

ABSTRAK

Latar Belakang : *Chronic Kidney Disease (CKD)* merupakan masalah kesehatan global yang sering menimbulkan komplikasi seperti gangguan tidur, terutama pada pasien yang menjalani hemodialisis. Sekitar 50–80% pasien hemodialisis mengalami gangguan tidur yang berdampak negatif pada kualitas hidup dan aktivitas sehari-hari. Di Indonesia, prevalensi CKD cukup tinggi, dengan banyak pasien menjalani hemodialisis rutin. Penanganan gangguan tidur penting dilakukan, terutama melalui intervensi nonfarmakologis untuk menghindari efek samping obat jangka panjang. Salah satu metode alternatif yang menjanjikan adalah *Spiritual Emotional Freedom Technique (SEFT)*, yaitu teknik yang menggabungkan tapping pada titik meridian dengan unsur spiritual seperti doa. *SEFT* diyakini dapat meningkatkan kualitas tidur melalui relaksasi, pengurangan kecemasan, dan stimulasi endorfin yang menimbulkan rasa tenang dan bahagia.

Metode : Penelitian ini menggunakan desain penelitian kuantitatif dengan pendekatan one-group pre-test post-test untuk mengevaluasi efektivitas *SEFT*. Sebanyak 88 pasien hemodialisis di RSD K.R.M.T Wongsonegoro Semarang direkrut menggunakan purposive sampling. Data kualitas tidur dikumpulkan menggunakan *Pittsburgh Sleep Quality Index (PSQI)*, sebuah instrumen yang tervalidasi reliabilitas dan sensitivitasnya. Analisis statistik menggunakan uji Wilcoxon.

Hasil : Hasil penelitian menunjukkan bahwa negatif ranks 0 responden (0%) yaitu tidak terdapat penurunan pre test ke post test, diketahui juga bahwa positif ranks 53 responden (27%) yaitu ada peningkatan pre test ke post test. Diketahui juga ada ties nilai (persamaan) 35 responden yang tidak mengalami peningkatan atau penurunan tingkat kualitas tidur setelah diberikan terapi *SEFT*. Nilai *sign p-value* = 0,000 atau $p < 0,05$ sehingga dapat disimpulkan bahwa $0,000 < \alpha (0,05)$ maka H_0 ditolak dan H_a diterima yang berarti ada pengaruh antara *terapi Spiritual Emotional Freedom Technique (SEFT)* terhadap kualitas tidur pada pasien CKD.

Kesimpulan : Simpulan yang diperoleh terdapat pengaruh terapi *spiritual emotional freedom technique (SEFT)* terhadap kualitas tidur pada pasien *chronic kidney disease* yang menjalani hemodialisa.

Kata kunci : Chronic Kidney Disease (CKD), Hemodialisa, Terapi SEFT, Kualitas Tidur

**Nursing Study Program
Universitas Widya Husada Semarang
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ABSTRACT

Background : Chronic Kidney Disease (CKD) is a global health issue often accompanied by complications such as sleep disturbances, particularly among patients undergoing hemodialysis. Approximately 50–80% of hemodialysis patients experience sleep problems that negatively affect their quality of life and daily activities. In Indonesia, the prevalence of CKD is relatively high, with many patients receiving regular hemodialysis treatments. Managing sleep disturbances is essential, especially through non-pharmacological interventions to avoid the side effects of long-term medication use. One promising alternative method is the *Spiritual Emotional Freedom Technique (SEFT)*, which combines tapping on specific meridian points with spiritual elements such as prayer. SEFT is believed to improve sleep quality by promoting relaxation, reducing anxiety, and stimulating endorphin release, resulting in calmness and a sense of well-being.

Research Method : This study employed a quantitative research design with a one-group pre-test post-test approach to evaluate the effectiveness of *SEFT*. A total of 88 hemodialysis patients at RSD K.R.M.T Wongsonegoro Semarang were recruited using purposive sampling. Data on sleep quality were collected using the *Pittsburgh Sleep Quality Index (PSQI)*, an instrument validated for its reliability and sensitivity. Statistical analysis using the Wilcoxon test.

Results : The results of the study showed that negative ranks 0 respondents (0%) that is there was no decrease in pre-test to post-test, it is also known that positive ranks 53 respondents (27%) that is there was an increase in pre-test to post-test. It is also known that there are ties values (equality) 35 respondents who did not experience an increase or decrease in the level of sleep quality after being given SEFT therapy. The sign value of p-value = 0.000 or $p < 0.05$ so it can be concluded that $0.000 < \alpha (0.05)$ then H_0 is rejected and H_a is accepted which means there is an influence between Spiritual Emotional Freedom Technique (SEFT) therapy on sleep quality in CKD patients.

Conclusion : The conclusion obtained is that there is an influence of spiritual emotional freedom technique (SEFT) therapy on sleep quality in chronic kidney disease patients undergoing hemodialysis

Keywords : Renal Failure, Hemodialysis, SEFT Therapy, Sleep quality