

**APPLICATION OF SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE  
(SEFT) THERAPY AS AN EFFORT TO REDUCE BLOOD PRESSURE  
IN HYPERTENSIVE PATIENTS**

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**ABSTRACT**

**Background:** Hypertension is known as the silent killer because it usually does not show any specific complaints or symptoms, so patients are unaware that they have hypertension and are often only diagnosed after complications occur (Kemenkes, 2023). Based on data from the Ngoresan Health Center area, there were 3,902 cases of hypertension in 2024. SEFT therapy is a complementary therapy to help reduce blood pressure in hypertensive patients. **Objective:** To determine the changes in blood pressure values in hypertensive patients before and after SEFT therapy. **Method:** A case study with a descriptive method was applied, observing and interviewing two respondents with hypertension by examining blood pressure values before and after SEFT therapy. **Results:** There was a decrease in blood pressure values in respondent 1 from hypertension grade 3 to hypertension grade 1, while in respondent 2, there was a decrease from hypertension grade 2 to normal. **Conclusion:** After applying SEFT therapy to respondent there was a decrease in blood pressure values.

**Keywords:** Hypertension, Blood Pressure, SEFT Therapy