

## ABSTRAK

### PENGARUH TERAPI *SEFT* TERHADAP *MOOD SWINGS* SINDROM PREMENSTRUASI DI PONDOK PESANTREN DARUR RIDWAN PARANGHARJO,BANYUWANGI

OLEH : AYU WASTITI EKA MONITHA

Mood Swings merupakan perubahan suasana hati yang berlangsung cepat dan sering kali ekstrem, berfluktuasi dalam kondisi seseorang, yang melibatkan pergantian perasaan bahagia dan kesejahteraan dan perasaan marah,mudah marah,atau depresi. Menjelang atau selama siklus menstruasi terdapat perubahan pada keseimbangan hormon dalam tubuh, yang akan mempengaruhi produksi hormon endorphin, serotonin, serta hormone lainya yang menentukan mood. Tujuan penelitian ini untuk membuktikan pengaruh terapi *SEFT* (*Spiritual Emotional Freedom Technique*) terhadap mood Swing Syndrom Premenstruasi di Pondok Pesantren Darur Ridwan Parangharjo,Banyuwangi. Desain penelitian ini adalah analitik eksperimental jenis pre eksperimental dengan pendekatan *one group pretes-postest*.populasi pada penelitian ini adalah semua santri putri yang mengalami *Mood Swings* dengan syndrom premenstruasi di Pondok Pesantren Darur Ridwan, Parangharjo Banyuwangi sejumlah 232 responden. Sampel sebanyak 56 responden. Sampling pada penelitian ini menggunakan *Propotional Random Sampling*. Instrument dalam penelitian ini adalah SOP terapi *SEFT* dan kuesioner *FDMS* (*Four Demension Mood Scale*). Pengolahan data dilakukan dengam editing,koding, skoring dan analisis data dengan Uji Wilcoxon Signed rank test. Penelitian ini dilaksanakan pada tanggal 26 maret sampai 5 mei 2021. Hasil uji Wilcoxon didapatkan nilai p value =  $0,000 < 0,05$ , artinya terdapat pengaruh terapi *SEFT* terhadap mood swings syndrome premenstruasi di pondok pesantren darur ridwan parangaharjo,banyuwangi. Pemberian terapi *SEFT* dapat menimbulkan efek relaksasi sehingga mengurangi mood swings pada saat premenstruasi.

**Kata kunci :** *Mood Swings,Syndrom Premesntruasi, terapi SEFT.*

## ABSTRACT

### **THE EFFECT OF SEFT THERAPY ON PREMENSTRUAL MOOD SWINGS SYNDROME AT ISLAMIC BOARDING SCHOOL DARUR RIDWAN PARANGHARJO, BANYUWANGI**

**OLEH ; AYU WASTITI EKA MONITHA**

Mood swings are rapid and often extreme mood swings, fluctuating in a person's condition, involving alternating feelings of happiness and well-being and feelings of anger, irritability, or depression. Before or during the menstrual cycle there are changes in the balance of hormones in the body, which will affect the production of endorphins, serotonin, and other hormones that determine mood. The purpose of this study was to prove the effect of SEFT (Spiritual Emotional Freedom Technique) therapy on the premenstrual mood swing syndrome at Darur Ridwan Parangharjo Islamic Boarding School, Banyuwangi. The design of this research is experimental analytic pre-experimental type with a one group pretest-posttest approach. The population in this study were all female students who experienced Mood Swings with premenstrual syndrome at Darur Ridwan Islamic Boarding School, Parangharjo Banyuwangi with a total of 232 respondents. The sample is 56 respondents. Sampling in this study using Proportional Random Sampling. The instruments in this study were the SEFT therapy SOP and the FDMS (Four Demension Mood Scale) questionnaire. Data processing is done by editing, coding, scoring and data analysis with the Wilcoxon Signed rank test. This research was conducted from March 26 to May 5, 2021. The results of the Wilcoxon test obtained p value = 0.000 <0.05, meaning that there was an effect of SEFT therapy on premenstrual mood swings syndrome at the Darur Ridwan Parangharjo Islamic Boarding School, Banyuwangi. Giving SEFT therapy can cause a relaxing effect, thereby reducing mood swings during premenstruation.

**Keywords: Mood Swings, Premenstrual Syndrome, SEFT Therapy**