

The Effectiveness of Hypno-EFT (Emotional Freedom Technique) to Reduce Negative Emotions in Women Victims of Violence

Dya Adis Putri Rahmadanti, S. Psi
Dr.M.M Nilam Widyarini, M.Si., Psikolog

Faculty of Clinical Psychology, Gunadarma University

dyaadysputri@gmail.com

ABSTRACT

This study aims to determine whether there is an influence of Hypno-EFT (Emotional Freedom Technique) therapy on women victims of violence. This type of research uses one group pretest-posttest experiment. The study was conducted on 2 - 12 April 2018. The population in this study were social fostered citizens at Panti Sosial Perlindungan Bhakti Kasih. The number of samples in this study were 11 WBS who had quite high negative emotions. The results of this study indicate that Hypno-EFT (Emotional Freedom Technique) therapy can reduce the negative emotions that exist in women victims of violence.

Keywords: Hypno-EFT Therapy (Emotional Freedom Technique), Women Victims of Violence, Negative Emotions

PRELIMINARY

Discrimination against women can be interpreted as any distinction, exclusion, or restriction made on the basis of sex, which aims or influences to obstruct, deny recognition of the enjoyment or exercise of human rights and basic freedoms by women (Schuler and Thomas, 2001). Women who are victims of violence or crime are not only committed by criminals, but can be done by family or close relatives.

Victims of violence are mostly women and children who must get the protection of the State and society in order to avoid violence or treatment that demeans human dignity and dignity. Gender-based violence is basically violence where the victims are women both within the household and outside the household. There are various types of violence, such as rape, sexual harassment, and many other types. According to Azriana in the second news (2018), the number of violence throughout 2017 increased because of the culture of society which still places women in a lower position than men.

Impacts on women as victims can be in the form of short-term impacts or direct and long-term impacts. The direct impact can be physical injuries, unwanted pregnancy, loss of work, etc., while in the long term women victims can experience psychological disorders such as loss of self-confidence (shutting down), excessive fear, and so on. Violence will make victims suffer anxiety, depression, and acute mental illness. This condition reduces its ability to solve problems. It is also possible to commit suicide or kill the culprit (Adiningsih, 2007).

Based on reports from Tribunews (2018), there were 173 of Indonesian women who died because of sexual violence and murder throughout 2017, and reported cases

of violence also increased by 90 thousand cases. With such a large number of cases in Indonesia, however, based on a report from Tribunews (2018), the increase in reporting of such cases was not matched by the handling and recovery of women and children victims of violence.

As reported by Imaniasih (in Tribunews, 2018) that her daughter who was a victim of sexual violence in 2015 is still traumatized until now in the form of anxiety and insomnia. Likewise, as reported by BBC News (2013) which says that the impact of women who experience acts of violence will experience depression and anxiety 2.6 times greater than women who do not experience violence. Victims also tend to have problems with alcohol, abortion, and diseases brought about by sexual intercourse and HIV.

It can be concluded that women and children who experience violence cause negative emotions in themselves, such as anxiety, anxiety, anger, prolonged sadness. If this continues, it will cause things that should not be like problems with alcohol, depression, abortion and excessive anxiety on something. Similar to what Kasandra said as the head of the Jakarta IPK in the Lampung Tribune (2015) that the impact of severe trauma experienced by children who are victims of sexual violence, namely depression, anxiety, eating disorders, decreased self-confidence or loss of self esteem, even those that are quite extreme are hurting yourself to suicide.

Therefore, negative emotions that exist in women victims of violence must be dealt with immediately so that it does not continue to become undesirable things such as depression or suicide. One way to deal with emotions or reduce negative emotions in women and children victims of violence is by using Hypno-EFT (Emotional Freedom Technique). According to Gunawan (2012), EFT is a technique that is able to overcome various problems, especially problems related or caused by emotions. In a study conducted by Sutriyarsih and Sri.S (2017) there was a decrease in the level of depression in the elderly after following EFT (Emotional Freedom Technique) therapy. The same was done by Ningsih, Karim, and Sabrian (2015), in which his research showing that the administration of EFT therapy was effective in reducing anxiety scores of cancer patients. The same study regarding Hypno EFT therapy was conducted by Mirawati (2018), which shows that Hypno-EFT was effective in reducing stress levels in primigravida pregnant women at the age of the third trimester.

Based on the data above, the researcher wants to find out whether Hypno-EFT therapy can reduce the negative emotions that exist in women and children victims of violence, so the researcher are expected to help solve the problems of women and children victims of violence and apply Hypno-EFT therapy appropriately and well.

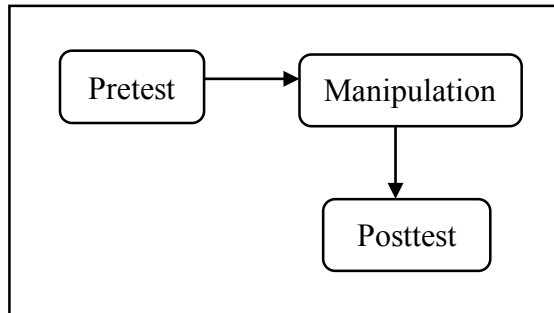
RESEARCH METHOD

Research Subject

In this study, the subjects used were women who were victims of violence, both sexual harassment and domestic violence. The age of the subjects in this study ranged from 23-37 years. There were 11 subjects who participated in the interventions in this study, which according to the criteria were victims of violence, both sexual harassment and domestic violence, were able to participate in the intervention activities well, did not experience mental disorders, could write and read. This research was conducted at Panti Sosial Bhakti Kasih, Kebon Kosong.

Research Design

The design of this study used a pre-experimental research with the One Group Pretest-Posttest Design approach (Seniati, Yulianto, and Setiadi, 2011). At the beginning of this study, measurements were carried out on the VTs that the subjects already possessed, after being given manipulations they were carried out again on the VT with tools measure the same.



Research Procedure

Preparations for interventions for this study include:

1. Conducting an initial assessment to analyze needs.
2. Determining the participants or subjects.
3. Determining the therapy that is appropriate for the subjects
4. Preparation of a Hypno-EFT therapy guide module and an evaluation sheet as an assessment of a therapeutic program or intervention that will be carried out later.
5. The subject's consent letter to follow the intervention until completion (*Informed consent*).
6. Emotional scale as a measure of the level of emotion in the subject.

Intervention Research

This research was conducted during 4 meetings in a week one meeting.

Meeting	No	Activity	Method
I	1.	Having an opening speech which aims to inform the subject of what will be done in this intervention	Speech
	2.	Filling out the Informed Consent and Pre-test sheet	Stationary
	3.	Conducting Hypno-EFT techniques to manage negative emotions in the subject.	Therapy
	4.	Discussing about what the subject feels after doing the first Hypno-EFT technique.	Discussion
II dan III	1.	Conducting Hypno-EFT technique again to manage negative emotions in the subject	Therapy
	2.	Asking each subject about the level of emotions after following the Hypno-EFT technique.	Taking Notes
	3.	Discussing about what the subject feels after doing the first Hypno-EFT technique.	Discussion

IV	1.	Conducting Hypno-EFT technique again to manage negative emotions in the subject	Therapy
	2.	Asking each subject about the level of emotion after following Hypno-EFT technique for forth times.	Taking Notes
	3.	Discussing abuot what the subject feels after doing the first Hypno-EFT technique.	Discussion
	4.	Providing post-test sheets and intervention evaluation sheets.	Stationary

Data Anaylisis Method

Data analysis methods in this study were carried out quantitatively and qualitatively. Qualitative analysis is done by conducting interviews and non-participant observation of the subject and the institution. Then the quantitative analysis is done by testing the difference from the t-test between the results of the pretest and posttest using SPSS for Windows 20.

In this study, a group of women victims of violence were given an emotional measurement scale and then given Hypno-EFT intervention twice a week and after that the measurements were re-measured to see the emotional scale in the subject.

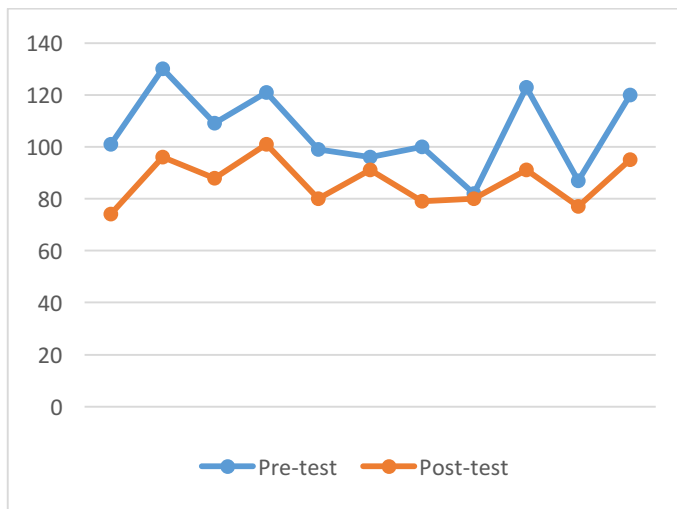
RESULTS AND DISCUSSION

The results of the intervention were evaluated by using pre and post test sheets before and after the Hypno-EFT test on the reduction of negative emotions in women who experienced domestic violence. In addition, interviews were also conducted with research subjects after doing Hypno-EFT. This is done as a reinforcement that there is a change between before and after the intervention has been given.

Paired sample t-test results of negative emotions before and after the given Hypno-EFT (Emotional Freedom Technique).

t	df	Sig. (2-tailed)
19.878	11	,000

It can be seen that there is a difference between before and after giving Hypno-EFT to reduce negative emotions in research subjects. This is indicated by the significance level of 0,000 ($p < 0.5$) so that there are differences in the level of negative emotions in the research subjects between before and after doing Hypno-EFT. This shows that there is an influence of Hypno-EFT therapy on decreasing negative emotions in women who experience physical, psychological, or sexual violence.



Based on the graph above, it can be seen that there are differences in the level of negative emotions before and after given Hypno-EFT, where there is a decrease in the level of negative emotions between before and after given Hypno-EFT, so that after doing Hypno-EFT indirectly positive subject emotions increase.

Furthermore, qualitative analysis is done by looking at how participants or research subjects respond and do what has been instructed by researchers. The response of participants or research subjects in following the interventions that have been given is good and can follow any instructions that have been given by researchers. All participants or research subjects were enthusiastic in following the interventions provided and were well practiced in a Hypno-EFT technique in stages.

After being given Hypno-EFT therapy, the level of negative emotions decreased, this means that Hypno-EFT is an effective therapy to reduce negative emotions in women who are victims of violence.

Negative emotions are emotions that have unpleasant and troublesome effects. These kinds of negative emotions include sadness, disappointment, despair, depression, helplessness, frustration, anger, sadness and revenge (Safaria, 2009).

Domestic violence could make individuals feel worse. But every individual has different perspective to face it. There are individuals who are not strong enough to get through it, but there are also individuals who are tough and can change their lives into a positive way. Individuals like these who can control their emotions. He does not use his negative emotions but manages his positive emotions well. Positive emotions from victims of domestic violence will have a good impact in the future on victims of domestic violence (Aryani, et al, 2004).

Hypno-EFT Therapy is an intervention that combines exposure therapy, cognitive behavioral therapy, and somatic stimulation. Hypno-EFT Therapy is an acupuncture technique that works directly using the hypnotherapy method and EFT (Emotional Freedom Technique). Hypno-EFT Therapy is a technique for healing emotional disorders that can cure symptoms of physical illness. Hypno-EFT therapy does not use needles, but uses the body's energy system by tapping with the tips of the fingers at points of the body's meridians. The knock on the Emotional Freedom Technique (EFT) process functions to smooth the body's energy meridians. Tapping at the body's meridian points has an influence in regulating activity in the limbic system by producing opioids and serotonin (Bougea, 2013).

The basic theory of EFT (Emotional Freedom Technique) says that negative emotions are caused by disruption in the body's energy system (meridian system).

Knocking or tapping on acupuncture points while focusing on negative emotions, is said to be able to balance the body's energy (Latifah, 2014).

The tapping process at the body's meridian points can balance the body's energy system so that it will cause a relaxation response that can relax the physical and psychological conditions. The aim of tapping the body's meridian points is to stimulate the affected organ. The points on the hand are the nerves which become the relaxing points which will then flow the waves of current to the brain. These waves will be received by the brain and transmitted to disrupted organs. The meridian points on EFT can secrete stimulate the body to release endorphin hormones to secrete neurotransmitter inhibitors such as serotonin together with stimulating dopamine (Hawari, 2001). Endorphin hormone is a hormone produced by the body that naturally resembles morphine. This hormone can protect the body from anxiety, unstable emotions, depression and heart attacks because it reduces the work of the sympathetic system that functions as an emotional conduit. If the delivery of emotions received in the form of negative emotions originating from negative affirmation, the body will respond by releasing nonadrenaline hormone which is a dangerous hormone in the body that is triggered by stress, stress, fear, anger, and rejection of everything. Inversion with the body if it produces positive emotions originating from positive affirmation and balanced by providing stimulus to the body by providing tapping techniques in EFT therapy can relax parasitic nerves by releasing the production of hormones (edocrine) such as endorphin hormones (Haruyama, 2014).

The results of this study are in line with research conducted by Sahalia, Wantiyah, and Hakam in the study of the effect of Emotional Freedom Technique (EFT) therapy on depression in hypertensive clients proving that there is a decrease in depression rates in hypertensive clients after being given EFT therapy. There are significant differences in the level of depression in hypertensive clients who are given or not given EFT therapy. There is also research conducted by Rizqi (2016) proving that EFT is effective in reducing anxiety levels of elementary school students.

Researchers assume the effectiveness of Hypno-EFT mainly on negative emotions due to tapping at the body's meridian points which can stimulate the pituitary gland to produce endorphin hormones. Endorphin hormone production can stimulate the hormones serotonin and dopamine so that it plays a role for relaxation and reduce negative emotions. Based on the facts and theories above, the researchers concluded that Hypno-EFT therapy was proven to reduce negative emotions in women who had experienced violence.

CONCLUSION AND SUGGESTION

Conclusion

The results showed that Hypno-EFT (Emotional Freedom Technique) is an effective therapy to reduce negative emotions in women who have experienced physical, psychological or sexual violence. The next finding is the inability to manage emotions in themselves, so they cannot control negative emotions in themselves so that positive emotions in themselves do not increase.

Suggestion

Women who have experienced violence are expected to continue managing their negative emotion, so they can live their life normally and do their daily activity without any burden, besides they can also increase their positive emotion.

REFERENCE

- Azriana (2018). Komnas Perempuan Geram dengan Alasan Pelaku Pelecehan Di Jatinegara.
<https://news.detik.com/berita/d-3868164/komnas-perempuan-geram-dengan-alasan-pelaku-pelecehan-di-jatinegara>. Diunduh pada 13 Juli 2018.
- Bougea AM, Spandideas N, Alexopoulos EC, Thomaides T, Chrousos GP, Darviri C. (2013) *Effect of the emotional freedom technique on perceived stress, quality of life, and cortisol salivary levels in tension-type headache sufferers: A randomized controlled trial*.
- Gunawan, W. Adiguna (2012). *Genius Learning Strategy*. Jakarta: PT. Gramedia.
- Haruyama, S (2011). *The Miracle of Endorphin*. Bandung: Mizan Media Utama
- Hawari (2001) Manajemen stress cemas dan depresi.
Jakarta: Fakultas Kedokteran Universitas Indonesia
- Komnas Perempuan (2018). *Catatan tahunan kekerasan terhadap wanita 2018*.
<http://www.komnasperempuan.go.id/read-catatan-tahunan-kekerasan-terhadap-perempuan-2018>. Diakses pada 20 Mei 2018
- Marliana, N.S. (2007). Konsep Diri Remaja yang Pernah Mengalami Kekerasan dalam Rumah Tangga. Skripsi. Semarang: Fakultas Psikologi Universitas Diponegoro.
- Mirawati (2018). Efektivitas *Hypno-EFT (Emotional Freedom Technique) Dalam Menurunkan Tingkat Stress Menghadapi Persalinan Pada Ibu Primigravida Di Wilayah Puskesmas Rawat Inap Batui*. Luwuk
Di unduh pada 13 Agustus 2018
- Rizqi, Charis. (2016). *Pengaruh Penerapan Konseling Kelompok dengan Menggunakan EFT (Emotional Freedom Technique) Terhadap Tingkat Kecemasan Siswa MTsN Mojosari Menghadapi Ujian Masuk Sekolah Lanjutan (Tesis)*. Universitas Negeri Malang, Malang.
<http://karya-ilmiah.um.ac.id/index.php/disertasi/article/view/54728>.
Diunduh pada, 23 Oktober 2018.
- Santi Fitria Ningsih, Darwin Karim, Febriana Sabrian, (2015).
Efektivitas Terapi Emotional Freedom Technique (EFT) Terhadap Kecemasan Pasien Kanker Payudara Stadium II dan III. Jurnal Keperawatan Riau.
<https://media.neliti.com/media/publications/188590-ID-none.pdf>
- Saputra (2011) *EFT Emotional Freedom Technique*. Yogyakarta: Gnius Publisher.
- Seniati, L. Yulianto, A. dan Setiadi, BN. (2011). Psikologi Eksperimen.
Jakarta : Indeks.
- Schuler, Margaret A. & Thomas, Doroty Q (penyunting). 2001.

Hak Asasi Manusia Kaum Perempuan Langkah Demi Langkah.
Jakarta : Pustaka Sinar Harapan.

Shari, W. W., Suryani Emaliyawati, E. (2015). *Emotional Freedom Techniques* dan Tingkat Kecemasan Pasien yang akan Menjalani Percutaneous Coronary Intervention. Jurnal Keperawatan Padjajaran.

<https://doi.org/10.24198/jkp.v2i3.83>

Sutiyarsih E. Efektivitas *Emotional Freedom Technique* (EFT) terhadap penurunan tingkat depresi pada lansia. 2017

<http://ejurnaladhkdr.com/index.php/coba/article/view/145>

Putranto, Dra A. Kasandra (2015). Depresi Hingga Bunuh Diri Efek yang Dialami Anak Korban Kekerasan Seksual. Tribun Lampung.

<https://lampung.tribunnews.com/2015/03/23/depresi-hingga-bunuh-diri-efek-yang-dialami-anak-korban-kekerasan-seksual>. Diunduh pada 13 Juli 2018