

**APPLICATION OF THERAPY SEFT (SPIRITUAL EMOTIONAL
FREEDOM TECHNIQUE) AGAINST IMPROVEMENT
QUALITY OF SLEEP IN ELDERLY
WITH VIDEO MEDIA**

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ABSTRACT

Background: Based on data in Indonesia there are 50% of elderly aged 65 years experiencing sleep disorder. The prevalence of elderly insomnia in Indonesia is relatively high at around 67%. This has an impact on the increasing health problems that arise in the elderly. One of them is sleep disorders. Insomnia disorders in the elderly are associated with dissatisfaction with the quality or quantity of sleep and are associated with difficulty sleeping. insomnia can be overcome with therapy SEFT. **Method:** Taking or recording images using a camera because in therapy SEFT there are movements with a light tapping method, so it is clearer and easier to understand by the community, especially the elderly who have sleep disorders. **Results:** Outside in the form of video media about tips and tricks to improve the quality of sleep of the elderly with therapy SEFT as an effort to increase knowledge about the benefits and how to do therapy SEFT so as to motivate the elderly to apply therapy SEFT. **Conclusion:** Video about tips and tricks to improve the quality of sleep of the elderly with therapy SEFT as a medium of dissemination of information to improve the quality of sleep in the elderly.

Keywords: *Elderly, sleep quality, therapy SEFT, Video*