




Ana Zakiyah

SEFT as An Eff ort to Overcome The Manifestations of Burnout Syndrome

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SEFT as An Effort to Overcome The Manifestations of Burnout Syndrome

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ABSTRACT

Burnout syndrome describes a response to chronic work-related stress. One of the techniques to overcome this is the **Spiritual Emotional Freedom Technique (SEFT)**, which **combines spiritual power and energy** psychology. This study used a literature review with the PICOS framework. Article search using electronic databases: Google Scholar, Research Gate, PubMed, and Science Direct with the keywords "SEFT" OR "EFT" and "Burnout syndrome". The inclusion criteria in this literature review are articles published from 2016 to 2023, available in full-text form. Exclusion criteria: articles are only in the form of journal reviews, and papers are published in proceedings. Number of articles reviewed: 10. SEFT combines psychological energy and spiritual therapy by using the tapping method at several meridian points in the body. Improvement of physical and psychological complaints after the administration of SEFT psychotherapy is a form of mind-body gap healing. SEFT treats disruptions of the body's energy system to eliminate negative emotions

Keywords: burnout, psychology energy, SEFT**Corresponding author****Name:** Ana Zakiyah**Email:** ana_ppni@yahoo.com**Contact phone /WA:** 0813329930556*Author (metadata only / keperluan kelengkapan metadata OJS sesuai jumlah penulis, akan **dihapus** saat terbit*

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INTRODUCTION

The phenomenon of burnout is increasingly found in modern society. The high workload of each employee will encourage productive employees and minimize the recruitment of new employees. High work demands and an unsupportive work environment will increase individuals' physical and psychological energy needs, resulting in burnout (Alzyoued, A. A. Y., Othman, S. Z., & Isa, 2017).

Burnout does not occur in the short term. However, **it gradually increases** when it is felt that work is no longer enjoyable, unfulfilling, and unprofitable. This will create long-

term problems such as hopelessness, pressure, and failure at work and also impact the quality of human life (Bakker, A.B., Killmer, C.H., Siegriest J & WB., 2008).

Many jobs are identified as sources of burnout, including jobs in education, health, social, engineering, and creative work. In the field of education, teachers are categorized as professionals who are prone to suffering from burnout. An educator must withstand various pressures from schools, students, parents, and the demands to continue inspiring. Health workers can experience fatigue conditions due to working all the time. Erratic routines in dealing with the sick, people with trauma, and death will increase the potential for burnout in nurses, doctors, and therapists. Likewise, social workers who provide trauma healing services or healing from wounds do not mean life without pressure. Instead, because they always deal with disaster victims and children who experience violence, social workers become vulnerable to similar feelings of depression.

Every job or activity carried out repeatedly and disciplined daily has a risk of stress if not anticipated. It is usual for employees or workers with the same daily work rhythm for years to meet specific targets set by the company or agency where they work. However, suppose work is continuously carried out for years without variation or change, full of demands and targets, and the results obtained are often not in line with expectations. In that case, it will cause people to be vulnerable to burnout (Ali, M., Zulkifli., & Nurqamar, 2021).

Potential burnout prevention and reduction of burnout syndrome can be done through the **Spiritual Emotional Freedom Technique (SEFT)**. SEFT is a therapy **combining Spiritual power and Energy Psychology**. The Spiritual Emotional Freedom Technique (SEFT) works on similar principles to acupuncture and acupressure. These three techniques stimulate critical points along the body's 18 energy pathways (energy meridians) that significantly affect our health (Ardan, 2020).

METHOD

The study used a literature review approach. The framework comprises Population, Intervention, Comparison, Outcome, and Study Design (PICOS). **Search for articles using electronic databases: Google Scholar, Research Gate, PubMed, and Science Direct** with keywords "SEFT" OR "EFT" and "Burnout syndrome." The inclusion criteria in this literature review are articles published from 2016 to 2023, available in full-text form. Exclusion criteria: articles are only in the form of journal reviews, and papers are published in proceedings. Number of articles reviewed: 10.

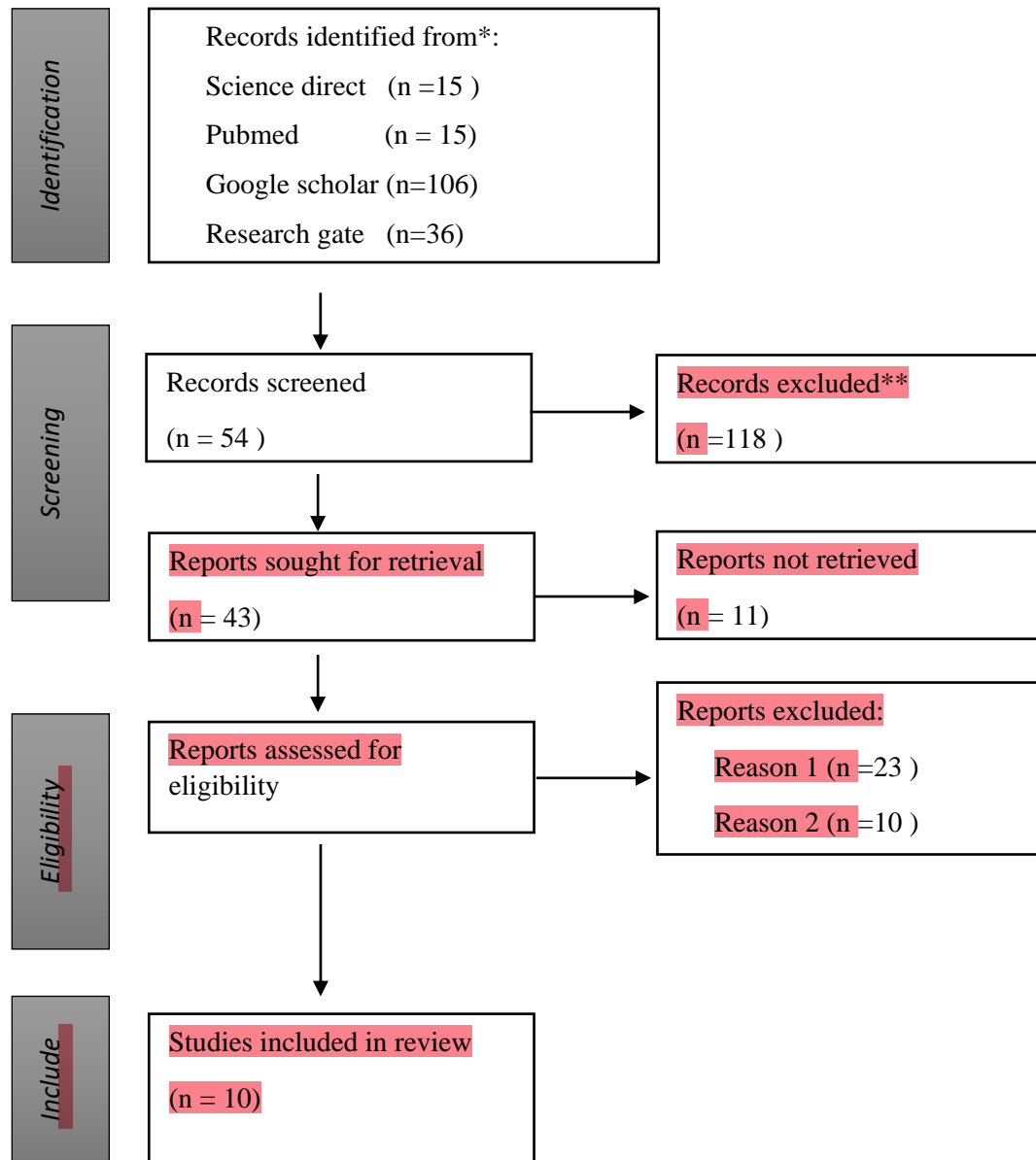


Figure 1. PRISMA Flowchart diagram

FINDING AND DISCUSSION

Table 1—Flowchart of the literature search indicating the number of papers in each condition

No	Author & years	Title	Study design, sample, variable, instrument, analysis	Outcome	Summary of result
1	Setyawan (2023)	<i>The influence of Spiritual Emotional Freedom Technique (SEFT) on nurse burnout in the emergency room</i>	Design: pre-experimental (one group pretest-posttest design). Sample: 28 nurses Instrument: MBI (Maslach Burnout Inventory) Analysis: Paired samples test	Determine the influence of the Spiritual Emotional Freedom Technique (SEFT) on nurse burnout.	SEFT Effects on nurse burnout
2	Khaqiqah, A.K (2018)	Effectiveness of SEFT Therapy on Reducing Burnout in Teachers	Design: pre eksperimental (one group pretest-posttest design). Sample: 33 respondents Instrument: MBI (Maslach Burnout Inventory) Analysis: Mann Whitney, Wilcoxon signed ranks test	Determine the effectiveness of SEFT in reducing burnout in teachers	SEFT effectively reduces burnout in teachers
3	Sakinah, U., & Suyadi. (2020)	The Effectiveness of Spiritual Emotional Freedom Technique (SEFT) to Reduce Stress and Increase Work Motivation in Nurses	Design: Quasi-experimental design pre-test and post-test. Nonequivalent Control Group Design Sample: 11 respondents Instruments: observation questionnaire. Analysis:	Determine the effectiveness of SEFT (Spiritual Emotional Freedom Technique) in reducing stress and increasing nurses' work	SEFT effectively reduced work stress by 57%, and SEFT effectively increased work motivation by 17%.

			Multivariate Analysis of Variance (MANOVA)	motivation.	
8	4	Fachrin, S. A., Amelia, A. R., & Farinah, K. (2020)	The Effectiveness of Spiritual Emotional Freedom Technique (SEFT) Therapy against the Reduction of Work Fatigue in PT WIKA Beton Makassar	<p>Desain: A quantitative approach with a quasi-experimental research method, as well as a pretest-posttest control group design, was used. The Sample was 60 workers and was taken into a sample of 38 respondents. 19 respondents in the experimental group and 19 respondents in the comparison or control</p> <p>Analysis: Wilcoxon Signed-Ranks test. Mann-Whitney test as the non-parametric</p>	<p>Analyze the effectiveness of Spiritual Emotional Freedom Technique therapy in reducing work fatigue in workers. Spiritual Emotional Freedom Technique therapy was more effective in reducing work fatigue. SEFT therapy as an alternative therapy for reducing physical and psychological problems</p>
2					
19					
7	5	Fadli, R. P., Putri, Y. E., Amalianita, B., Zola, N., & Irdil, I. (2020).	Treatment for anxiety using Spiritual Emotional Freedom technique	<p>Design: a single subject research (SSR) method with</p> <p>Instrument: DASS</p> <p>Analysis: T-Test Non-parametric Wilcoxon Signed-Rank Test.</p>	<p>Describe SEFT and treatment in the treatment of anxiety. The use of SEFT techniques can lower anxiety levels.</p>
10	6	Asmawati, Ikhlasia, M., & Panduragan (2020).	The effect of Spiritual Emotional Freedom Technique (SEFT) therapy on the anxiety of NAPZA (narcotics, psychotropic, and other addictive substances) residents	<p>Design: one-group pre-post-test design</p> <p>Sample: 18 respondent</p> <p>Instrument: anxiety level questionnaire with the Zung Anxiety Rating Scale (ZARS)</p> <p>Analysis: Wilcoxon match paired test non-parametric statistical</p>	<p>determine the effect of SEFT therapy on reducing anxiety levels. The results showed that there was an effect of SEFT therapy with a decrease in anxiety levels in drug</p>

13	7 Ardan, M., Zulkifli, A., & Jafar, N. (2020)	Therapy SEFT for controlling the level of depression in people with HIV and AIDS	test. Design: a quasi-experimental method with a nonrandomized one-group pre-test post-test design Sample: 16 ODHA Analysis: dependent t-test	residents This study aims to assess the effect of SEFT combination therapy on controlling depression levels in PLWHA.	There was a decrease in the average score of depression before and after the SEFT intervention.
5	8 Halid, S., Hadi, I., Zulkahfi, Idris, B. N. A., & Istiana (2021)	Effectiveness of Spiritual Emotional Freedom Technique combination of dhikr on reducing the incidence of insomnia in the elderly	Design: pre-experimental with one group pretest-posttest design approach. Sample: 64 respondents Instrument: Observation sheet and Checklist Analysis: Mc Nemar	Knowing the effectiveness of the Spiritual Emotional Freedom Technique combined with Dhikr therapy in Decreasing the Incidence of Insomnia	The application of the Spiritual Emotional Freedom Technique Combination of Dhikr significantly influences the reduction of the incidence of insomnia.
7	9 Wahyuni, D., Effendi, Z., & Mukarima, Y. (2022)	Spiritual Emotional Freedom Technique (SEFT) Reduce Sleep Disorder	Design: Experimental research design with pretest-posttest Sample: Instrument: Sleep Disorder Questionnaire (SDQ) Analysis: paired t-test.	This study aimed to see how SEFT therapy improves sleep problems.	SEFT reduces emotional problems and promotes relaxation so that it is sleep easily
15	10 Asmarani, F.L., Syafitri, E. N., & Luturmas, A.K (2023)	Reducing the number of smoking through health education and SEFT	Design: quasi-experimental quantitative research. Sample: 30	This study aims to measure the effect of	SEFT Therapy is scientifically proven to

therapy	adolescents Instrument:questionai re Analysis: Wilcoxon	SEFT (Spiritual Emotional Freedom Technique) on smoking behavior.	reduce the number of cigarettes
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CONCLUSION

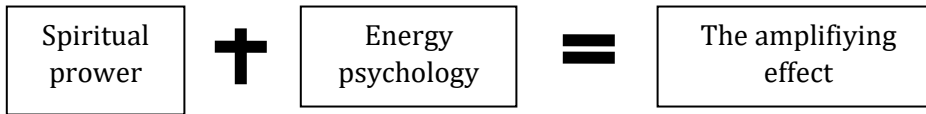
Dr David Feinstein, the primary researcher of body energy, said that energy psychology is a set of principles and techniques that utilize the body's energy system to improve the condition of the mind, emotions, and behavior (Zainuddin, 2012). Energy psychology is used for emotional healing and psychological development, which involves somatic stimulation of acupuncture points (acupoints) by using fingertips to tap energy points on the body where there is a buildup or blockage of energy. This psychological energy theory assumes that every human has an energy system that governs all physical and psychological systems. Evidence of the speed and effectiveness of these therapies has been accumulating rapidly, with more than 120 clinical trials showing that tapping acupoints as psychotherapeutic interventions provides long-lasting effects, often with long-lasting speed and results (Feinstein, 2022b).

Stapleton, P., Baumann, O., & Church (2023), interventions using EFT are effective for treating psychological disorders such as anxiety, depression, phobias, stress, post-traumatic stress disorder (PTSD), and physiological disorders such as pain, insomnia, autoimmune and improving behavior.

Spiritual EFT, or Spiritual Emotional Freedom Technique (SEFT), a variation developed in Indonesia by Zainuddin, combines tapping with spiritual affirmations. Combining psychological and spiritual energy systems as a healing method causes individuals to automatically enter the spiritual space that connects humans with their God. The spiritual power in SEFT therapy aims to connect man with God. That combines the spiritual is called spiritual healing. Spiritual healing is the result of spiritual study and understanding. That is the presentation of self and self-realization, the development of human nature, the presentation of the qualities of existence as a whole by the universe, the culmination of human consciousness, and the development of a greater understanding of the so-called "truth" about life (Zainuddin, 2012).

Prayer delivered during therapy is a form of communication between the servant and their God. The tapping pattern in EFT (in the process of praying) is an instrument so that the brain tends to be relaxed, comfortable, solemn, not soluble in existing problems and atmospheres so that in a relaxed state (alpha waves), it is easy to install new belief vibrations that are more positive, better, and far from negative emotional charges (Suryanto, 2019).

The advantages of SEFT therapy compared to other therapy or training methods are that it is easy to learn and practice by anyone, the results are quickly felt, it is cheap (once learning can be used forever on various problems), and its effectiveness is relatively permanent. If practiced correctly, it does not cause pain or side effects, is universal, or can be applied to any physical or emotional problem (Zainuddin, 2012).



SEFT as a scientifically validated treatment

a. Integrasi terapi lain dalam SEFT

The Spiritual Emotional Freedom Technique (SEFT) combines psychological energy and spiritual healing using tapping methods on multiple meridian points in the body. SEFT is accompanied by feeling the problems faced and submission to God according to one's beliefs. The benefits of this therapy are improving a person's state of mind, emotions, and behavior because excessive emotions are negative. The body is also disturbed when a person has negative energy, such as being upset, angry, sad, helpless, or without motivation, as a consequence of the disruption of the energy system in the body. This condition can inhibit the ability of the brain and energy when doing various activities (Iskandar, 2010).

Every step in the SEFT procedure can be described scientifically. The first step in SEFT is "The set-up (The Set-Up Words)", also called the prayer of our submission to God. When doing "set up", we have done the reframing and anchoring process that is usually done in Neuro-Linguistic Programming (NLP) (Zainuddin, 2012). Reframing aims to reorganize negative emotions and frame them towards positive emotions or the rational mind. Reframing will reframe an event by changing the point of view without changing the event itself (Tanjung, 2021). Anchoring is a technique of obtaining the right conditions for the desired result by connecting with a symbol. This technique connects what is seen, heard, and felt in a person's emotional state (Lashkarian & Sayadian, 2015).

Another theory underlying this stage is logotherapy. Sincerity, resignation, and gratitude at this stage give spiritual meaning to the suffering felt so that a person can endure all conditions and often heal. The Sedona method (releasing technique) technique also underlies this stage. Someone who continuously trains themselves with sincerity and resignation will have the ability to accept and let go of everything comfortably and happily. This process is called "letting go", a condition that will accelerate physical and emotional healing (Zainuddin, 2012). Sedona method allows negative emotions to come, and then we make a conscious decision to release them; in other words, we lead the subconscious to release negative emotions that interfere (Oenas, 2016).

23 The second step, "The tune in", is to feel the problem or erase the subconscious. This stage is part of self-hypnosis to erase the subconscious; we are forced into the most unpleasant and painful state. Along with the tune-in, we do step three, which is tapping. In this process, we neutralize negative emotions or physical pain. When someone does "tapping", it means that the person is "breaking the pattern" or is doing the process of "systemic desensitization". In Gestalt Therapy, tun-ins emphasize that we should bring back past traumas in the present. The highly recommended condition in the tapping process is "powerful prayer". One must be confident, solemn, sincere, resigned, and grateful. When a person is in this condition, it shows that relaxation and meditation techniques are also used in SEFT (Zainuddin, 2012).

3 When tapping is done at acupoints along the meridian energy pathway, it neutralizes body system disturbances. The tapping reaction causes sensory nerve networks to respond by involving central nervous neurotransmitters at synapses, connections between neurons that allow neural networks to communicate. The hypothalamus and pituitary receive stimuli from peripheral tissues, producing neurotransmitters such as endorphins, norepinephrine, and enkephalin. 5-HT (serotonin) is a neurotransmitter that inhibits pain perception. The production of this neurotransmitter also affects the immune system, acting as an immunomodulator and other organ functions (Boath, E., Good, R., Tsaroucha, A., Stewart, T., Pitch, S., & Boughey, 2017).

6 In line with Hoss, R. J., Hoss, L. M., & Chrunch et al. (2022), stimulation of acupoints has been shown to stimulate the sympathetic nervous system through activation of the adrenal medulla to increase cortisol, serotonin, epinephrine, norepinephrine, and other pain-reducing biochemicals that calm the midbrain and signal to turn off the alarm response, while inducing the relaxation response. It can also directly activate stress-regulating and stress-reducing genes in the hippocampus and hypothalamus.

17 The tapping process will involve a process of "mechanosensory transduction". The acupoint stimulus stimulates "electrically active cells" as active centers consisting of clusters of active cells on the body's surface. Extensive deactivation in the amygdala and other areas of the limbic system can decrease signal activation in areas of the amygdala and other brain structures. The straightforward principle governing this process is that specific large proteins inside the cell can convert mechanical stimuli into electricity. The resulting signal is of the "piezoelectric" form (Feinstein, 2022; Feinstein, 2019).

20 At the end of the SEFT process, several eye movements are called the "nine-gamut procedure". This section aims to damage the sub-modalities of the problems that occur. The ability to control eye movements affects the ability to control emotions. This practice in contemporary psychotherapy techniques is called Eye Movement Desensitization Repatterning (EMDR). Although strange, these movements have proven

effective in some cases that cannot be solved using the core version (Zainuddin, 2012; Marzuqi, 2017).

b. Effectiveness of SEFT against manifestations of burnout

Every individual who will do SEFT therapy should identify the problem that is felt, whether the problem purely comes from physical disorders, emotional, behavioral, cognitive, or physical problems, or physical problems motivated by emotional problems. This stage is essential so that the set-up word is appropriate when doing SEFT therapy at the " set-up" stage.

The results of research journals on the effectiveness of SEFT against burnout syndrome are limited. However, the results of research on SEFT to overcome various physical, emotional, behavioral, and other problems have been widely published. Therefore, the author conducted a journal search about SEFT related to emotional disorders, Cognition, and behavior that are almost the same as other problems because the working principle of SEFT in each case is the same. The difference lies in perceived problems, confidence, resignation, solemnity, sincerity, and gratitude.

The search for relevant research results on SEFT and burnout manifestation is nine. Two specific research results related to burnout Khaqiqah (2018), and Setyawan (2023), concluded that SEFT effectively reduces burnout syndrome, while the rest are associated with burnout manifestations. Manifestations of burnout in emotional aspects include depression, fatigue, and anxiety. Research by Fachrin et al. (2020) shows that SEFT can reduce work fatigue. Likewise, research by Fadli et al. (2020) and Asmawati., Ikhlasia, M., and Panduragan (2020) shows that SEFT reduces anxiety.

Physical burnout also gives rise to manifestations of insomnia. Fatigue is assumed to be a consequence of prolonged stress. Repetitive and long-lasting stress can decrease corticotropin-releasing hormone (CRH) sensitivity and have an impact on the dysfunction of the Hypothalamo-Pituitary-Adrenalaxis activity and cause a state of hypercortisolemia in the circulation. The impact of this condition results in a decrease in the amount of melatonin hormone secretion in the Pineal gland so that a person has difficulty starting sleep at night (Putri, B. V. F. M., Amalia, E., & Sari, 2021). The results of research by Halid et al. (2021) and Wahyuni et al. (2022) show that SEFT effectively reduces emotional problems and increases relaxation so that a person falls asleep quickly.

Someone who experiences burnout syndrome will also experience behavior changes, including impulsive, high-risk behavior, excessive activity such as excessive cigarette consumption, and others. Research by Asmarani (2023) shows that SEFT is a therapy scientifically proven to reduce the number of cigarettes a person consumes.

In motivation, a person will lose morale, self-idealism, and disappointment. Decreased self-esteem is indicated by poor self-evaluation, low interpersonal relationships, loss of enthusiasm, decreased productivity, and lack of adaptability. The decline in self-achievement is also characterized by helplessness, feeling that all the

tasks given are heavy. When someone feels ineffective, they tend to feel inadequate. Every job feels difficult and undoable, and self-confidence is lacking (Stoykova et al., 2014). The results of Sakinah and Suyadi (2020) show that SEFT effectively reduces work stress and increases work motivation.

CONCLUSION

Improvement of physical and psychological problems after SEFT psychotherapy is a form of mind-body gap healing. SEFT directly handles disruption of the body's energy system to eliminate negative emotions so that these emotions will disappear because they are realigned with the body's energy system. Its effectiveness is relatively permanent. If practiced correctly, it does not cause pain or side effects.

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