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The Effectiveness of Spiritual Emotional Freedom Technique (SEFT) Therapy against the Reduction of Work Fatigue in PT WIKA Beton Makassar

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ABSTRACT

The purpose of this study was to analyze the effectiveness of Spiritual Emotional Freedom Technique therapy to reduce work fatigue in workers at PT. WIKA Beton Makassar. This type of research was a quantitative approach with a quasi-experimental research method, and the research design used was a pretest-posttest control group design. In this study, the population was 60 workers and was taken into a sample of 38 respondents. Those were divided into 19 respondents in the experimental group and 19 respondents in the comparison or control group using a purposive sampling technique for sampling. The results of the different tests using the Wilcoxon Signed-Ranks test as the non-parametric analysis found that the intervention group value of p 0.000 < 0.005 was obtained, and the control group got a value of p 0.001 < 0.005. It indicated differences at the level of fatigue before and after therapy, both in the intervention and control group. Then the results of the Mann-Whitney test as the non-parametric comparison analysis showed that the intervention group got a value of p 0.000 < 0.005, while the control group obtained a value of p 0.035 < 0.005. The results of the analysis indicated that Spiritual Emotional Freedom Technique therapy was more effective in reducing work fatigue compared to the untreated control group. It is suggested that the results of this study can be a reference for company leaders, workers, and also future researchers to use SEFT therapy as an alternative therapy in reducing physical and psychological problems such as work fatigue.

Keywords: SEFT therapy, Physical and Psychological Problems, Work Fatigue.

INTRODUCTION

In the current 4.0 industrial era, it has brought humans to follow the elevating development of science and is accompanied by the rate of growth of technological sophistication that can help humans quickly carry out all their daily activities. Humans are social creatures who cannot live separately or need each other. According to the law of the Republic of Indonesia No. 1 of 1970 concerning work safety, states that every worker has the right to receive protection for safety in doing work for the welfare and to increase national production and productivity.^[1] Then referring to Law of Republic of Indonesia No. 13 of 2003 on employment, also stated that national development is implemented in the framework of Indonesian human development as a whole and the development of Indonesian society as a whole to realize a prosperous society, fair, prosperous, equitable, both materially and spiritually based on Pancasila and the Constitution of the Republic of Indonesia Year of 1945.^[2,3] Every human worker, in general, will experience fatigue when he has done an activity. Fatigue at work contributes more than 50% in the incidence of workplace accidents.^[4]

The SEFT theory explains that if the body's energy flow is disrupted because it is triggered by past memories or trauma stored in the subconscious, then a person's emotions will become chaotic. Starting from mild, such as bad mood, lazy, not motivated

to do something become too heavy, such as PTSD, depression, phobia, excessive anxiety, fatigue, and prolonged emotional stress. Actually, all of this has a simple cause known as disruption of the body's energy system. Because of that, the solution is also simple, neutralize the energy disturbance again with SEFT. The flow of energy that is blocked at several key points of the body must be freed so that it flows again properly. [5-7]

SEFT therapy has been widely used as a method to eliminate human physical and psychological health complaints. Like the results of research conducted by Khaqiqoh and Wardiana in 2018 with the research title "The Effectiveness of SEFT Therapy on reducing burnout in early childhood teachers in Sumbergempol District," found there was a significant difference in the results of filling out the burnout questionnaire between the experimental group and the control group, and there was therapeutic effectiveness. SEFT towards reducing Burnout in PAUD Teachers in Sumbergempol District. In addition, SEFT therapy can also improve a person's quality of life and sleep quality. [8] from the description above, the title of this research is The Effectiveness of Spiritual Emotional Freedom Technique (SEFT) Therapy against the Reduction of Work Fatigue in PT WIKA Beton Makassar.

MATERIALS & METHODS

It was quantitative research. In this study, researchers used quasi-experimental research. In contrast, the experimental design in this study was the Pre-Post test Control Group Design (one experimental group, one comparison group) using pretest and posttest. In this study, the experiment group was workers at PT WIKA Beton Makassar, who would be divided into two groups with the same criteria but different treatments. The population in this study were all employees of PT WIKA Beton Makassar, about 60 workers. The sampling method used in this study was purposive sampling, namely a technique to determine

the research sample with certain considerations. The minimum sample in the study was based on the Slovin formula with the results of 38 people, divided into 19 respondents in the intervention group and 19 respondents in the control group.

In this study, the data analysis was performed by using the SPSS (Statistic Package for Social Science) program version 21. The calculation results of the pre-post comparison test were using the Wilcoxon Signed-Rank test, while the difference test between the experimental group with the comparison group analyzed by using the Mann Whitney test, with a significance level of $\alpha = 0.05$.

RESULT

Respondent Characteristics

The description of respondent characteristics and frequency distributions were based on each variable (Table 1). Table 1 show that the distribution of respondents based on the highest age group was the age group of ≥ 25 years, about 34 persons (89.5%), while those < 25 years were four people (10.5%). According to variable Sex, the characteristics of the respondents based on the highest gender were male, about 36 persons (94.7%), while women were about 2 persons (5.3%). Variable Marital Status shows the distribution of respondents based on the marital status of the workers who were the sample in this study. The married status occupied the highest number were 31 respondents (81.6%), and those unmarried status were 7 respondents (18.4%). Variable Working period shows the results based on their working period. About 22 respondents whose work period was ≥ 5 years, while those whose working period was < 5 years about 16 respondents (42.1%).

Based on Table 2, showing the results of the Wilcoxon signed ranks test. It was found there was a decrease in the level of work fatigue in both groups with significant results. In the group that was subjected to the Spiritual Emotional Freedom Technique therapy intervention,

the pretest average value was 33.00, and the posttest treatment was 23.95. Then in the control group, the average pretest score was 23.37, and the posttest average score was 22.58. The results of the test identified that for the intervention group value of p 0.000 < 0.005 was obtained, and the control group got a value of p 0.001 < 0.005. So it means there were differences in the level of fatigue before and after therapy in the intervention group. Furthermore, there were also differences in the level of work fatigue experienced by the control group before and after being advised to take regular rest, or in this case, no intervention was carried out.

Table 1. Distribution of Respondents by Age Group in Workers of PT WIKA Makassar

Variable	n	(%)
Age Group		
<25 years	4	10.5
≥25 years	34	89.5
Sex		
Male	36	94.7
Female	2	5.3
Marital Status		
Married	31	81.6
Unmarried	7	18.4
Working period		
≥5 years	22	57.9
<5 years	16	42.1

Table 2. Work Fatigue Difference between Pre-Post Test on Intervention Group by Spiritual Emotional Freedom Technique (SEFT) Therapy and Pre-Post Test on Control group at PT Wika Beton Makassar

Variable		Mean	Std. Dev	p-Value
Intervention group	Pre	33.00	1.271	0.000
	Post	23.95	1.471	
Control group	Pre	23.37	1.065	0.001
	Post	22.58	1.071	

Based on Table 3., the non-parametric test (the Mann-Whitney test) results obtained significant differences between the control group and the intervention group. In the group given the Spiritual Emotional Freedom Technique intervention, the mean score was 28.47, and the standard deviation value was 4.758. Then in the control group or the untreated group, the average value was 22.97, and the standard deviation value was 1.127. The test results showed that the intervention group got a value of p 0.000 < 0.005, while the control group got a value of p 0.035 < 0.005. The test results indicate that the intervention

group and the control group both have different effects. However, in the group that was intervened with the provision of the Spiritual Emotional Freedom Technique therapy significantly affected the level of work fatigue felt by workers compared to the control group that was not given therapy or treatment. Thus, it can be concluded that the Spiritual Emotional Freedom Technique therapy was effective in reducing work fatigue experienced by workers at PT WIKA Beton Makassar.

Table 3. Comparison of the Effectiveness of Spiritual Emotional Freedom Technique (SEFT) Therapy on Work Fatigue Experienced by Workers between the Intervention Group and Control Group at PT WIKA Beton Makassar in 2020.

Variable	Mean	Std. Dev	p-Value
Intervention Group	28.47	4.758	0.000
Control Group	23.37	1.127	0.035

DISCUSSION

The Difference of Work Fatigue at Pre and Post Test in the Intervention Group of Spiritual Emotional Freedom Technique (SEFT) and at Pre and Post Test in the Control Group.

Following the difference test using the Wilcoxon Signed Ranks test, it was found that the intervention group got a value of p 0.000 < 0.005, and the control group got a value of p 0.001 < 0.005. So it means there were differences in the level of fatigue before and after therapy in the intervention group. Furthermore, there was also a difference in the level of work fatigue experienced by the control group before and after being recommended to take regular rest, or in this case, no treatment was done.

Fatigue itself is basically a normal effect when someone has done work with a long duration, or work that is heavy or requires a lot of energy and without being compensated by sufficient rest. Fatigue will occur more quickly when the body is not healthy, both physically and psychologically. [9] Excessive fatigue for workers who continue to force themselves to work will have an impact on the occurrence of calamities, such as work accidents. As research conducted by Tanriono, et al. In 2019 concerning the

relationship between work fatigue, sleep quality, driver behavior, and nutritional status against work accidents, it shows that the results of data analysis obtained p-Value = 0.001. Where the significance value found in the relationship between work fatigue and work accidents <0.05 , it can be stated that there is a significant relationship between work fatigue and work accidents. [10] Another study conducted by Hastuti, concerning on the relationship between work fatigue and the incidence of work accidents showed there was a relationship between work fatigue and the incidence of work accidents in hull workers of a construction company in Semarang with a p-value <0.05 . [11]

Fatigue can be reduced and can also be normalized, as for the way to reduce the occurrence of fatigue according to [12] is by providing sufficient calories as an energy booster for the body and brain, paying attention to the power of the body and brain's ability to perform work activities, and paying attention to the duration of time used to do work. Another way to reduce fatigue is by completely resting the body and brain, but another way, such as that done in this study, to reduce fatigue is by using the Spiritual Emotional Freedom Technique (SEFT). This is in accordance with what Ahmad Faiz Zainudin said in his book entitled Spiritual Emotional Freedom Technique (SEFT), where SEFT therapy is an emotional therapy that is able to raise hope, have confidence in someone and be able to solve psychological and physical problems that a person experiences by tapping or tapping lightly on acupuncture points followed by prayer and submission to the client that all healing is due to Allah SWT. [5]

SEFT works directly towards the body's energy disturbance system to eliminate negative emotions. SEFT does not need to uncover past traumatic memories. It can be said that SEFT made a "Short Cut" by cutting the chain right in the middle. It is enough to readjust the energy in our bodies, so the negative emotions will disappear by

themselves. The goal of SEFT therapy is to help other people, both individually and in groups, to reduce psychological and physical suffering. [5,13] This is the basis that SEFT therapy can reduce the level of fatigue experienced by workers.

Those explanations were in line with research conducted by Khaqiqoh & Wardiana, in 2018. Regarding the Effectiveness of SEFT Therapy on reducing burnout in PAUD Teachers in Sumbergempol District, it was stated that the results of the pretest and posttest differences between the experimental group and the control group using the Wilcoxon Signed Ranks test. There, the asymp value was obtained. Sig (2-tailed) is 0.001 because of the Asymp value Sig. (2-tailed) <0.05 or $0.001 <0.05$. Then according to the basis for the decision making of the Wilcoxon Signed Ranks test, it can be concluded there is a significant difference in filling out the burnout questionnaire during the pretest and posttest of the experimental group. [8]

Another research that is in line with this research was conducted by Hidayatullah, et al. In 2018. It concerning the effectiveness of the Spiritual Emotional Freedom Technique (SEFT) to reduce the anxiety of new students in terms of personality type, the results showed that the pretest and posttest data of the experimental group showed the value of $z = -3.482$ while the p-value is 0.000 ($p <0.05$). It means there is a significant influence between the pretest and posttest data in the experimental group. In addition, the mean value of the decrease in anxiety level is 10.00 means there is a positive effect of SEFT in reducing anxiety levels. [14]

Based on the results of this study and several theoretical explanations, the researcher assumed there was a significant difference in the results obtained between before therapy, and after therapy, that was a drastic reduction in fatigue levels, although the control group (the untreated group) also had differences in results or decreased levels of fatigue. However, most of the workers stated the same results when collecting data

before and after the study.

Comparison of the Effectiveness of Spiritual Emotional Freedom Technique (SEFT) Therapy on Work Fatigue Experienced by Workers in the Intervention Group and the Control Group.

According to the results of the non-parametric comparison test using the Mann-Whitney test, data showed that the intervention group got a value of $p = 0.000 < 0.005$, while the control group got the value of $p = 0.035 < 0.005$. The test results indicated that the intervention group and the control group both have different impacts. However, in the group that was intervened with the provision of the Spiritual Emotional Freedom Technique therapy significantly affected the level of work fatigue felt by workers compared to the control group that was not given therapy or treatment. Thus, the results of this test were in accordance with the hypothesis in the study. It can be concluded that the emotional freedom technique spiritual therapy was effective in reducing work fatigue experienced by workers at PT WIKA Beton Makassar.

The results of this study were in line with the research conducted by Khaqiqoh, et al. In 2018, which obtained the results of the Mann Whitney test, which was the asymp value. Sig (2- tailed) of 0.000 because of the asymp value. Sig (2-tailed) < 0.05 or $0.000 < 0.05$. According to the basis for decision making in the Mann Whitney test, it can be concluded there was a significant difference in the results of filling out the burnout questionnaire between experimental and control groups. Furthermore, another study conducted by Yuniarsih, et al. in 2015, concerning Pain and Anxiety Reduction of First Stage Maternity Mothers using SEFT Intervention found there was a significant difference in the mean reduction in anxiety intensity between the SEFT and Spiritual group (p -value = 0.030, $\alpha = 0.05$). SEFT intervention can result in a positive impact in reducing pain and anxiety better

than spiritual intervention. The results of this study indicate that tapping (light tapping at 18 main points) actually has an effect in reducing pain and anxiety.

In both the results of these studies, it can be concluded that SEFT therapy can normalize a person's condition both psychologically and physically. According to Suma'mur (2009), fatigue for every human being who does his job has different levels and is subjective. Tiredness itself is a condition in which body and soul experience a decrease in efficiency and resilience at work. Fatigue is a natural process of the body in protecting so that the body does not suffer fatal damage so that recovery is required.

The cause, fatigue can occur due to physical and psychological at work, where physiological factors are the accumulation of toxins (lactic acid) in the blood and psychological factors, namely conflicts that cause prolonged emotional stress. Physical fatigue is also fatigue due to physical work, pathological work, characterized by decreased work, fatigue, and is related to psychosocial factors. The work fatigue experienced by the treatment group in this study has been set for those who have a fatigue level in the tired category, while those who are not given treatment, in this case, are the control group which is a group of workers who have a fatigue level with a less tired category. Then after SEFT therapy, the results obtained in the intervention group were that the fatigue level of all workers decreased, and the untreated control group also decreased but less significantly.

The psychological condition of work is closely related to the stress experienced by workers. Stress is a condition that affects the emotions of a person's thinking and condition. Stress is a state of tension of emotions and thought processes to overcome obstacles in the environment. According to the results of research conducted by North Western National Life, one in four workers in America believe that

work is the number one cause of stress in their life. [20]

The stress experienced by workers in the intervention group at the time of assessment before therapy was in the high and moderate level of stress. At the same time, the control group had low and normal levels of stress. Then after the intervention group was given treatment, the stress level experienced by workers was reassessed, and the result was a decrease, as well as the control group, both experienced a decrease in work stress levels, but the most significant was the group treated with SEFT therapy. Based on the results of the research and discussion, the researchers assume that SEFT therapy can be applied in life, because it can reduce the level of work fatigue experienced by each worker, compared to just resting or without treatment. So that workers who experience fatigue can make this therapy a new way to reduce fatigue experienced, both psychological and physiological fatigue.

CONCLUSION

There were differences in the level of fatigue before and after therapy in the intervention group. Furthermore, there was also a difference in the level of work fatigue experienced by the control group before and after being recommended to take regular rest, or in this case, no treatment was applied. The Spiritual Emotional Freedom Technique therapy was effective in reducing work fatigue experienced by workers at PT WIKA Beton Makassar.

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