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Research Article

The Effectiveness of the Combination of Spiritual Emotional Freedom Technique and Slow Deep Breathing in Lowering Blood Pressure Reduction in Hypertensive Patients at UPT Puskesmas Pasundan, Bandung City

Nyayu Nina Putri Calisanie^{1*} | Ira Santika²

^{1,2}Sekolah Tinggi Ilmu Keperawatan PPNI Jawa Barat, West Java – Indonesia

*contact

nina.calisanie@gmail.com

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Abstract

Aims: Hypertension is the leading cause of death from stroke worldwide and a factor that exacerbates myocardial infarction if not treated properly. Hypertension in addition to causing physical injury can also cause emotional wounds such as stress. The combination of spiritual emotional freedom techniques and slow deep breathing can lower blood pressure in folks with high blood pressure as a result of because it may be a non-pharmacological treatment which will heal emotional wounds equivalent to stress.

Purpose: To decide the effectiveness of a aggregate of spiritual emotional freedom techniques and slow deep breathing decreasing blood stress in hypertensive patients.

Methods: This study used a quasi-experimental control group design with a pretest-posttest and a random test. The sample was selected by means of a targeted sampling of up to 58 respondents, namely 29 intervention groups and 29 control groups. The instruments used are a digital sphygmomanometer, a chart and a notebook.

Results: There became a lower in systolic blood strain with the aid of using 24.20 mmHg and diastolic with the aid of using 7.55 mmHg. The effect of the ANCOVA test, the p-value of systolic 0.000 ($p < 0.05$) and diastolic 0.002 ($p < 0.05$) which suggests a significant conclusion.

Conclusion: The combination therapy of spiritual emotional freedom and slow deep breathing is powerful in decreasing systolic and diastolic blood strain in hypertensive patients.

Keywords :

Spiritual emotional freedom technique, slow deep breathing, blood pressure, hypertension

INTRODUCTION

Hypertension is dubbed the silent killer or number one silent killer in the world every year because it doesn't cause any specific symptoms and can be attacked by anyone at any time (1). Hypertension is a

situation whilst someone has a systolic blood strain of 140 mmHg and a diastolic strain of 90 mmHg (2). Hypertension is a very serious health problem today in both developed and developing countries (1). Hypertension that lasts a long time and is not handled properly will increase the

morbidity and mortality rates so that it becomes a burden on the country (2).

The results of the prevalence of hypertension in the world reach around 1.13 billion individuals, less than 1 in 5 people are diagnosed with hypertension in the world (WHO, 2019). In the United States as many as 25% of people are aware of having hypertension and about 13% they do not know they have hypertension (3). The number of people with hypertension is estimated to increase by another 25% or 1.5 billion by 2025, and the number of deaths from hypertension and its untreated complications will reach 9.4 million (4). In Indonesia, the death rate due to hypertension in 2016 reached 23.7% from 1.7 million (1). The consequences of the superiority of high blood pressure on the age of 18 years had been round 34.11% or 658.201 humans with the best instances being in West Java Province (5).

West Java Province is the region that ranks first with the highest hypertension cases reaching 39.6% or around 121.153 people with the number of patients diagnosed by doctors as much as 9.67% (5). Pharmacological treatment is still the main choice for hypertension in West Java Province from 12,480 people as much as 55.12% routinely take medication, and patients who do not routinely take medication as much as 32.54%, the reason for patients not regularly taking medication from 5,626 people is 55, 2% of patients feel they are healthy, 37.7% do not routinely seek treatment, and 10.2% often forget to take their medicine, so other alternatives are needed that can combine pharmacological and non-pharmacological therapy (5).

Non-pharmacological remedy is one of the powerful approaches to decrease blood pressure (6). Non-pharmacological management includes energy therapy, types of energy therapy, namely SEFT, Qi Gong, and Reiki (7). SEFT (spiritual emotional freedom technique) is a sort of remedy that mixes power psychology and spirituality

with the aid of using gently tapping at the meridians of the frame the usage of fingertips that could decrease blood pressure (8). Stimulating the body's meridians for 15-25 minutes can have a relaxing effect and suppress the production of the blood hormones epinephrine and cortisol (9). The hypothalamus activates the sympathetic nervous system, suppresses stress responses, stimulates vasodilation of blood vessels, and lowers blood pressure (9). High blood pressure can also be reduced by deep breathing relaxation therapy, one type of deep breathing relaxation technique is SDB (slow deep breathing) (10). SDB therapy is a relaxation technique that is carried out with awareness, the goal is to regulate breathing slowly and deeply (11).

Based on studies conducted by researchers, most of them only do spiritual emotional freedom technique, and no one combines it with other types of relaxation therapies such as slow deep breathing. Therefore, the researchers combined spiritual emotional freedom technique and slow deep breathing techniques to lower blood pressure in hypertensive patients because this treatment is easy and cheap to do.

METHODS

This sort of studies is a quasi-experimental with randomized pretest-posttest manipulate institution design. The examine changed into performed withinside the operating region of the UPT Puskesmas Pasundan, Regol District, Bandung City on April 29 – May 12, 2021.

The pattern on this examine have been 58 hypertensive sufferers who got here to the UPT Puskesmas Pasundan, Regol District, Bandung City. A general of 29 respondents withinside the intervention institution and 29 respondents withinside the manipulate institution used centered purposive sampling technique. Selection standards are sufferers over 40 years of

age, systolic blood strain above 140 mmHg, diastolic blood strain above 90 mmHg, sufferers taking antihypertensive medication, and sufferers who've in no way acquired SEFT remedy and SDB. The exclusion criteria in this study were patients who experienced anxiety.

The blood pressure measurement instrument uses a Yuwell brand digital sphygmomanometer which has been calibrated with a kappa value of 0.84. A booklet that contains definitions, goals, and steps in performing a combination of spiritual emotional freedom technique and slow deep breathing. A notebook containing the date, time, scale before therapy and after therapy is used as a reminder to do therapy independently at home.

RESULTS

1. Characteristics of Respondents

Characteristics of respondents in hypertension patients include age, gender, education, occupation, history of hypertension, consumption of anti-hypertensive drugs, cigarette consumption which are listed in table 1. Table 2 indicates the impact of the mixture of spiritual emotional freedom technique and slow deep breathing on the reduction of systolic and diastolic blood strain in hypertensive sufferers withinside the intervention and manipulate. Table 3 indicates the variations among systolic and diastolic blood strain earlier than and after management of a mixture of spiritual emotional freedom techniques and slow deep breathing in hypertensive sufferers withinside the intervention and manipulate groups.

Table 1.
Characteristics of respondents in patients with hypertension

Characteristics	Total (N = 58) %	Intervention Group N = 29 (%)	Control Group N = 29 (%)	P-Value
Age (Mean ± SD)	63.7±9.5	64.55±9.245	63.03 ± 9.771	0.546
Gender				
Woman	43 (71.7)	25 (41.7)	18 (30.0)	0.078
Man)	15 (25)	4 (6.7)	11 (18.3)	
Education				
SD	22 (36.7)	12 (20.0)	10 (16.7)	0.861
junior high school	10 (16.7)	4 (6.7)	6 (10.0)	
high school	17 (28.3)	9 (15.0)	8 (13.3)	
College	9 (15)	4 (6.7)	5 (8.3)	
Work				
Does not work	39 (65)	20 (33.3)	19 (31.7)	0.647
civil servant	7 (11.6)	2 (3.3)	5 (8.3)	
Private sector employee	8 (13.4)	4 (6.7)	4 (6.7)	
entrepreneur	4 (6.7)	3 (5.0)	1 (1.7)	
History of Hypertension				
Yes	35 (58.3)	18 (30.0)	17 (28.3)	0.788
No	23 (38.3)	11 (18.3)	12 (20.0)	
Consumption of Antihypertensive Drugs				
Routine	26 (43.3)	12(20.0)	14 (23.3)	0.597
Not a routine	32 (53.3)	17 (28.3)	15 (25.0)	
Cigarette Consumption				
Yes	9 (15)	6 (10.0)	3 (5.0)	0.277
No	49 (81.6)	23 (38.3)	26 (43.3)	

Based on table 1 suggests that during 58 respondents the common range of respondents become 63.7 years with a popular deviation of 9.5, female sex was 43 (41.7%), the last education was elementary school as many as 22 (36.7%), no working as many as 39 (65%), having a history of hypertension as many as 35 (58.3%), not regularly taking antihypertensive drugs as many as 32 (53.3%), and not consuming cigarettes as much as 49 (81.6%).

The consequences of the impartial t-test (p-value > 0.05) and chi-square (p value < 0.05) confirmed that there has been no widespread distinction among the intervention institution and the manage institution in phrases of age, gender, training, occupation, records excessive blood pressure, use of antihypertensive pills,, and use of tobacco.

2. Lowering Blood Pressure Before and After Intervention Spiritual Emotional Freedom Technique and Slow Deep Breathing

Table 2.

The impact of the aggregate of spiritual emotional freedom technique and slow deep breathing on the reduction of systolic and diastolic blood strain in sufferers with high blood pressure withinside the intervention and manipulate groups

Variable	Pre-test (Mean ± SD)	Post-test (Mean ± SD)	t	Average difference	P- value
Intervention Group					
systole	163.52 ± 8.584	139.31 ± 7.373	-36.117	24.20	0.000
diastole	99.07 ± 3.139	91.52 ± 2.707	-18.647	7.55	0.000
Control Group					
systole	161.90±7.223	142.48±6.885	-55.037	19.41	0.000
diastole	98.55±2.429	92.59 ± 2.571	-21.090	5.96	0.000

Table 2 indicates that withinside the intervention institution the effects of the pre-take a look at systolic blood strain on common 163.52 with a general deviation of 8.584 and the post-take a look at effects of systolic blood strain reduced through a median of 139.31 with a general deviation of 7.373 with a substantial cost of p-cost p = 0.000 (p<0.05). While the effects of the pre-take a look at diastolic blood strain a median of 99.07 with a general deviation of 3.139 and the post-take a look at effects of diastolic blood strain reduced through a median of 91.52 with a general deviation of 2.707 with a substantial cost of p-cost = 0.000 (p< 0.05). Based on a substantial cost, Ho is rejected and Ha is accepted. This manner that the combination of spiritual emotional freedom techniques and slow deep breathing has a significant effect on the reduction of systolic and diastolic blood strain in hypertensive sufferers withinside the intervention institution.

In the manipulate institution the effects of the pre-test systolic blood strain on common 161.90 with a general deviation of 7.223 and the post-test at effects of systolic blood pressure decreased by an average of 142.48 with a general deviation of 6.885 with a substantial p-cost p = 0.000 (p<0.05). While the effects of the pre-take a look at diastolic blood strain a median of 98.55 with a general deviation of 2.429 and the post-take a look at effects of diastolic blood strain reduced through a median of 92.59 with a general deviation of 2.571 with a substantial p-cost p = 0.000 (p< 0.05). Based on a substantial cost, Ho is rejected and Ha is accepted. This manner that the combination of spiritual emotional freedom techniques and slow deep breathing has a substantial impact on the reduction of systolic and diastolic blood strain on top of things hypertensive sufferers.

Therefore, researchers used bivariate analysis to determine systolic and diastolic blood strain earlier than after giving a combination of spiritual emotional freedom techniques and

slow deep breathing in patients with high blood pressure withinside the intervention and manage groups. Shows if there has been a tremendous difference. The information ANCOVA take a look at and the results obtained are as follows:

Table 3.
Differences in systolic and diastolic blood strain earlier than and after being given a combination of spiritual emotional freedom technique and slow deep breathing in patients with high blood pressure withinside the intervention and manage groups

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Systolic Blood Pressure					
Corrected Model	2621.829 ^a	2	1310.915	193.014	0.000
Intercept	2.706	1	2.706	.398	0.531
Pre-test systole	2475.898	1	2475.898	364.541	0.000
Group	294.487	1	294.487	43.359	0.000
Error	373.550	55	6.792		
Total	1154402.000	58			
Corrected Total	2995.379	57			
Diastolic Blood Pressure					
Corrected Model	243.823 ^a	2	121.911	41.130	0.000
Intercept	20.139	1	20.139	6.795	0.012
Diastolic pre-test	227.254	1	227.254	76.670	0.000
Group	29.816	1	29.816	10.059	0.002
Error	163.022	55	2.946		
Total	491871 000	58			
Corrected Total	406.845	57			

Based on table 3 indicates that the distinction in systolic blood pressure withinside the intervention and manage businesses is extensive p-fee p = 0.000 means (p <0.05) at the same time as the distinction in diastolic blood pressure withinside the intervention and manage businesses is extensive p-fee p = 0.002 means (p <0.05). Based at the extensive fee, Ho is rejected and Ha is accepted, because of this that there's a extensive distinction withinside the lower in systolic and diastolic blood pressure earlier than and after being given a combination of spiritual emotional freedom technique and slow deep breathing in patients with high blood pressure withinside the intervention and manage businesses.

DISCUSSION

1. Characteristics of respondents in patients with hypertension

The effects of studies carried out on 58 respondents with median age of 63.7

years. This is supported by the theory that in old age there will be stiffness and thickening of the arterial walls, so that large arteries lose their elasticity and become stiff when the heart pumps blood (12). Stiff and inelastic arteries cause a decrease in vasodilation, resulting in an increase in blood pressure, as blood is not normally forced to flow with each heartbeat through narrow blood vessels (13). This studies is in step with studies carried out with the aid of using (14) in 97 respondents elderly 60-69 years. This is because of a lower withinside the elasticity of the vessels in order that the coronary heart works more difficult to pump blood.

In this study, maximum hypertensive sufferers have been women. is supported by the theory that women think more often using their right brain in relying on feelings so that women are prone to stress because they have excessive nature when they are thinking about something compared to men (15). This continuous stress will increase

the activity of this sympathetic nerve which causes an intermittent increase in blood pressure (13). This studies is in keeping with studies carried out through (16) in 98 woman respondents. This is due to the fact girls who're continuously beneathneath strain can have an effect on their blood pressure.

A total of 22 respondents in this study had an elementary school education. Education is a way to improve and provide information and understanding of science as a whole to everyone (17). A person's stage of schooling can have an effect on an dangerous life-style and cognizance of the significance of preserving one's very own health, the decrease someone's schooling stage, the decrease it's miles in coping with high blood pressure control. (18). Highly educated people are better suited to stay healthy because of their intellectual maturity, so they can make decisions about staying healthy (19). This studies is in keeping with studies carried out through (20) 30 respondents have an basic schooling stage. This is due to the fact the low stage of schooling consequences in someone getting much less data approximately a way to save you high blood pressure.

In this study, maximum hypertensive sufferers have been women. Work is one type of physical activity in body movement due to skeletal muscle activity that causes energy expenditure (21). Light bodily interest will increase your coronary heart price due to the fact your coronary heart muscle have to paintings more difficult with every contraction. Therefore, the extra tough and common coronary heart muscle pumps blood, the more the stress at the arteries (22). This studies is consistent with studies performed via way of means of (21) 143 respondents do now no longer paintings. This is due to the fact the form of paintings will become one of the humans in doing mild or mild bodily interest.

The results of this study hypertensive patients have a history of hypertension.

This is based on the theory that about 70-80% of primary hypertension has a history of hypertension in the family, if the history of hypertension is in both parents, the risk of primary hypertension is greater (13). Patients with monozygotic twins (one egg) are found to have a lot of hypertension, if one of them has hypertension, this is because it is estimated that genetic factors have a role in the occurrence of hypertension (13). This studies is consistent with studies performed via way of means of (23) 89 respondents had a own circle of relatives record of high blood pressure. This is due to the fact records of high blood pressure is related to genetic elements and day by day habits.

This study also shows that hypertension occurs in someone who does not regularly take antihypertensive drugs. This is because adherence to treatment can have a clinical and economic effect compared to non-adherence (24). The level of compliance in patients with hypertension is related to the length of time a person has been diagnosed with hypertension. The longer a person is diagnosed with high blood pressure, the less adherence to treatment (25). This studies is in step with studies carried out through (26) in 84 respondents do now no longer robotically take antihypertensive pills. This takes place due to the fact the intake of antihypertensive pills on a ordinary foundation will result in complications.

The results of this study the majority of hypertension do not consume cigarettes. Smoking can cause high blood pressure because it is related to the nicotine content which will interfere with the sympathetic nerves so that myocardial oxygen demand increases (27). Cigarette smoke (CO) has the ability to attract red blood cells more strongly than oxygen, so the capacity of red blood cells that carry oxygen to the heart and other tissues decreases (27). But the opposite happened in this study, the majority of respondents did not have a smoking habit because it was influenced by

the gender and age of the respondent. This studies is in step with studies carried out through (28) 116 respondents had no records of smoking.

2. The effect of the combination of spiritual emotional freedom technique and slow deep breathing

The consequences of studies that has been accomplished a aggregate of spiritual emotional freedom technique and slow deep breathing for three consecutive days for 30 minutes have an impact on systolic and diastolic blood strain in hypertensive sufferers withinside the intervention group, that consequences of a median lower in systolic blood strain of 24.20 mmHg with a end result of $p = 0.000$ ($p < 0.05$) At a diastolic blood strain of 7.55 mmHg with a end result of $p = 0.000$ ($p < 0.05$).

The consequences of this take a look at are supported with the aid of using the concept that blood strain stages are normally now no longer constantly regular and might alternate occasionally relying on someone's health. This is as a result of pressure. When someone studie pressure continuously, it'll boom sympathetic nerve pastime ensuing in an intermittent boom in blood strain (13). Someone who has excessive blood strain is likewise very carefully associated with pressure hormones which includes epinephrine and norepinephrine which might be produced with the aid of using the adrenal glands which reason vasoconstriction in blood vessels (29).

SEFT is a type of relaxation therapy that can improve a person's emotional or stressful condition (8). Spirituality in SEFT which is carried out using the fingers and heart with confidence, specialness, sincerity, resignation and gratitude can make the Creator fall in love and cause healing miracles from Him (8). A person's spirituality will develop when he is > 40 years old, this is because he is emotionally stable so he has an attraction towards religion (7). The attraction to spirituality

will result in solemnity in praying when doing SEFT so that a person will feel sincere about various problems that can trigger stress and emotional problems can be reduced (8). The consequences of the observe are consistent with studies carried out through (9) with the impact of spiritual emotional freedom techniques on blood strain in hypertensive sufferers in Yogyakarta can lessen systolic blood strain through 23.24 mmHg with $p = 0.000$ ($p < 0.05$) and diastolic 7.33 mmHg with $p = 0.001$ ($p < 0.05$).

The stress experienced by a person can also be lowered with slow deep breathing relaxation therapy (10). Slow deep breathing therapy can increase oxygen levels in the body (30). Elevated oxygen levels with changes in oxygen levels transmit nerve signals to the medulla oblongata, the respiratory and medullary cardiovascular centers (31). Signals transmitted to the mind will purpose reduced sympathetic nerve pastime and accelerated parasympathetic nerve pastime (32). Slow deep breathing produces a sign in order to spark off the baroreceptor reflex thru an boom in blood strain withinside the arteries withinside the blood vessels because of an boom in stroke extent and bulk coronary heart withinside the left coronary heart (33). So due to the activation of the baroreceptor reflex that sends indicators to the cardiovascular middle there may be a lower in blood strain (33). This observe is consistent with studies carried out through (34) with the identify of the effectiveness of guided imagery and slow deep breathing on reducing blood strain in hypertensive sufferers at RSUD dr. R. Soedarsono Pasuruan that slow deep breathing remedy has an impact on lowering systolic blood strain through 8 mmHg with $p = 0.000$ ($p < 0.05$) and diastolic consequences through 6.8 mmHg with $p = 0.001$ ($p < 0.05$).

Systolic and diastolic blood pressure also decreased, primarily based totally at the outcomes of research performed withinside the manage organization. This is

evidenced with the aid of using the common end result of a lower in systolic blood strain of 19.41 mmHg with a end result of $p = 0.000$ ($p < 0.05$). At the diastolic blood strain of 5.96 mmHg with the end result $p = 0.000$ ($p < 0.05$). The lower in blood strain withinside the manage organization may be due to different elements that could have an effect on blood stress which includes high blood pressure food regimen and bodily exercise.

Based at the consequences of studies that has been carried out, there are variations in systolic and diastolic blood strain after being given a combination of spiritual emotional freedom technique and slow deep breathing to lower blood pressure withinside intervention and manage groups. This is evidenced via way of means of the p-values of the ANCOVA check withinside the intervention and manage groups, with decreased systolic blood strain, end result $p = 0.000$ ($p < 0.05$) and diastolic blood strain end result $p = 0.002$ ($p < 0.05$). Data analysis suggests that there may be a sizeable distinction in systolic and diastolic blood strain reductions earlier than and after the combination of spiritual emotional freedom technique and slow deep breathing in patients with high blood pressure withinside the intervention and manage groups.

According to the assumptions of the researcher, aside from being supported via way of means of a relaxed environmental condition, this will be due to the fact the respondents on this examine had been cooperative and inclined to do a combination of spiritual emotional freedom technique and slow deep breathing mechanically at home. Many studies have shown that the combination of spiritual emotional freedom technique and slow deep breathing stimulates the hypothalamus and lowers the sympathetic nerves of the hypothalamus. It has been proven to in addition decrease blood pressure ranges at some stage in and diastolic periods, lowering the

manufacturing of pressure hormones which includes epinephrine, cortisol and catecholamines. They cause vasodilation of blood vessels and a reduce heart rate in response to relaxation (35). One of the features of antihypertensive drugs in reducing blood strain is with the aid of using making blood vessel vasodilation located withinside the aggregate remedy of spiritual emotional freedom technique and slow deep breathing.

This combination of spiritual emotional freedom technique and slow deep breathing therapy is powerful in lowering systolic and diastolic blood strain in hypertensive patients. After doing this therapy, the respondent's physical and emotional injuries were reduced. So that the combination of spiritual emotional freedom technique and slow deep breathing can be used as a pharmacological partner remedy that may lessen blood strain in human beings with hypertension.

CONCLUSION

In this study, the traits of respondents who be afflicted by high blood pressure are 63.7 years old, female, fundamental faculty training level, do now no longer work, have a records of high blood pressure, do now no longer take medicinal drug regularly, and do now no longer eat cigarettes.

Based at the outcomes of statistical assessments the use of paired simple t-test, there has been a lower in systolic and diastolic blood strain after being given a combination of spiritual emotional freedom technique and slow deep breathing sufferers with high blood pressure withinside the intervention organization with a median lower in systolic blood strain of 24.20 mmHg with a p-price of 0.000 and diastolic of 7.55 mmHg with a p-price of 0.000. In the manage organization, the common lower in systolic turned into 19.41 mmHg with a p-price of 0.000 ($p < 0.05$) and a diastolic lower of 5.96 mmHg with a p-price of 0.000 ($p < 0.05$). This indicates that

there may be an impact of a combination of spiritual emotional freedom technique and slow deep breathing on high blood pressure patients in every organization.

Based at the outcomes of the ANCOVA statistical test, there has been a lower in systolic and diastolic blood strain withinside the intervention and manage agencies of hypertensive sufferers with a systolic p-price of 0.000 ($p < 0.05$) and a diastolic p-price of 0.002 ($p < 0.05$). This indicates that H_0 is rejected and H_a is accepted, so it could be concluded that there may be a big distinction in systolic and diastolic blood strain withinside the intervention and manage agencies after being given the intervention of a combination of spiritual emotional freedom technique and slow deep breathing.

Recommendations for nursing schooling establishments the combination of spiritual emotional freedom technique and slow deep breathing may be used as extra statistics for non-pharmacological treatment plans to decrease blood strain in hypertensive patients. Further studies destiny researchers are predicted in order to behavior the identical studies concerning the combination of spiritual emotional freedom technique and slow deep breathing through thinking about different elements that may have an effect on blood strain consisting of immoderate salt consumption, frame weight, bodily exercising and follow-up therapy at home every day.

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