

ORIGINAL ARTICLE

The Effect of EFT (Emotional Freedom Technique) to the Self Esteem among Nurses

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ABSTRACT

Introduction: Nurses are imperative people as health providers for helping people in health services, but many have problems with self-esteem. Self-esteem is an essential component in building good mental and health. One of the complementary therapies that can help improve mental health is the Emotional Freedom Technique (EFT). Tapping on certain body spots with words or affirmations is EFT, a safe psychological energy therapy. This study aims to examine the effect of EFT on self-esteem. **Methods:** A pre-post test was used in this quasi-experimental investigation. The sampling technique used convenience sampling for 115 participants who joined EFT Training. Self-esteem was measured using the Rosenberg Self Esteem Scale, which was administered to all participants. It was decided to use the paired t-test to determine the mean difference between before and after the intervention. **Results:** TEFT was effective in increasing self-esteem, with a substantial outcome (P value=0.000). **Conclusion:** Emotional Freedom Technique (EFT) can be an alternative to boosting nurses' self-esteem.

Keywords: Self Esteem, EFT, Nurses

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INTRODUCTION

A nurse is one of the health care workers, and this profession is great and noble, but many of them still battle with low self-esteem in the nursing profession. Low self-esteem is a major source of concern. Nurses who have a positive self-image are more likely to provide therapeutic patient care, whereas nurses who have a negative self-image are less likely to do so. (1,2). The development of one's personality and professional

identity is dependent on one's sense of self-worth, which is critical (3). Nurses who struggle with their self-esteem may exhibit immature behaviours at work. Nurses often experience burnout in their works, and high-pressure environments can lead them to stress and burnout (2). Nurses who are burnt out may struggle to maintain positive self-esteem. (4). Low self-esteem is a problem that can be overcome with time, effort, and a strong desire to improve better situation.

Self-esteem can be defined as the amount of value people place on themselves, and it is the evaluative component of self-knowledge that is most important. To get a positive personality, nurses have to get positive self-esteem. There were a few techniques and strategies

to gain positive self-esteem, the education and training were strategies for getting positive self-esteem in nurses, and EFT is one of them (5).

EFT can treat anxiety, phobias, and tension. Quick and remarkable therapeutic outcomes and discomfort relief are psychological intervention techniques to facilitate emotional healing (6). The EFT has appears to be a promising way to reduce emotional distress in different settings and populations (7). Existing studies examine the effect of EFT on nurses’ stress and anxiety but have not explored the details of its impact on nurses’ self-esteem. Even though this self-esteem is an entry point, nurses feel proud of themselves and can carry out their duties optimally in clinical and community settings. Nurses with low self-esteem will have significant issues communicating with their coworkers and patients. This study will further discuss the effect of EFT therapy on self-esteem in nurses.

MATERIALS AND METHODS

This research was conducted with a quasi-experimental approach with one group pre-post test. This study aimed to measure the mean self-esteem difference before and after the Emotional Freedom Technique’s Training. A total of 115 nurses joined the study. Self-esteem was assessed using the Rosenberg Self Esteem Scale (RSES). Self-esteem was measured using the modified Rosenberg Self Esteem Scale (RSES) questionnaire, which was customized to the nursing practice of the respondent. The number of questions is 16 and consists of 4 dimensions, namely (a) significance; (b) competence; (c) power; and (d) virtues. All items were declared valid, with each correlation coefficient greater than 0.3. The instrument is reliable with Cronbach’s Alpha and alpha test results > 0.7 (0.960).

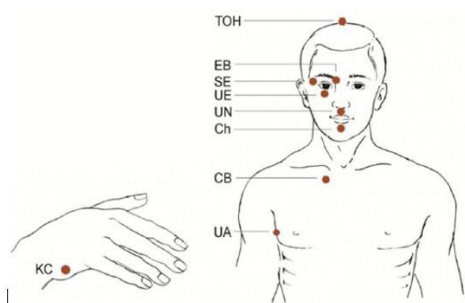


Figure 1 : Anatomical Landmarks for EFT

The intervention carried out in this group was the Emotional Freedom Technique (EFT). The technical implementation of EFT is as follows: The EFT step by step by following the guidelines (using affirmations and tapping the Meridian point). It is a meticulous tapping sequence at the ends of all nine meridian points used in EFT Tapping. EFT is primarily focused on nine points:

the karate chop, the top of the head, the eyebrow, the side of the eye, under the eye, under the nose, the chin, the beginning of the collarbone, and the under the arm of the patient (Figure 1 : Anatomical Landmarks for EFT) This intervention is conducted through online public speaking training with the Zoom platform. A paired t-test was used to assess mean differences before and after the intervention. This research has been through ethical approval from the centre of research and community services STIKep PPNI Jawa Barat No. III/001/KEPK-SLE/STIKEP/PPNI/JABAR/VI/2021. This letter showed ethical approval for the research protocol of the Emotional Freedom Technique. The participants were also informed at the beginning of the study that participation was voluntary, results were confidential, and that they could withdraw at any moment without consequence. All responses were anonymously recorded.

RESULTS

There were a total of 115 nurses who participated in this study. The mean score of self-esteem increased after the intervention, from 68.95 (SD:9.64) to 71.94.14 (SD:8.73), according to paired t-test results, the P-value based on mean difference before and after the intervention is 0.00, indicating that there is a substantial difference in self-esteem before and after EFT intervention. The average value of nurses’ self-esteem before the intervention was 68.95, which increased after the EFT intervention to 71.94.

Table I: Mean Score of Self-Esteem

Mean (SD) Pre	Mean (SD) Post	P-Value
68.95 (SD:9.64)	71.94 (SD:8.73)	0.00

DISCUSSION

This study included 87 female nurses and 28 male nurses. Women’s self-esteem has a lower average value than men’s. Several decades of research on age and gender differences in self-esteem has revealed that men have higher self-esteem than women, and that both men and women experience age-graded increases in self-esteem. This is related to differences in openness, conscientiousness, extraversion, friendliness, and neuroticism (8). Several things can happen if a nurse has low self-esteem. It has a negative effect on nurses such as feeling anxious, failing to complete required or assigned tasks, making a mess and not taking care of things, not liking structure and schedules, not liking new things, refusing new ideas, disliking cares about other people’s feelings, less interested in other people’s problems including their patients.

In this world, there are more female nurses than male nurses. Some people believe that nursing is still viewed as a feminine profession. Nurses, who play an essential

role in healthcare delivery, face significant strain and stress due to an excessive amount of work, providing health services and patient support, low wages, administrative difficulties, a poor professional image, and a lack of self-esteem. (9). Stress and burnout were directly related to low self-esteem among healthcare employees (2). Nurse burnout had a negative impact on compassion satisfaction and individual success. In the nursing profession, psychological stress has long been recognized as an unwelcome side effect of the job (6). Nurses found high scores in burnout, and there were positive correlations between self-esteem and burnout (10).

Self-esteem is an influential variable in improving the performance of nurses. Nurse performance is a measure of the success of health services in hospitals (11). As a result, the higher a person's self-esteem, the better performance and the likelihood of success. Self-esteem will motivate him to perform to his best abilities following his duties and responsibilities (11). Someone who feels significant and valuable will fulfil their duties and responsibilities both as an organization member and as an individual. People with high self-esteem will build better and healthier relationships with other people, be polite, and make themselves successful, thereby improving their performance (11).

In this study, it was found that EFT can increase nurse's self-esteem. There was a significant increasing effect before and after EFT intervention. EFT therapy employs phrase affirmations to urge patients to adopt more positive thought habits (12). Gary Craig developed Emotional Freedom Technique (EFT) in 1990 as a psychological energy therapy technique that combines acupuncture and mind-body medicine. When it comes to treating various concerns, such as emotional symptoms and physical discomfort, EFT is one treatment that can be utilized to help. The current version of energy therapy is known as EFT. Although EFT is based on acupuncture or parallels acupressure, there are variations between EFT and these therapies. The distinctions in therapy include acupuncture, which uses tiny needles to stimulate the body's meridians, and acupressure, which uses massage. In contrast, EFT uses tapping to tap the meridian points without the client feeling pain gently (13).

EFT has various benefits in overcoming emotional disorders, including anxiety, fear, phobias, stress, trauma, sadness, and other emotional disorders. EFT can also overcome physical problems such as aches and pains, impaired self-image, addictive behaviour. The benefits of EFT can be felt after going through 3 stages, namely preparation (set-up), tapping (tapping), and evaluation which is applied to the meridian energy points that have an emotional relationship with physical discomfort and feelings in the hands, face, and chest. The function of the meridian points is as a liaison between body organs (13).

The reaction to tapping occurs due to the sensory nerve network responding by involving the central nervous neurotransmitters at synapses, the connections between neurons that enable neural networks to communicate with one another. The hypothalamus and pituitary receive stimulation from peripheral tissues, providing them with neurotransmitters such as endorphins, norepinephrine, and enkephalins. 5-HT (serotonin) is a neurotransmitter that inhibits the perception of pain. The production of this neurotransmitter also affects the immune system, acting as an immunomodulator and on other organ functions, such as those associated with psychiatric illnesses, among other things (14).

EFT may affect the body's physiological systems that control stress, emotional intensity, and the associated neural transmission frequencies. When cognitive strategies are used in conjunction with systems such as acupuncture, a synergistic effect occurs, resulting in a shift in the cognitive, behavioural, and neurochemical underpinnings of psychological problems. EFT appears to decrease amygdala activity, resulting in calming the threat response to emotional triggers. Like cognitive behavioural therapy and Mindfulness, EFT is based on the premise that acceptance of a particular condition or problem can alleviate suffering rather than resist it. It plays a role in overcoming mood disorders, anxiety and negative thoughts and can increase nurse's self-esteem (13,15).

A single group EFT session can lead to highly significant reductions in stress, anxiety, and burnout scores. Moreover, the method of EFT is fast, easy, and can carry out online (15).

EFT is proven to promote calm, relax, and is beneficial in a variety of situations (14). Furthermore, the properties of EFT have contributed to its increasing acceptability in primary care settings as a safe, fast, dependable, and successful treatment for both psychological and medical diagnosis, among other things (16). The fact that EFT may be extremely effectively self-administered suggests that it may suit a broader range of applications. Furthermore, EFT may be easily applied to other elements of people's lives, such as work stress and financial demands, resulting in an individual's overall health and well-being (17). This study proved that EFT effectively increases positive self-esteem for nurses, and it was shown that EFT could motivate nurses to have good character. A high sense of self-worth is a protective factor in preserving psychological well-being (18).

A nurse with high self-esteem will generate self-confidence, confidence in one's abilities, a sense of usefulness, and a sense that her presence is needed in this world. A nurse who has reasonably high self-esteem will be sure to achieve the expected performance. An employee who has self-esteem will be more enthusiastic, more independent, more capable and empowered, able

to accept challenges, more confident, not easily give up and discouraged, easy to take responsibility, able to face life better and feel equal with others. These feelings will affect how a person behaves and produces optimal performance in treating patients.

The implication of EFT application can also be tested on patients. EFT has been scientifically proven to treat the patients we see effectively. EFT can be used to help patients with wound healing, rehabilitation progress, post-traumatic stress disorder, non-pharmacological pain management, addictions such as drug and behavioural addiction, and the ability to wean off medication for inflammatory conditions such as asthma, hypertension, and diabetes.

Nurses can increase their self-esteem with EFT. And also can continue by applying EFT to the patient being managed. Of course, this will indirectly increase nurses' self-confidence and self-esteem, which impacts feelings of satisfaction and more optimal quality of life for nurses.

CONCLUSION

This study was conducted to determine the effectiveness of Emotional Freedom Technique on nurses' self-esteem. The research concluded that the EFT effectively boosts self-esteem among nurses. High self-esteem in nurses will improve the quality of health services for patients. Further research is needed to find out changes in nurses' altruistic attitudes as the impact of increasing self-esteem through EFT interventions

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