

EDUCATION EMOTIONAL FREEDOM TECHNIQUE (EFT) AS EFFORT TO REDUCE ANXIETY IN POST TRAUMATIC STRESS DISORDER IN POST DISASTER EARTHQUAKE THROUGH POCKET MEDIA

NurAini Maulida Sareng
Nuraini.sareng20@gmail.com
Universitas 'Aisyiyah Surakarta

SUMMARY

Background; *The effects of disaster not only result in damage to physical aspect, but they are taking a toll on society and lasting trauma. The trauma society experience is consistent with psychological problems such as anxiety disorders and Post Traumatic Stress Disorder. In Yogyakarta, post-disaster victims experienced severe anxiety disorders, 14.89% and 64.7% referred to Post Traumatic Stress Disorder, while 85.2% experienced neurotic disorders. Feelings of anxiety, trauma and fear are psychological impacts after disaster occurs. The application of Emotional Freedom Technique is effective for reducing anxiety in Post Traumatic Stress Disorder. Emotional Freedom Technique is an attempt to free negative emotions with a method called tapping.* **Method;** *Provide information related to Emotional Freedom Technique as an effort to reduce anxiety in Post Traumatic Stress Disorder.* **Result;** *The output produced is in the form of information and education communication media in the form of a pocket book entitled "Tips to Overcome Post-Disaster Anxiety using Emotional Freedom Technique".* **Conclusion;** *The result of pocket book is expected to be useful as information media and education for volunteers who go disaster site and people anxiety disorders with Post Traumatic Stress Disorder so they can apply Emotional Freedom Technique independently.*

Keywords; *Emotional Freedom Technique, Anxiety, Post Traumatic Stress Disorder, Pocket Book.*