

THE EFFECTIVENESS OF EMOTIONAL FREEDOM TECHNIQUE (EFT) THERAPY TO ANXIETY OF BREAST CANCER PATIENTS STAGE II AND III

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Abstract

The aim of this study was to determine the effectiveness of Emotional Freedom Technique (EFT) therapy to anxiety of breast cancer patients stage II and III. This study used "Quasy experiment" design with "Non-equivalent control group". The study was conducted in Anyelir room and Cendrawasih room in Arifin Achmad Hospital Pekanbaru. Purposive sampling technique with inclusion criteria was used to recruit 30 respondents. The instrument in this study used in both groups was a questionnaire that has been tested for validity and reliability. The data were analyzed using paired sample t-test and independent sample t-test. The results in experimental group showed p value $(0.005) < \alpha (0.05)$ which means that EFT was effective to decrease anxiety in breast cancer patient. Based on this result, it is recommended that health provider especially nurses to use Emotional Freedom Technique (EFT) therapy as one of non pharmacological therapy to decrease anxiety.

Keywords : Anxiety, breast cancer, emotional freedom technique

BACKGROUND

Cancer is a collection of abnormal cells that are formed by cells that grow continuously, not limited, not coordinated with the surrounding tissues and physiological functions (Price & Wilson, 2005). According to data from the WHO (World Health Organization) in 2013, each year the number of cancer patients in the world increases, the incidence of cancer increased from 12.7 million cases in 2008 to 14.1 million cases in 2012. The highest Cancer in Indonesia in women is breast cancer. Globocan estimation, the International Agency for Research on Cancer (IARC) in 2012, breast cancer incidence of 40 per 100,000 women, and ranks first of all cancer cases are there (Risksdas, 2013). Data from Arifin Achmad, number of visits the previous year showed an increase, by 2012 as many as 155 patients, in 2013 increased to 186 patients.

Approximately 42% of women diagnosed with breast cancer showed moderate

anxiety symptoms and 30% other shows symptoms of severe anxiety (Hartati, 2008). Each organ has its own meaning (body image) for each person. A woman who knows that she has in her breast abnormality is definitely going to make the woman feel very upset. Breasts not only organ to breastfeed but also to appeal to men, so that cancer patients feel embarrassed by the shape of her breasts, and feeling unattractive. Another thing that can happen to a woman who was diagnosed with cancer will merasatakut death, loss of control, difficulty concentrating, anxiety, isolation, depression, and despair (Herath, 2005).

In the cases of breast cancer patients who will undergo surgical removal of the breast (mastectomy) expression that reflects anxiety and depression, negativistic attitude (denial) and cause a lot of cases that it should have a good prognosis, to be otherwise (Hawari, 2004).

One easy way can be done to reduce anxiety is to provide therapy Emotional

Freedom Technique (EFT). This technique uses self-acceptance phrase that combined with a light knock (tapping) the meridian points of the body to send signals that aims to brain calm. Knock lightly with one or two fingertips on acupuncture as effective as stimulation of the acupuncture practice, therefore, people call EFT with acupuncture without needles. Is a point on the meridian points of the body tissue and the dense network of nerve endings, mast cells and capillary and lymphatic channels. Meridian points turned out to have a high electrical potential compared to other points on the body. By tapping can cause a response over the network to involve nerve sensory nerve sentral, communicate with each other through neurotransmitters at synapses. Stimulation of the nerve tissue in the central to the peripheral will continue through the spinal cord to the brain stem hypothalamus, and pituitary. Stimulation of the peripheral will be delivered to the brain hypothalamic effect on the secretion of neurotransmitters such as -endorphins, norepinephrine and enkephalins, 5-HT, which acts as the inhibition of pain sensation. The secretion of these neurotransmitters also play a role in the immune system as an immunomodulator and repair function of other organs such as the psychiatric disease (Saputra & Sugeng, 2012).

Preliminary studies were conducted to 8 breast cancer patients at Arifin Achmad Hospital showed that the level of anxiety of different patients. Interviews were conducted in patients who are planned to run surgical removal (mastectomy), patients who had performed a mastectomy, and patients who were chemotherapy. The result was 2 patients experienced severe anxiety levels, 5 levels of anxiety moderate, and 1 mild anxiety level.

The purpose of this study is to investigate further the effectiveness of EFT therapy to anxiety breast cancer patients with stage II and III. And to identify comparative and mean change rataskor anxiety before and after EFT therapy.

This study is expected to be a source of information in the development of nursing science, especially concerning the use of non-

pharmacological therapies that can be used for the treatment of anxiety in patients with breast cancer.

METHODS

The research design used in this study is a quasi experimental research design with Non-equivalent Control Group. This study involved two groups: the experimental group and the experimental group control. Groups was measured before administration of the intervention (pre-test) and a measurement after a given intervention (post-test) while in the control group no intervention while still measuring the pre-test and post-test (Tjokonegoro & Sudarsono, 2007). Measurements using a questionnaire STAI anxiety scores (State Trait Anxiety Inventory) which contains 20 items. The sample in this study were 30 patients with breast cancer in the Anyelir room and Cendrawasih Arifin Achmad Pekanbaru that have met the inclusion criteria. The sampling technique used is purposive technique sampling and set of 15 respondents in each group.

RESULTS

A. Univariate analysis

Table 1

Distribution characteristics of the respondents

Characteristics	Experiment (n=15)		Control (n=15)		Value (n=30)	
	N	%	n	%	n	%
Diagnosed						
a. <1 year	4	13,3	12	40,0	16	53,3
b. 1-2 year	11	36,7	3	10,0	14	46,7
Marital status						
a. married	15	50	15	50	30	100
Age						
a. 26-35 year	1	3,3	2	6,7	3	10,0
b. 36-45 year	7	23,3	7	23,3	14	46,7
c. 46-55 year	7	23,3	6	20,0	13	43,3
Education						
a. Elementary school	5	16,7	6	20,0	11	36,7
b. Junior high school	2	6,7	1	3,3	3	10,0
c. Senior high school	7	23,3	7	23,3	14	46,7
d. University	1	3,3	1	3,3	2	6,7
Cancer stadium						
a. II	9	30,0	7	23,3	16	53,3
b. III	6	20,0	8	26,7	14	46,7
Type of treatment						
a. Mastectomy	11	36,7	6	20,0	17	56,7
b. Chemotherapy	4	13,3	9	30,0	13	43,3

Based on the table 1 that the majority of respondents in the experimental and control

groups had been diagnosed for less than one year as many as 16 people (53.3%). On the characteristics of marital status, respondents have all been married as many as 30 people (100%). In general, respondents are at the end of the adult age range (36-45 years) as many as 14 people (46.7%). At the characteristic level of education, the majority of high school educated respondents as many as 14 people (46.7%) of the 30 respondents. At the stage of the cancer characteristics of the majority of respondents were in stage II as many as 16 people (53.3%) and the majority of this type of treatment is mastectomy respondents as many as 17 people (56.7%).

B. Bivariate analysis

Table 2

Anxiety Score difference before and after intervention in the experiment group and the control group

Anxiety score	Mean	SD	p value
Experiment group			
Pre test	43,59	6,54	0,000
Post test	36,59	7,14	
Control group			
Pre test	44,24	6,24	0,334
Post test	44,17	6,27	

Based on the table 2 above, the results of statistical tests obtained a mean score of anxiety in the experimental group after a decline EFT therapy is given, where the results of pre-test is 43.59 by 6.54 SD decrease as post test into the SD 7.14 36.59 , Based on statistical test was obtained p value 0,000 ($p < .$), this result means that there is a significant difference between meanskor anxiety before and after. While the mean score of anxiety in the control group pre-test was 44.24 with SD 6.24, and the mean post-test anxiety scores was 44.17 with SD 6.27. Based on the obtained statistical test p value 0.334 ($p > .$), this result means that no significant decrease between the average scores of anxiety before and after.

Table 3

Differences Mean Anxiety Score After Intervention in Experimental Group and Control Group

Variable	Mean	SD	Mean difference	P value
Experiment	36,59	7,14	7,57	0,005
Control	44,17	6,27		

Based on table 3 using independent t test statistical test obtained a mean score of kecemasan post test experimental group was 36.59, while the mean post-test in the control group higher at 44.17. Statistical test results obtained p value of 0.005 ($p < .$). This shows that there are differences in anxiety scores between the experimental group and the control group after therapy is given EFT.

DISCUSSION

Results of research conducted in breast cancer patients found that the majority of breast cancer patients diagnosed less than one year as many as 16 people (53.3%). This is consistent with Sharpley and Christie (2007) which says that patients diagnosed with cancer will experience a rejection reaction when first know the diagnosis. The situation is very difficult for patients to be able to accept himself as a sick person. Patients feel sadness continuous, gloomy, suffer until the idea arose or pessimistic behavior. Anxiety reaction in a patient with breast cancer often arises not only when the patient was informed about the disease, but also after surgery.

The anxiety usually involve financial, environmental concerns are not welcome in the family or community. In the cases of breast cancer patients who will undergo surgical removal of the breast (mastectomy) expression that reflects anxiety and depression, negativistic attitude (denial) and cause a lot of cases that it should have a good prognosis, to be otherwise (Hawari, 2004).

Sudrajat (2012) which showed a fairly close relationship between social support her husband with the self esteem of breast cancer patients. Support from her husband, family and the people around will assist patients in

improving quality of life and make patients feel loved, cared for, and believe that they are appreciated. Husband support reliable if the person needs help, no one gave support to heal and give strength to face the disease being suffered. Husband support can also be given by providing opportunities wife to interact with people who are experiencing similar things with his wife, so as to form a wife's conviction that not only he who had breast cancer and wife make more confident that he can solve the problems faced.

The majority of breast cancer patients based on age are at the end of the adult category is 36-45 years (46.7%). This is supported by research Hartati (2008), which states that the majority of breast cancer patients aged 34-42 years (39.4%), but in contrast to research Ul'ulumi (2010) which states that the majority of breast cancer patients aged 50 years. Breast cancer is usually more common in adult women aged around 35-50 years, or are in pre-menopausal age. Breast cancer incidence will increase rapidly in the reproductive age, after which it increases with lower speed (Indrati, 2005). Age is a risk factor for breast cancer. The risk of breast cancer increases proportional to age. This relationship is suspected because of the effect of exposure to hormonal (estrogen) long (Bugis, 2007).

Administration of hormonal drugs should also be wary of such pills and injectables are not recommended to use more than 5 years and women over the age of 35 years must be careful to use it (Tjhahjadi, 2003). Another theory also says that the age of 30-50 years the incidence of breast cancer increases sharply (Price & Wilson, 2005).

Education has a role in determining a person's knowledge. In case this is breast cancer, both regarding risk factors that may trigger, what efforts can be done to prevent it and how early detection of breast cancer. Education in general is useful to change the mindset, the pattern of behaving and decision making patterns. Patients are aware of the goals of treatment are given every day is to accelerate the healing of patients the disease itself (Soenardi, 2006).

The level of education affects behavior and generate a lot of changes, especially in the field of health knowledge. The higher education more easily the person receiving the information, in this case related to EFT therapy. Breast cancer patients whose level of education is high school more easily understand EFT therapy compared with patients with lower levels of education. Notoatmodjo 2010 says that a person's education level affects the person's ability to receive information and process it before it becomes a good and bad behaviors that affect health status.

Stage of cancer usually starts to be known in stage II, because at this stage turns into a bigger bump. The size is between 2 to 5 cm, and the level had already spread to axillary (Yonas, 2014). One way that is effective and efficient in the prevention or early detection of breast cancer is with BSE regularly. BSE is the screening and detection of breast cancer is very efisien. Pemeriksaan done very simple, economical, does not cause pain and fast (Sutjipto 2003 in Nurhidayati, 2010). BSE early diagnosis and appropriate treatment is possible in total cancer treatment (Dixon and Leonart 2002 in Nurhidayati, 2010).

Most respondents have undergone a mastectomy treatment which amounted to 17 persons (56.7%). Operations carried out by taking some or all of the breast that aims to get rid of cancer cells in the breast. The earlier found, the possibility of recovery with the larger operation. Chemotherapy is a treatment using anti-cancer drugs (sitostika) to damage cancer cells. Treatment of breast cancer has a wide variety of effects for the sufferer. The treatment should be done in a fairly long period of time which can affect both physical and psychological. Breast cancer treatment is generally done by surgery, radiotherapy and chemotherapy. Breast cancer patients who perform breast removal by surgery (mastectomy) experienced physical effects such as functional impairment and disability in the chest that becomes flat (Sari, 2012). In addition, other side effects are the body becomes weak, decreased appetite, color of the

skin around the breast to be black, nausea, vomiting, and hair loss due to the influence of drugs (Princess, 2009). Psychological pressure which occurs in patients with breast cancer will make the condition of the patient worsened, therefore it is very necessary to have social support to aid healing and reduce psychological distress such as sadness and despair. The results of treatment are not maximized also be a stimulus that can influence the onset of helplessness and anxiety (Wijayanti, 2007).

Hartati (2008) stated that the majority of the anxiety experienced by breast cancer patients are at moderate levels of anxiety. It is usually related to financial issues, the concern is not received within the family or community. Other factors that can cause stress and anxiety is a foreign environment, the loss of independence that had increased and require the help of others, separation from spouse and family, lack of information, the threat of more severe disease as well as problems of treatment (Tarwoto & Wartonah, 2003).

One of the actions that can be done to reduce anxiety in patients with breast cancer is EFT therapy. This opinion is supported by Fone, 2008, which suggests that EFT therapy can calm the brain. After EFT therapy found some respondents say feel calmer and more sincere. EFT therapy using the phrase suggestion that encourage patients to turn into a positive mindset. Suggestion pronounced sentence in accordance with the grievances felt by each respondent the burden of thinking for this particular complaint for breast cancer disease. EFT process combines the suggestion sentence by tapping lightly (tapping) the dot-meridian points of the body. Meridian points of the body is the path of energy flow throughout the body. If the energy flow is blocked or chaotic then timbulah emotional disorders or physical illness (Hainsworth, 2008)

EFT said as acupuncture without needles because in EFT tapping replaced with a needle. EFT is a point on the same meridian points as in acupuncture, but much simpler. The reaction of the stabbing occurred as a result of the response through a network of

sensory nerves to involve the central nervous. Neural networks to communicate with each other through neurotransmitters at synapses. Stimulation of the nerve tissue in the central to the peripheral will continue through the spinal cord to the brain stem hypothalamus and pituitary resulting effect on the secretion of neurotransmitters such as -endorphins, norepinephrine and enkephalins, 5-HT (serotonin), which acts as an inhibition of pain sensation. The secretion of these neurotransmitters also play a role in the immune system as an immunomodulator and improvement in the function of other organs such as psychiatric illness (Purba, 2012).

CONCLUSION

The measurement results obtained by the mean pre-test in the experimental group was 43.59 after the treatment given EFT therapy for 3 days decreased while post-test becomes 36.59. While the mean pre-test in the control group was 44.24 into 44.17. Statistical test results in the experimental group by using test Dependent T Test was obtained p value of 0.000 ($p < 0.05$). This means that there are significant differences between the mean scores of anxiety before and after EFT therapy.

In the control group got no decrease in anxiety scores with p value 0.334 ($p > 0.05$). Researchers then compared the results of post test between the experimental group and the control group using T Test Independent test results obtained pvalue value of 0.005 ($p < 0.05$). These results prove there is a difference between the mean scores of anxiety post test between the experimental group and the control group. Thus, it can be concluded that the administration of EFT therapy is effective in reducing anxiety scores breast cancer patients with a p value $< .$

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