation methods treatment in the intervention group vs the control group. "Quasi-Experimental Pre-Post Test with a Control Group" 15 respondents were assigned to the intervention group and 15 to the control group. Asymp sig (2-tailed) of 0.05 was achieved. Thus, EFT has an impact on the psychological reactions of postpartum women who have survived COVID 19. It is anticipated that health care professionals would use EFT to the treatment of pregnant, maternity, and postpartum women in order to lessen the negative reactions that mothers often feel throughout these stages. in addition to non-pharmaceutical alternatives.

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INTRODUCTION

At the end of 2019, in the Wuhan area, Hubei Province, China, there were cases of pneumonia with no known cause and every day there were increasing cases of up to thousands of cases caused by the Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2). WHO has declared Coronavirus disease 2019 as a pandemic that is endemic in almost all of the world (Ministry of Health of the Republic of Indonesia, 2020). The world must prepare itself to live side by side with COVID-19 which can have an impact on everyone's mental and psychosocial health. According to the World Health Organization (WHO), the COVID-19 virus has a physical, mental and psychosocial impact. The increasing number of case findings coupled with the confusion of inadequate information makes the public become anxious, worried, anxious, afraid and anxious which can reduce the human immune system. Individuals with anxiety, the body will increasingly fail to produce antibodies against the virus, will

not be able to think clearly, always feel worried so they do not pay attention and do not maintain a healthy lifestyle. A person diagnosed as positive for Covid 19 feels very afraid of the shadow of death and is socially isolated which will lead to stigma resulting in anxiety and depression which, if continued, can cause hopelessness which has an impact on physical condition (Keliat et al., 2020).

According to Pierce et al. (2020), those aged 18 to 34, women, and parents of infants are more susceptible to COVID-19-related stress. Young moms may be more prone to emotional stress during a COVID-19 pandemic, according to this study. Mental sickness, such as depression and anxiety disorders, is one of the most widespread morbidities during pregnancy and the postpartum period, and the presence of mental stress in mothers may have a detrimental influence on the psychological development of their children. Mental sickness, such as depression and anxiety disorders, is one of the most widespread morbidities during pregnancy and the postpartum period, and the presence of mental stress in

mothers may have a detrimental influence on the psychological development of their children (Lim, 2021).

At the core of everyone's dread is the concern that COVID-19 may cause severe illness or death. Additionally, mothers may be more concerned with their children than with themselves (Caparros-Gonzalez et al., 2020). The impact of the COVID-19 pandemic on the mental health of postpartum mothers is also underlined. Several studies have shown heightened levels of stress, anxiety, and depressive symptoms, including suicide thoughts, among pregnant and postpartum women worldwide during the COVID-19 pandemic (Wu et al., 2020); (Liang et al., 2020).

The results of a study conducted by Guillaume, Pomar, Musso and Baud on 12 pregnant women infected with Covid 19, 5 of 7 pregnant women experienced bleeding in the first trimester (57%), 2 out of 5 pregnant women in the second and third trimesters, experienced fetal growth delayed (40%), 4 out of 5 had preterm labor (80%) (1 spontaneous, 3 labor induced). 3 (25%) died during pregnancy. As for the outcome of the fetus in 11 pregnant women infected with Covid 19, 10 babies (91%) with poor fetal outcomes, of which 6 (55%) had to be treated in intensive care in the ICU, 3 (27%) died. 2 BB people were born prematurely and all of them had asphyxia (Favre et al., 2020)

The prevalence of postpartum depression in Western countries is estimated at 13-19% (O'Hara & McCabe, 2013). In Japan, a recent meta-analysis involving one hundred thousand Japanese women found that the prevalence of postpartum depression at one month after delivery was 14.3% (O'Hara & Mc Cabe, 2013). Mothers with mild symptoms, psychological intervention can be done with relaxation exercises, breathing exercises and mindfulness exercises. Giving *affirmations / positive self-talk*, saying positive statements about yourself, family, life, is one of the methods used as guidelines for mental and mental health support that is recommended for handling anxiety after Covid 19 sufferers (Ministry of Health of the Republic of Indonesia, 2020). Mental health disorders in the form of anxiety and depression in confirmed COVID-19 patients need to be addressed so as not to aggravate existing diseases (Khan et al., 2020).

Several research have been undertaken on the efficacy of Emotional Freedom Techniques (EFT) treatment on various things. The Emotional Freedom Technique combines energy and psychology (Asmawati et al., 2020). Generating activation and deactivation messages to the brain by stimulation of meridian points, often via tapping, is the underlying idea of EFT (Feinstein, 2019). In traditional Chinese medicine, tapping acupressure sites is said to relax and enhance the body, mind, and emotions (Hartmann, 2016). More than 98% of comparable investigations have shown that EFT is statistically significant in the treatment of psychological distress (Patrice Rancour, 2016). Moreover, it is important for lowering anxiety, sadness, exhaustion, stress management, and fear (Feinstein, 2019). Considerable research have examined the impact of EFT on the diagnostic process. Holistic health care is advantageous for chronic illness patients, and research has started to examine the physiological changes that occur following EFT. A recent qualitative research analyzing practitioners' experiences utilizing EFT to treat patients with chronic diseases revealed that although EFT is a single method, "many emotions" are present, and negative emotions may increase perceived severity and restrict suffering. The effects of physical pain are significant (Kalla et al., 2018). Tambunan et al. (2022) Once EFT treatment was administered to patients who tested positive for Covid 19, anxiety levels (t value = 6.738) and

depression scores (t value = 2.585) decreased significantly (p value 0.05). Therefore, EFT may be used as an alternate treatment for anxiety and depressive problems in Covid-19-positive individuals. Numerous research on EFT have shown its efficacy in treating anxiety and depression, but it has never been used to Covid-19-positive survivors.

In the Tapanuli area (North Tapanuli, Central Tapanuli, Humbang Hasundutan, Toba and Toba Samosir) until October 2020, there were 6 pregnant women who were confirmed to have Covid-19, 3 of whom had a bad history of childbirth, 2 babies were born with low birth weight so that must be treated in the ICCU room, the mother must undergo isolation for more than 14 days and be separated from her baby in Tarutung Hospital as the only referral hospital for Covid 19 patients. The results of interviews conducted after the post partum mother was declared cured and allowed to go home said she had prolonged trauma, considers Covid sufferers as a death sentence, away from family and children, feels isolated, so that mothers feel insecure in caring for their infant children. The purpose of this study was to determine the differences in psychological responses (depression, anxiety, stress) of postpartum mothers who were declared cured of Covid 19 before and after being given *emotional freedom techniques* therapy in the intervention group. Knowing the differences in psychological responses (depression, anxiety, stress) of postpartum mothers who were declared cured of Covid 19 in the control group during the *pre-test* and after the *post-test*.

METHOD

Participant characteristics and research design

Research design "Quasy Experimental Pre-Post Test With Control Group" (Sugiyono, 2016). This study was conducted to determine the effect of Emotional Freedom Techniques (EFT) therapy on the psychological response of postpartum mothers who were declared cured of the covid 19 virus. In this study, the intervention group and the control group were compared. The intervention group is post partum mothers who have been diagnosed with Covid 19 and have been declared cured of the covid 19 virus who received Emotional Freedom Techniques (EFT) therapy. The control group in this study were post partum mothers who had been diagnosed with Covid 19 and had been declared cured of Covid 19 who did not receive Emotional Freedom Technology therapy. To measure the difference in the psychological response of postpartum mothers, the researchers conducted a pre-test before the intervention and post-test after the intervention was carried out.

Sampling procedures

The population in this study were Post Partum Mothers who had been diagnosed with Covid 19 and had been declared cured of Covid 19 in the areas of Central Tapanuli Regency and North Tapanuli Regency. The inclusion criteria in this study were post partum mothers with normal delivery or CS, the swab results showed that they had suffered positive Covid 19 and a further swab was carried out which stated negative from the covid 19 virus, willing to be a respondent. Willing to follow the therapy used in this study, namely *Emotional Freedom Techniques* (EFT). The sample in this study amounted to 30 people, namely post partum mothers who were declared cured of Covid 19 who

were previously treated at hospitals in Central Tapanuli Regency and North Tapanuli Regency, totaling 15 people in the control group and 15 people in the intervention group.

Measures and covariates

The researcher asked the respondent's willingness to be the sample in this study by signing the *informed consent*. Then the researcher explained the research procedure and conducted a *pre-test*, which was to measure the psychological response. Next, the researcher conducted Emotional Freedom Techniques therapy. Then the respondent was asked to do emotional freedom techniques at the respondent's home at least once a day and the respondent did it for 3 days. On the third day, the researchers again performed emotional therapy with freedom techniques on the respondents. After giving Emotional Freedom Techniques therapy to the intervention group, the researchers conducted a *post-test* to both groups. To collect data on psychological responses including depression, anxiety, and stress as measured by a questionnaire from the Depression Anxiety Stress Scale (DASS 21), which consists of 21 questions consisting of 7 questions for depression, 7 questions for anxiety and 7 questions for stress. The level of psychological response on this instrument is normal, mild, moderate, severe, and very heavy) Then given a score of 2 times for each question weight. The total score can be calculated by adding up the overall score obtained from each question. Interpret the DASS value as follows: Depression: Normal, if the total score for depression is 0-9, Mild, if the total score for depression is 10-13, Moderate, if the total score for depression is 14-20, Severe, if the total score for depression is 21 to 27, Very Severe, if the total score for depression is obtained > 28. Anxiety; Normal, if the total score for depression is 0-7, Mild, if the total score for depression is 8-9; Medium, if the total score for depression is 10-14 Severe, if the total score for depression is 15-19; Very Severe, if the total score for depression is > 20. Stress; Normal, if the total score for depression is 0-14, Mild, if the total score for depression is 15-18, Moderate, if the total score for depression is 19-25, Severe, if the total score for depression is 26-33, Very Severe, if the total score for depression is obtained > 34. Data analysis used univariate and bivariate analysis. Univariate analysis was carried out to explain the characteristics of respondents such as: age, education, occupation, gravida and type of delivery. Psychological responses include depression, anxiety and stress. Bivariate analysis was used to prove differences in psychological responses in the intervention group before and after the study/treatment and differences in psychological responses in the control group before and after the study/treatment. Prior to bivariate analysis, homogeneity test was conducted.

The homogeneity test aims to determine whether the data in the variables x and y are homogeneous or not. Then test the normality of the data. The results of the normality test obtained data with normal distribution. Bivariate analysis was done by Paired t Test. Bivariate analysis was carried out using the Wilcoxon test with a 95% confidence level. Meanwhile, to prove the effectiveness of freedom techniques emotional therapy on psychological responses in the intervention and control groups after being given the intervention, this study used the Independent sample T-test (Sugiyono, 2016).

RESULTS AND DISCUSSION

Table 1 shows the psychological response to depression in the intervention group before the *Emotional Freedom Techniques* treatment was in the mild (33%), moderate (33%), severe (33%) level and after the *Emotional Freedom Techniques* treatment all respondents were in the Normal depression psychological response (100%). While in the pretest the control group was generally in moderate depression psychological response (53.3%) and in the post test generally in moderate depression (80%). The psychological response of anxiety in the intervention group before the *Emotional Freedom Techniques* treatment was in the level of severe anxiety (60%) and after the *Emotional Freedom Techniques* treatment all respondents were in the Normal anxiety psychological response (100%). While in the pretest the control group was generally in the psychological response to severe anxiety (53.3%) and in the post-test it was generally in the severe anxiety (73.3%). The psychological stress response in the intervention group before the *Emotional Freedom Techniques* treatment was generally in the level of severe stress (53.3%) and after the *Emotional Freedom Techniques* treatment all respondents were in the Normal stress psychological response (100%). While in the pretest the control group was generally in the psychological response to severe stress (60%) and in the post test generally in the severe stress (40%).

The Covid 19 pandemic has had a physical and psychological impact on survivors of Covid 19 (Einvik et al., 2021). According to (Mazzaa et al. (2020) Covid 19 survivors may experience psychological reactions such as increased stress, uncertainty, sadness, anxiety, and sadness as a long-term psychological impact (Mazza et al., 2020). Based on the results of Wulan & Keliat (2021) literature review, it was found that Covid 19 survivors can experience health problems such as anxiety, depression, Post Traumatic Distress Syndrome and even suicide.

Postpartum is the period from the birth of the placenta until the return of the uterine organs to their pre-pregnant state which lasts approximately 6 to 8 weeks. Postpartum mothers are very vulnerable to experiencing psychological problems or disorders (Prawirohardjo, 2010). Based on the results of the study, it was found that 33% of post partum mothers who survived Covid 19 experienced mild depression, 33% of postpartum mothers who survived Covid 19 experienced moderate depression and 33% of postpartum mothers experienced severe depression.

Table 2 shows the difference in the mean (mean) before and after the EFT treatment in the experimental group by using the alternative Wilcoxon signed rank test. The test results obtained a negative rank value of 15 for the pretest and posttest, meaning that all intervention groups had a negative difference (15 people) or in other words, with the EFT treatment the psychological response to depression would decrease. The results of the pre-test and post-test in the experimental class can be seen that the asymp sig (2-tailed) is 0.001. The result is < 0.05. This means that there are significant differences in the psychological response of depression in the pretest and post-test of post-partum mothers who survived Covid 19. So it can be concluded that with the EFT treatment the psychological response of depression will decrease, so that EFT has an influence on psychological responses: depression of post-partum mothers who survived Covid 19. Respondents before and after EFT treatment.

Table 1
Psychological Response of Post Partum Mothers Who Are Declared Recovering from Covid 19 in the Intervention Group and Control Group

No	Criteria	Respondent								
		Intervention Group				Control Group				
		Before		After		Before		After		
		f	%	f	%	f	%	f	%	
Depression										
1.	Normal	0	0	15	100	0	0	0	0	0
2.	Light	5	33	0	0	6	40	2	13,3	
3.	Currently	5	33	0	0	8	53,3	12	80	
4.	Heavy	5	33	0	0	1	6,7	1	6,7	
5.	Very heavy	0	0	0	0	0	0	0	0	
Amount		15	100	15	100	15	100	15	100	
Anxiety										
1.	Normal	0	0	15	100	0	0	0	0	
2.	Light	0	0	0	0	0	0	0	0	
3.	Currently	5	33,3	0	0	4	26,7	3	20	
4.	Heavy	9	60	0	0	8	53,3	11	73,3	
5.	Very heavy	1	6,7	0	0	3	20	1	6,7	
Amount			100	15	100	15	100	15	100	
Stress										
1.	Normal	0	0	15	100	0	0	0	0	
2.	Light	3	20	0	0	4	0	5	33,3	
3.	Currently	4	26,7	0	0	9	26,7	4	26,7	
4.	Heavy	8	53,3	0	0	2	60,0	6	40,0	
5.	Very heavy	0	0	0	0	0	13,3	0	0	
Amount			100	15	100	15	100	15	100	

Based on the research that researchers did, by doing EFT when tapping, respondents felt more relaxed and not tense, this is because Tapping can produce endorphins which will stimulate a person to relax. The effect of relaxation can be observed directly on the respondent's response to the study

after receiving the EFT intervention. Respondents seemed to be still tense, nervous, confused and some even shed tears and cried during the EFT. However, during the evaluation after the EFT, almost all of the respondents looked calmer and seemed to smile and looked more relieved.

Table 2
Differences in psychological responses (depression) in postpartum mothers who were declared cured of Covid 19 before and after EFT treatment (n=15)

		N	Mean Rank	Sum of Ranks	Z	Asymp. Sig. (2-tailed)
Posttest Pretest	Negative Ranks	15 ^a	8.00	120.00	-3.415 ^b	.001
	Positive Ranks	0 ^b	.00	.00		
	Ties	0 ^c				
	Amount	15				

This is in accordance with the research of Thahir, Sulastrri, & Almurhan (2014) which states that the patient is in a state of relaxation when tapping. Knocking on the body's meridian points can stimulate endorphins to produce the hormones serotonin and dopamine, thus making a person relax. The results of Rokade's research (2011) show that when patients are stimulated to reach a state of relaxation, endorphins bind to opioid receptors in neurons which inhibit the release of neurotransmitters and ultimately block pain signals to the brain. This can reduce the effect of patient anxiety.

The release of endorphins that suppress the production of glucocorticoids so that the endorphin hormone can make tapping which is done during EFT therapy, so as to reduce patient anxiety. The results of other studies also show that EFT therapy is an effective therapy for dealing with anxiety, depression, and psychological disorders. In implementing this EFT, respondents were taught to say positive words (to give encouragement) for example "I am sincere with the

condition of my baby, please give me healing and health", while tapping (knocking on certain areas). Researchers performed several tapping movements with their hands at certain points including the upper head, forehead, cheeks, chin and chest for about 10 minutes.

During the EFT procedure, the mother sat back in a quiet and calm room, then closed her eyes and most of the mothers shed tears. After completing the EFT procedure, the mothers said they felt more calm, relaxed, comfortable and after being re-measured their anxiety became lighter. Researchers recommend mothers to be able to apply EFT independently while waiting for the time to wait for their baby in the Peristi Room. The results of this study indicate that the EFT carried out by researchers can effectively help reduce anxiety and depression in postpartum mothers.

Table 3 shows the difference in mean (mean) before and after no EFT treatment in the control group by using the alternative Wilcoxon test. Based on the results of the Wilcoxon signed rank test in the control class, it can be seen

that asymmp.Sig.(2-tailed) is 0.254. The result is > 0.05. The result is > 0.05, thus stating "there is no significant difference in the psychological response to depression in the pre-test and post-test of post-partum mothers who survived Covid-

19, where EFT was not given. Based on these results, it can be concluded that giving EFT has no effect on the psychological response to depression in post-partum mothers who are Covid 19 survivors.

Table 3
Differences in psychological response (depression) pretest and posttest in the control group (n=15)

		N	Mean Rank	Sum of Ranks	Z	Asymp. Sig. (2-tailed)
Posttest – Pretest	Negative Ranks	4 ^a	2.50	10.00	-1.140 ^b	.254
	Positive Ranks	4 ^b	6.50	26.00		
	Ties	7 ^c				
	Total	15				

EFT decreases depression ratings among Covid-19-positive individuals (Tambunan et al., 2022). Depression is a psychiatric condition defined by feelings of powerlessness and apathy in the face of despair, everyday activities that might be accompanied by sleep difficulties, reduced appetite, and disturbed daily functioning (World Health Organization, 2016). Due to the high death rate, those who test positive for Covid-19 may also suffer depression, and the isolation exacerbates psychiatric disorders (Mazzaa et al., 2020) The news of the deaths of relatives and friends who tested positive for Covid-19 contributed to the aggravation of despair. However, after four sessions of EFT, the therapy may alleviate depression.

EFT also reduces depression ratings in persons with proven Covid-19 infection. This research adds to the growing body of data that EFT is a successful intervention for treating mental health conditions, as established by several other studies (Patterson, 2016; Bach, et al., 2019). Furthermore, it

demonstrates that EFT concurrently improves physiological systems. As expected in this research, individuals' anxiety and sadness decreased significantly. EFT is a successful treatment for mental health conditions, as shown by several prior research. EFT may be used to treat anxiety and depression in individuals who are verified to be Covid-19 positive. EFT is a successful treatment that combines cognitive and somatic aspects to treat physiological psychological issues (Feinstein, 2019). After mild tapping on certain places, this treatment may help a person feel at ease (Bougea et al., 2013) Given EFT treatment as an intervention in this research has the effect of redirecting the attention to good things that create peace, so boosting the body's immunity and accelerating the healing of existing ailments (Isworo, Anam, & Indrawati, 2019). EFT considerably decreased a person's depression score, as supported by earlier research with mostly identical results (Nelms & Castel, 2016; Sebastian & Nelms, 2017; Bach, et al., 2019).

Table 4
Differences in psychological response (anxiety) in postpartum mothers who were declared cured of Covid 19 before and after EFT treatment (n=15)

		N	Mean Rank	Sum of Ranks	Z	Asymp. Sig. (2-tailed)
Posttest – Pretest	Negative Ranks	15 ^a	8.00	120.00	-3.425 ^b	.001
	Positive Ranks	0 ^b	.00	.00		
	Ties	0 ^c				
	Total	15				

Table 4 shows the difference in the mean (mean) before and after the EFT treatment in the experimental group by using the alternative Wilcoxon signed rank test. The test results obtained a negative rank value of 15 for the pretest and posttest, meaning that all intervention groups had a negative difference (15 people). The results of the pre-test and post-test in the experimental class can be seen that the asymmp sig (2-tailed) is 0.001. The result is < 0.05. This means

that there is a significant difference in the psychological response to anxiety in the pretest and post-test of post-partum mothers who survived Covid 19. So it can be concluded that with the EFT treatment, the psychological response of anxiety will decrease, so that EFT has an influence on psychological responses: depression of postpartum mothers who have survived Covid 19. Respondents before and after EFT treatment.

Table 5
Differences in psychological response (anxiety) pretest and posttest on control group (n=15)

		N	Mean Rank	Sum of Ranks	Z	Asymp. Sig. (2-tailed)
Posttest – Pretest	Negative Ranks	2 ^a	2.00	4.00	-.577 ^b	.564
	Positive Ranks	1 ^b	2.00	2.00		
	Ties	12 ^c				
	Total	15				

Table 5 is to find out the difference in mean (mean) before and after without EFT treatment in the control group by using the alternative Wilcoxon test. The results of the Wilcoxon signed rank test, the difference is negative (2) for the pretest and posttest, meaning that there are 2 people without EFT treatment, the psychological response (anxiety) is decreasing. While the Ties value (12c) means that there are 12 people who have the same psychological response (anxiety) in respondents before and after without EFT treatment, the Asymp value. Sig. (2-tailed) obtained 0.564. The result is > 0.05 , thus stating “there is no significant difference in the psychological response to anxiety in the pre-test and post-test of post-partum mothers who survived Covid 19 without EFT treatment. Based on these results, it can be concluded that the administration of EFT has no effect on the psychological response of post-partum mothers to Covid 19 survivors.

Based on the research of Windarti & Rizki (2021), it was found that 4.4% of post partum mothers experienced severe anxiety, 28.9% moderate anxiety, 48.9% mild anxiety and 17.8% did not worry during the Covid 19 pandemic. Yuliani & Aini’s research (2020) the results showed that 17% of post partum mothers experienced severe anxiety, 70% experienced mild to moderate, 13% asymptomatic during the Covid 19 pandemic. Mardjan, et al conducted a study on the effectiveness of EFT in reducing anxiety in dealing with childbirth, using the quasi-experimental method of prenatal. Test and post in the third trimester pregnant women in the

control group (19 people) and the intervention group (19 people) which was started and followed for three months, namely the 7th, 8th, 9th months. Labor. The results of this study indicate that EFT significantly reduces anxiety and blood cortisol which indirectly affects readiness for childbirth. From the results of statistical test analysis at each stage, it was found that there was a significant difference and pre and post blood cortisol $p = 0.0001$. TMAS linear regression analysis $p = 0.001$ and $R = 0.57$, blood cortisol $p = 0.004$. $R = 0.43$. This analysis proves that EFT has an effect in reducing blood levels of anxiety and cortisol in the treatment group compared to the control group. The results of this study are also in line with Salsabilla (2021) which shows that by using the right stages of EFT therapy, the client’s anxiety level decreases, so it can be recommended to be used more widely for people who experience anxiety due to the covid-19 virus pandemic.

Maesaroh et al., (2019) conducted a study on the effect of hand tapping on the anxiety of mothers undergoing labor, where hand tapping is part of the EFT. The average score of maternal anxiety before hand tapping was obtained was 66.87 for severe anxiety with a standard deviation of 8.228. Meanwhile, after hand tapping, the average score for maternal anxiety was 59.63 with a standard deviation of 9.212. The calculated t-value is 3.634 with a p-value of 0.001, because p-value is $0.001 < \alpha (0.05)$, it can be concluded that there is a significant difference in anxiety given by hand tapping and not giving hand tapping to mothers in labor

Table. 6
Differences in psychological response (stress) in post partum mothers who were declared cured of Covid 19 before and after EFT treatment (n=15)

		N	Mean Rank	Sum of Ranks	Z	Asymp. Sig. (2-tailed)
Posttest - Pretest	Negative Ranks	15 ^a	8.00	120.00	-	.001
	Positive Ranks	0 ^b	.00	.00	3.414 ^b	
	Ties	0 ^c				
	Total	15				

Table 6 shows the test results obtained a negative rank value of 15 for the pretest and posttest, meaning that all intervention groups have a negative difference (15 people). The results of the pre-test and post-test in the experimental class can be seen that the asymp sig (2-tailed) is 0.001. The result is < 0.05 . This means that there are differences in psychological responses: significant stress on the pretest and

post-test of post-partum mothers who survived Covid 19. So it can be concluded that with the EFT treatment the psychological stress response will decrease, so that EFT has an influence on the psychological response: stress of post-partum survivors. Covid 19. Respondents before and after EFT treatment.

Table. 7
Differences in psychological response (stress) pretest and posttest in the control group (n=15)

		N	Mean Rank	Sum of Ranks	Z	Asymp. Sig. (2-tailed)
Posttest - Pretest	Negative Ranks	3 ^a	4.33	13.00	-.722 ^b	.470
	Positive Ranks	5 ^b	4.60	23.00		
	Ties	7 ^c				
	Total	15				

Table 7 is to find out the difference in mean (mean) before and after without EFT treatment in the control group by using the alternative Wilcoxon test. The result of the Wilcoxon signed rank test was a negative difference (3) for the pretest and posttest, meaning that there were 3 people without EFT treatment, the psychological response (stress)

was decreasing. While the value of Ties (7c) means that there are 7 people who have the same psychological response (stress) in respondents before and after without EFT treatment, with an asymp sig obtained 0.470. The result is > 0.05 , thus stating “there is no significant difference in the psychological stress response in the pre-test and post-test of

post-partum mothers who survived Covid-19, without EFT treatment. Based on these results, it can be concluded that giving EFT has no effect on the psychological response: stress for post-partum mothers, survivors of Covid 19.

Stress is a reaction caused by individuals that includes feelings of discomfort, hopelessness, anxiety and feeling depressed both physically and psychologically as a self-reaction to stressors (various things that can cause stress) that threaten, burden, burden an individual's life (Roziika, Et al., 2020). The Covid-19 pandemic and activity restriction measures will increase stress levels, and depression, as well as other stress-related symptoms. In particular, physical distancing is clearly changing patterns of daily routine to reduce the spread of disease, with serious consequences on mental health and well-being in both the short and long term. Similar consequences will require immediate efforts to develop prevention strategies as well as direct interventions aimed at reducing the impact of the outbreak on individuals' mental health (Giallonardo et al., 2020).

Stress is a condition or experience that can harm the individual. Therefore, individuals will try to find ways to overcome these problems. Coping is the process of managing various demands that are considered a burden for individuals, consisting of efforts or ways to deal with stress. In order to assist in dealing with stress experienced by individuals during the pandemic, individuals can use the EFT method in dealing with stress caused by problems in processing feelings or emotions. EFT is a method of intervention that is used to help clients solve their problems. EFT or often also called energy therapy is a therapy that does not require other instruments when practicing it, EFT uses a form of emotional acupressure where this therapy is practiced by massaging or pressing meridian points on the body, and EFT has the principle that all emotions and thoughts that exist is part of the form of energy, both positive and negative energy, and it's just a matter of how we process that energy (Roziika et al., 2020)

LIMITATION OF THE STUDY

The limitation of this study is that the sample size is less, only 15 in the control group and 15 in the intervention group. Another limitation of the study was that the intervention group performed Emotional Freedom Technology therapy for 3 days after which the post-test psychological response measurements were taken. It is better to measure the psychological response repeatedly, for example after the respondent has done Emotional Freedom Technology therapy in the first month, then post-test measurements are taken, then do Emotional Freedom Technology therapy in the second month, then take measurements and so on for up to 3 months, to compare how the psychological response is. respondents after repeated EFT therapy.

CONCLUSIONS AND SUGGESTIONS

The Covid 19 pandemic has had a physical and psychological impact on survivors of Covid 19 (Einvik et al., 2021). According to Mazzaa et al. (2020) Covid 19 survivors may experience psychological reactions such as increased stress, uncertainty, sadness, anxiety, and sadness as a long-term psychological impact (Mazza et al., 2020). Based on the results of Wulan & Keliat's (2021) literature review, it was

found that Covid 19 survivors can experience health problems such as anxiety, depression, Post Traumatic Distress Syndrome and even suicide. This study proves that there are differences in the mean (average) of psychological responses: depression, anxiety, stress before and after giving EFT therapy to post-partum mothers who survived Covid. So that the administration of EFT therapy is effective in reducing depression, anxiety and stress in Covid-19 survivors. EFT can be used as an alternative therapy in dealing with mental health disorders (especially anxiety and depression) for

Speed up the recovery of people who are confirmed positive for Covid-19. It is hoped that health workers, especially midwives and nurses, can apply the Emotional Freedom Technique as a form of care during pregnancy, childbirth and the postpartum period to reduce the negative responses that mothers often experience at that time and also as a non-pharmacological alternative to reduce levels of anxiety, depression, And stress.

ETHICAL CONSIDERATIONS

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Conflict of Interest Statement

Simbolon stated that there is no conflict of interest in this research

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