

**THE EFFECT OF SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE
(SEFT) THERAPY ON BLOOD PRESSURE IN ELDERLY PATIENTS
WITH HYPERTENSION IN NGADIROJO KIDUL
VILLAGE WONOGIRI REGENCY**

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ABSTRACT

Background: *The global elderly population is growing, reaching 1.4 billion people over 60, making them susceptible to cardiovascular health decline, including hypertension, heart failure, and stroke. Approximately 1.28 billion people worldwide suffer from hypertension, a significant global health issue. Blood pressure control can be achieved pharmacologically with antihypertensive drugs or non-pharmacologically, such as through Spiritual Emotional Freedom Technique (SEFT) therapy.* **Objective:** *To determine the effect of SEFT therapy on blood pressure in elderly hypertensive patients in Ngadirojo Kidul Village, Wonogiri Regency.* **Methods:** *This quasi-experimental study utilized a one-group pretest- posttest design. Nonprobability sampling with purposive sampling was used to select 17 elderly participants from a population of 38. SEFT therapy was administered once daily for 3 consecutive days, lasting 8 minutes each morning.* **Results:** *The median pretest systolic blood pressure was 145 mmHg and diastolic was 92 mmHg. Posttest median systolic blood pressure was 130 mmHg and diastolic was 85 mmHg. The Wilcoxon test showed a significant result (sig. (2- tailed) = 0.002 < 0.05), indicating that H_a was accepted.* **Conclusion:** *There is a significant effect of SEFT therapy on blood pressure in hypertensive patients.*

Keywords: *Hypertension, Spiritual Emotional Freedom Technique (SEFT) Therapy, Elderly.*