

**PSYCHOSOCIAL EDUCATION “EMOTIONAL FREEDOM TECHNIQUES (EFT)”
FOR PREGNANT MOTHERS IN THE ADAPTATION OF NEW HABITS COVID 19****Ganda Agustina Hartati Simbolon¹, Marni Siregar², Sulastry Pakpahan^{3*}**¹⁻³Department of Mifwifery, Health Polytechnic of the Ministry of Health

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DOI: <https://doi.org/10.33024/jkpm.v5i11.8029>**ABSTRACT**

This community service is carried out of psychological education by providing Emotional Freedom Technique (EFT) therapy for pregnant women during the COVID-19 pandemic. This community service was conducted 3 times at the Public Health Center in Sipoholon District, namely the Situmeang Habinsaran (24 August 2021), and the Sitada-Tada (26 August 2021 and 2 September 2021), targeting 40 pregnant women in the third trimester. Depression, anxiety, and stress are three disorders that are often found in psychological disorders of pregnant women, especially during the Covid 19 pandemic. EFT is one way to reduce psychological disorders in mothers which are carried out in four set up, tapping, 9 gamut procedures, and repetition. After carrying out EFT, there was a change in the psychological response of mothers who experienced mild, moderate, and severe depression, turning into a normal state (100%). Pregnant women with anxiety disorders, experiencing changes, mild anxiety 3 people, and the remaining 33 people are in the normal category. psychological changes occur with stress disorders, namely the category of very heavy stress becomes non-existent, moderate stress 1 person, mild stress 1 person, and the rest (38 people) in normal conditions. During the adaptation period of the Covid 19 pandemic, health workers, pregnant women should continue to pay attention to preventing the transmission of Covid 19 following the health protocol. Doing EFT regularly at home will keep the body in balance, reduce stress levels, help calm the mind and body by eliminating emotional stress, and anxiety.

Keywords: Education, EFT, Pregnancy, Psychological**1. INTRODUCTION**

At the end of 2019, to be exact December 31, 2019, China reported a case of pneumonia of unknown cause. Initially, this case was reported in the Wuhan area, Hubei Province (Singhal, 2020). In three days, the number of patients with these cases numbered 44 people and continues to grow until now there are thousands of cases caused by the Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2) (Poland et al., 2020). At the beginning of March 2020, WHO has declared Coronavirus disease 2019 (COVID-19) as a pandemic that is endemic almost all over the world, with several signs and symptoms, including acute respiratory disorders such as fever, cough, and shortness of breath (Ganyani et al., 2020). The average incubation period is 5-6 days with the longest incubation period being 14 days (Tan et al., 2020). In severe cases of COVID-19, it can cause pneumonia, acute respiratory

syndrome, kidney failure, and even death (Segrelles-Calvo et al., 2021). In Indonesia, the spread of this virus occurred very quickly, widely, and in mass which was increasing day by day so the Government established the Covid 19 Disaster Status (Djalante et al., 2020).

As of October 17, 2020, Indonesia reported a total of 357,762 confirmed cases of COVID-19, 63,739 in treatment, 281,592 recovered cases, and 12,341 deaths (RI, 2020). While vaccine development is still in progress, the world is faced with the reality of preparing to live side by side with COVID-19 which can have an impact on everyone's mental and psychosocial health conditions (Madison et al., 2021). According to WHO, the emergence of a pandemic can cause stress at various levels of society (Pragholapati, 2020). It can be seen in the results of research on mental health and psychosocial problems conducted after the tsunami in 2004 which showed an increase in mental health and psychosocial problems almost doubling after 12 months, namely severe mental disorders from 2-3 to 3-4% of moderate to severe mental disorders (mild to a moderate mental disorder) from 10% to 15%, while moderate to severe psychosocial distress (mild to severe psychosocial distress) reached 30-50% (Zainab, 2022). The Covid-19 pandemic has also caused health problems mental or psychological. The study conducted by Hasridah (2021), in patients consisting of 265 men and 137 women was obtained, the majority or about 55 percent of the patients analyzed had at least one psychiatric disorder. In detail, 42 percent had an anxiety disorder, 40 percent had insomnia, 31 percent had depression, 28 percent had post-traumatic stress disorder (PTSD), and 20 percent had obsessive-compulsive symptoms (OC). The study also found that women were more likely to experience more severe psychological disorders (Ahmed et al., 2021).

Under normal circumstances, maternal and neonatal mortality in Indonesia is still a big challenge, especially during a disaster situation (Titaley et al., 2010). Currently, Indonesia is facing a non-natural COVID-19 national disaster so maternal and neonatal health services are one of the services affected both in terms of access and quality (Bahrum et al., 2021). It is feared that this will lead to an increase in maternal and newborn morbidity and mortality (Geissbuehler & Eberhard, 2002).

In this COVID-19 pandemic situation, there are many restrictions on almost all routine services including maternal and neonatal health services (Semaan et al., 2020). For example, pregnant women are reluctant to go to the health service facilities for fear of being infected, there are recommendations for postponing pregnancy check-ups and classes for pregnant women, as well as the unpreparedness of services in terms of personnel and infrastructure including Personal Protective Equipment (Bahrum et al., 2021). To prevent transmission of the virus, many pregnant women may feel anxious and afraid to go to health workers, maybe even a few who choose to take preventive measures by staying at home and physically distancing (Son et al., 2020). So it is undeniable that pregnancy and preparation for childbirth during the Covid-19 pandemic adds to the anxiety of mothers and families. Excessive anxiety contributes to pain during labor (Gazi & Oishee, 2021).

Mothers during pregnancy, childbirth, and postpartum are a group that is vulnerable to psychological disorders, including anxiety disorders (O'Hara & Wisner, 2014). Feelings of anxiety in pregnancy relatively occur in 10-15% of all pregnant women (Verbeek et al., 2015). Anxiety or anxiety is a feeling of worry, a fear that is not clear why. Anxiety and fear during pregnancy will

affect the health of the baby (Sinesi et al., 2019). According to several studies that babies born to mothers who have high levels of anxiety and fear during pregnancy will have a weak immune system, while babies born to fearless mothers will have a strong immune system (Hastuti & Wijayanti, 2017).

A study conducted by Resmaniasih (2014). found that the psychological condition of most pregnant women is influenced by young maternal age, low husband support, low income, a large number of family members, adverse life events, lack of self-confidence, worries related to pregnancy, and violence. In the household is a stronger determinant of poor antenatal psychological status. The study findings conclude that policymakers at the government level should launch specific intervention programs to improve maternal perinatal mental and psychological health at the community level (Juaria et al., 2016).

The initial survey conducted in Sipoholon District found that many pregnant women experienced anxiety about the transmission of the virus and anxiety about the process of giving birth later. Emotional Freedom Therapy (EFT) overcomes emotional problems, stress, anxiety, fear, anger, greed, and other personal problems by tapping two fingertips on several body locations called tapping points (Fone, 2010). If the energy path in the meridians is smooth, there will be harmony in the body and the body can fight disease (Chen et al., 2008). By doing EFT continuously, it will maintain body balance, reduce stress levels, help calm the mind and body by eliminating emotional stress, tension and anxiety (Salomon, 2011).

A study conducted by Budiarti (2018). found that the psychological condition of most pregnant women is influenced by young maternal age, low husband support, low income, a large number of family members, adverse life events, lack of self-confidence, worries related to pregnancy, and violence. In the household is a stronger determinant of poor antenatal psychological status. The study findings conclude that policymakers at the government level should launch specific The results of a study conducted by Marjan et al in 2018 on pregnant women in the third trimester, EFT contributed 57% to reduce anxiety levels and 43% to significantly lower blood cortisol which indirectly affected readiness for childbirth (Daerah, 2019). For Mothers with mild anxiety levels, psychological intervention can be done with relaxation exercises, breathing exercises, and mindfulness exercises. Giving affirmations/positive self-talk, saying positive statements about oneself, family, life, is one of the methods used for psychological problems during pregnancy, especially during the adaptation period for the new habits of Covid 19.

2. PROBLEM

Giving affirmations/positive self-talk, saying positive statements about oneself, family, life, is one of the methods used for psychological problems during pregnancy, especially during the adaptation period for the new habits of Covid 19. So this is the background for the need for psychosocial education with Emotional Freedom Therapy for pregnant women as one of the therapies to overcome the negative responses that mothers have during the Covid 19 pandemic.

3. METHOD

The method used was in the form of demonstrations to introduce the Emotional Freedom Technique to participants as well as training the participants' abilities (pregnant women) in carrying out EFT and the survey method was carried out to determine the psychological response of pregnant women during the Covid 19 period by using the DASS 21 questionnaire which was filled out by service participants before and after provision of Emotional Freedom Technique therapy. A sample of 40 people was obtained by the purposive sampling method. The materials and tools used are in the form of videos on the implementation of EFT and leaflets and questionnaires to determine the psychological response of pregnant women during the Covid-19 pandemic.

4. RESULT

Community service was carried out 3 times, that is August 24 at the Situmeang Habinsaran Public Health Center, August 26, 2021, and September 2 2021 at the Sitada-Tada Public Health Center November 2020 at the Sitada-tada Public Health Center. The results of interviews with 40 pregnant women can be seen in the graph below:

Characteristics of Respondents

Distribution of characteristics of respondents who take part in psychosocial education community service "emotional freedom techniques (EFT)" i.e.:

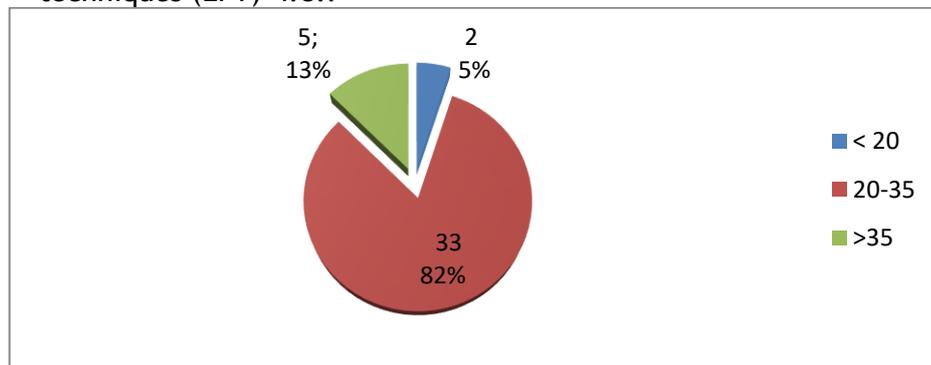


Figure 1. Age Distribution of Respondents Participating in Psychosocial Education Community Service "emotional freedom technique (EFT)"

The diagram above shows that the age of pregnant women is 20-35 years (82%). This age is a healthy reproductive age, where mothers at the age of 21 are considered mature in terms of emotions, personality, and social. Meanwhile, in mothers with the age of less than 20 years, the uterus and hips have not developed properly, so there may be difficulties in childbirth. On the other hand, age > 35 years is the age that is considered prone to complications in pregnancy.

Anxiety Levels of Pregnant Women During the Covid 19 Pandemic

Pregnant women with different levels of anxiety, in this activity there were 37 (92%) pregnant women who were worried about contracting Covid 19, can be seen in diagram 2:

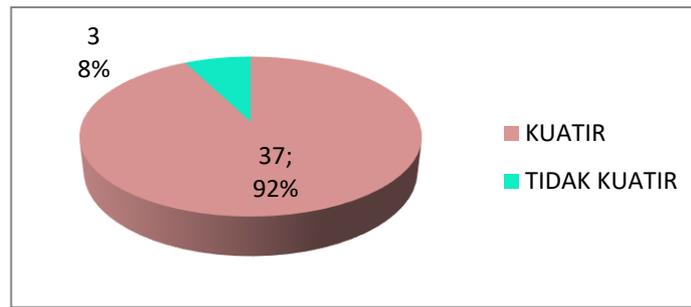


Figure 2. Anxiety Levels of Respondents Participating in Psychosocial Education Community Service “Emotional Freedom Technique” against the Covid19 Pandemic

Participation of Respondents for the Covid-19 Vaccine

Based on the participation of respondents for the Covid-19 vaccine, 75% (30 people) of pregnant women have received the Covid 19 vaccine, and 30% (10 people) have not received the vaccine, it can be seen in figure below:

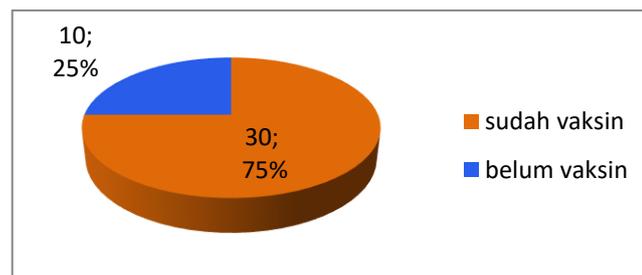
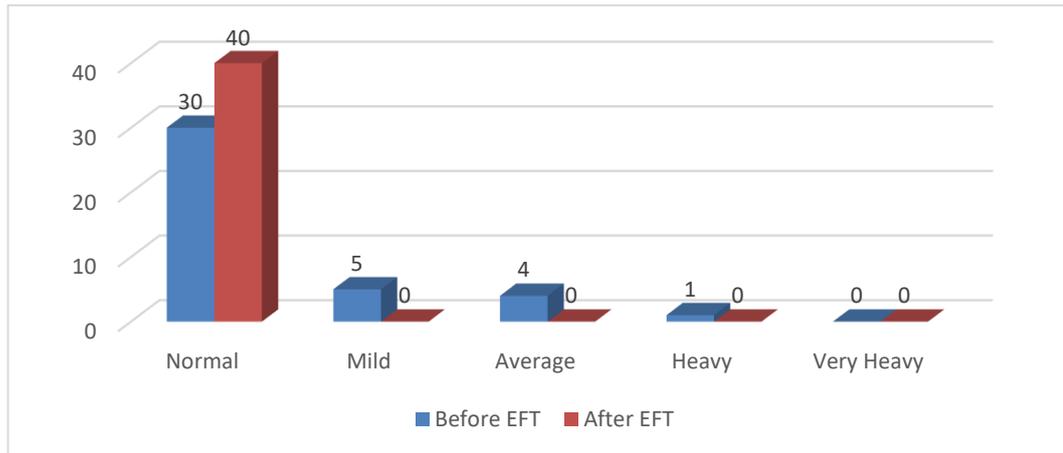


Figure 3. Participation of Respondents Who Participate in Psychosocial Education Community Service “Emotional Freedom Technique for the Covid-19 Vaccine

Psychological Response of Pregnant Women Before and After Doing “Emotional Freedom Technique” Therapy

The response of a mother has started since the mother was pregnant. Mood changes such as frequent anger, crying, and often sad or quickly changing feelings to happy are manifestations of unstable emotions (Suherni, et al, 2008). Three disorders are often found in pregnant women, namely depression, anxiety, and stress. The three disorders have almost similar symptoms. One of the psychological measuring tools used is the Depression, Anxiety, and Stress Scales (DASS) which can measure the severity of the three disorders. To find out how effective EFT is for mothers who have been given psychological education with EFT, it can be seen in the graph below:

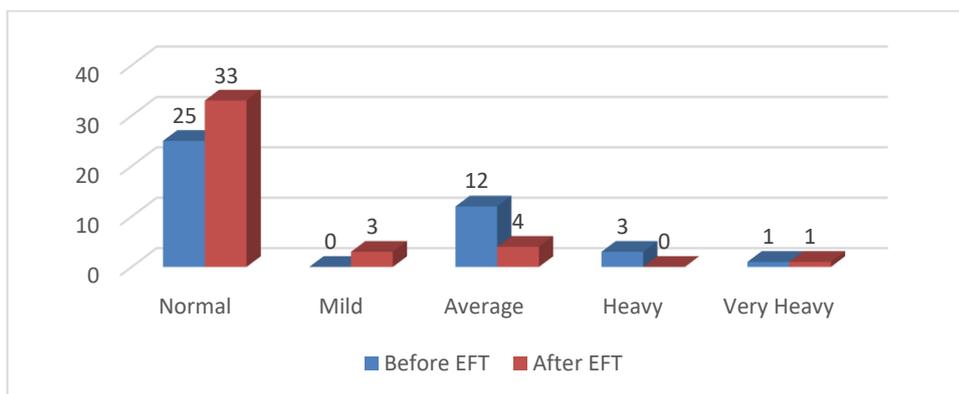


Depression Scales in Respondents Before and After EFT
Graph 1. Distribution of Psychological Disorders with Depression in Respondents Before and After Doing EFT

The graph above shows the psychological changes from depression experienced by mothers before and after performing EFT. From 40 pregnant women, 30 people are not depressed (normal), but there is 1 person who has severe depression, 4 people have moderate depression, 5 people have mild depression. However, after doing EFT, the depression experienced by the mother decreased and even became normal.

Anxiety Scales in Respondents Before and After Doing EFT

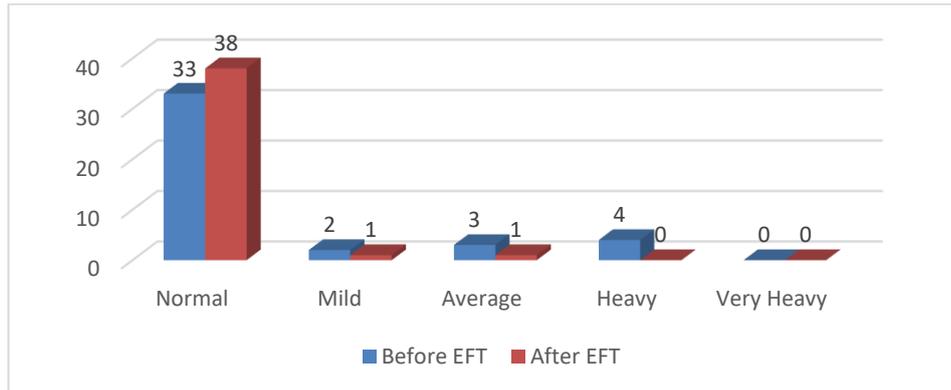
The graph 2 below shows the changes in anxiety experienced by mothers before and after EFT. Previously there was 1 person who experienced very severe anxiety, 3 people experienced severe anxiety, and 12 people experienced anxiety. After receiving psychological education, there was a change in the level of anxiety, namely very severe and severe categories to none, moderate anxiety to 4 people, mild anxiety to 3 people, and the remaining 33 people were in the normal category.



Graph 2. Distribution of Psychological Disorders with Anxiety in Respondents Before and After Doing EFT

Distribution of Psychological Disorders with Stress in Respondents Before and After Doing EFT

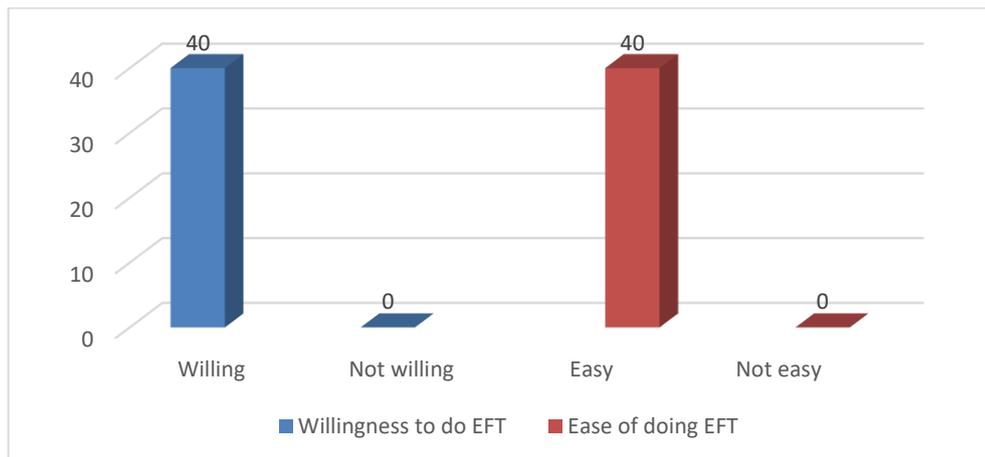
The graph 3 shows psychological disorders with stress experienced by mothers before and after doing EFT. Previously 4 people experienced severe stress, 3 people experienced moderate stress, and 2 people experienced mild stress. After receiving psychological education with EFT, there was a change in psychological stress, namely the category of very heavy stress became non-existent, 1 person moderate stress, 1 person mild stress, and the rest (38 people) were in normal condition.



Graph 3. Distribution of Psychological Disorders with stress scales in Respondents Before and After Doing EFT

What Respondents Feel After Doing “Emotional Freedom Techniques”

After following the EFT in which all participants (40 people) became more relaxed, their emotions were reduced, and expressed their willingness to do it at home. Following the theory, that the Emotional freedom technique is very effective and efficient to overcome negative habits (mental, emotional, social, economic, and spiritual)



Graph 4. Distribution of Respondents' Responses About Ease and Willingness to Do Emotional Freedom Technique

From the graph 4, it can be seen that all respondents (40 people) stated that it was easy to do Emotional Freedom Techniques therapy and were willing to do it at home. EFT therapy is very effective and efficient, can be

done anytime and anywhere, for both curative and preventive health purposes.

The Description Of The Activities

The description of the implementation of the service plan consists of 1). Provide counseling about the adaptation of new Covid 19 habits that can be carried out in preventing the transmission of Covid 19 during pregnancy; 2). Assessing the level of knowledge/understanding of mothers in preventing transmission of Covid 19 during the adaptation period to new habits of Covid 19; 3). Assessing the level of anxiety of community service participants by using a questionnaire before implementation; 4). Prepare a comfortable place that is used for Emotional Feeling Therapy in the Class of Pregnant Women; 5). Providing education about the Emotional Freedom technique using powerpoints and leaflets starting from the understanding, goals, benefits, and stages of implementing the emotional freedom technique; 6). Carry out demonstrations of the Emotional Freedom technique; 7). Visiting pregnant women who have carried out EFT at home and reassessing the level of maternal anxiety (post-test EFT).



Figure 1. Educational media

Figure 2. Coordinating Local Permission and Community Data Collection





Figure 3. An explanation of how to fill out the questionnaire



Figure 4. The presentation of the psychological adaptation of pregnant women and the EFT technique





Figure 5. The demonstration of EFT

5. DISCUSSION

The Covid 19 pandemic requires health workers including health educators to be at the forefront of handling and role models in preventing Covid 19. This activity is providing emotional freedom education. This therapy is an education to overcome maternal psychological problems against fear, anxiety, and even depression during pregnancy, childbirth, postpartum, breastfeeding and the intermediate period arising from the covid 19 pandemic. This activity is a promotive, preventive, and curative effort to overcome a mother's anxiety in connection with the covid 19 pandemic which is believed to affect her current situation (pregnancy, childbirth, postpartum, and breastfeeding). This activity also provides care for the current needs of mothers which can indirectly reduce maternal morbidity and mortality.

Psychological Response of Pregnant Women Before and After Doing “Emotional Freedom Technique” Therapy

Pregnancy causes physical and psychological changes that can provide high physical and mental stress and couple with other stress factors such as COVID-19 can cause fear, stress, and anxiety in pregnant women. Therefore, to overcome this fear, it is recommended that pregnant women can be trained for proper fear management and reduction of its effects, effective prevention, and protective behavior against COVID-19. (12) Furthermore, they should receive emotional and psychological support from their families, especially husband. The response of a mother has started since the mother was pregnant. Mood changes such as frequent anger, crying, and often sad or quickly changing feelings to happy are manifestations of unstable emotions. Three disorders are often found in pregnant women, namely depression, anxiety, and stress. The three disorders have almost similar symptoms. One

of the psychological measuring tools used is the Depression, Anxiety, and Stress Scales (DASS) which can measure the severity of the three disorders.

The Covid-19 pandemic requires mothers to choose to take preventive measures by staying at home and physically distancing. So that it cannot be denied that it will cause psychological problems for the mother and family. By tapping two fingertips on several locations of the body called tapping points. This tapping point corresponds to the meridian pathways in the body. If the energy path in the meridians is smooth, there will be harmony in the body and the body can fight disease.

Before doing EFT, 7 people experienced psychological disorders with stress (severe, moderate, mild). After receiving psychological education with EFT, there were psychological changes with stress disorders, namely the category of very heavy stress became non-existent, 1 person moderate stress, 1 person mild stress, and the rest (38 people) were in normal condition. Giving EFT therapy can overcome emotional problems, stress, anxiety, fear, anger, greed, and other personal problems. The results of a study conducted by Marjan et al in 2018 in third-trimester pregnant women, EFT contributed 57% to reduce anxiety levels and 43% in significantly lowering blood cortisol which indirectly affects readiness for labor. ⁽¹¹⁾

6. CONCLUSION

Psychosocial education, namely Emotional Technique Freedom therapy, can overcome the psychological problems of pregnant women (stress and anxiety) so that they can increase their sense of relaxation (comfort) during their pregnancy during the Covid-19 pandemic. Community empowerment and collaboration with health workers are expected to be able to improve the health of pregnant women physically and psychologically to prevent the transmission of Covid-19 to pregnant women.

Acknowledgment

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Conflict of interests

There is no conflict of interest to declare.

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