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## The Differences between Emotional Freedom Technique (EFT) and Self-Hypnosis on Anxiety among Menopausal Women

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### ABSTRACT

The aging and menopausal process is considered to give a scary experience, especially in women, causing anxiety. This study aimed to identify the difference between *Emotional Freedom Technique* (EFT) and *Self-Hypnosis* into Anxiety level among Menopausal Women at the Klinik Pratama Osadha. This study employed the Quasy Experiment approach with a two-group pre-test-post-test design with a sample size of 40 people. The sample was then divided into two groups by 20 people each group and given the EFT and Self-Hypnosis as intervention. Both of the intervention was given once daily by 15 minutes and every day for the 7 days. The level of anxiety was assessed using the GAS (Geriatric Anxiety Scale) questionnaire and analyzed by the wilcoxon sign rank test and the mann whitney U test used to see the effect and test of the difference between the two groups. The results showed that there was a difference in anxiety levels before and after EFT intervention with a p-value of  $0.000 < \alpha 0.05$  and before and after Self-Hypnosis intervention with a p-value of  $0.001 < \alpha 0.05$ , and there was a significant difference between EFT and Self-Hypnosis interventions in reducing anxiety levels in menopausal women with a p-value of  $0.000 < \alpha 0.05$ , and the Z value was -3,549. This research is expected to be used as a reference source for education to develop evidence-based practice, especially regarding complementary therapies in an effort to reduce the level of anxiety in menopausal women.

Keywords: Anxiety; EFT; Menopausal Women; Self-Hypnosis

### Introduction

The elderly defined by individuals who are sixty years old and above. Bali Province as categorized the fourth ranks with the largest number of elderly people in Indonesia. Based on data from the Central Statistics Agency (BPS) in 2021, Bali Province has an elderly population of 568,380 people out of 4,292,154 residents or around 12.37 percent [1].

The aging process is still considered to be a nerve-racking experience, especially for women. This tends to be caused by thinking about the consequences of aging, such as declining fitness, health, appearance that does not dance until menopause. All women will experience menopause with a gradual decrease in ovarian reproductive hormone production starting at the age of 40 [2].

The menopause process considered as an absolute process to be experienced by women. However, it tends to give a lot of thoughts that cause anxiety. Anxiety is defined as an emotional reaction caused by uncertain and unspecific causes that can cause feelings of discomfort and feel threatened [3]. Menopausal

women's anxiety has been documented in several epidemiological studies. About nearly 50% of perimenopausal and postmenopausal women are known to experience various psychological and emotional symptoms such as anxiety, depression, insomnia, and even decreased memory [4].

Due to the significant effects, several efforts can be made to reduce anxiety arising from menopause. Previous research studies have stated that anxiety could be minimize by individual thinking pf their efficacy [5], while another stated that neurolinguistic programing can also be done [6], specifically the mindfulness therapy interventions are able to alleviate the anxiety levels of menopausal women [4]. There are several studies that employed EFT and Self-Hypnosis, however those study specifically aimed to reduces sleep disturbances [7]and depression [8].

Emotional Freedom Technique (EFT) is a simple method that emphasizes focusing on the individual problem accompanied by gentle pressure on the acupuncture point (Tapping) on the face, upper body and hands [9]. While Self-hypnosis defined as therapy through guided induction procedures that affect the individual's imagination which includes perceptions, sensations, emotions, thoughts and or behaviors [10]. Self-hypnosis become one of the latest positive efforts and health services by involving psychological processes that have an impact on the performance of the brain system and the structure of individual cognitive functions [11]–[14].

A preliminary study conducted at the Klinik Pratama Osadha found that the elderly woman patients' number of visits is increasing every month. Our preliminary study found that in April 2024 there were 43 visits for the elderly, increasing to 54 in May 2024, followed by an increase to 59 in June 2024. The increase is known because most of the elderly experience complaints of anxiety, difficulty sleeping, and various other physical conditions. Interviews were conducted on 10 elderly women and 7 of them complained of anxiety due to menopause. One of them stated that the anxiety was felt because they did not know the menopause process, while 6 of the elderly stated that menopause was one of the first symptoms of the onset of the disease.

The results of the preliminary study stated that the elderly still experiencing anxiety which is considered to bother them. Due to our findings, supported by the lack of the researches that analyzes the difference in the effects of the two interventions or combined interventions, we are intends to conduct a study to identify how the difference between EFT and Self-Hypnosis as an effort to reduce elderly women' anxiety whom experience menopause. The Hypotheses in this study was there is significant differences between EFT and Self-Hypnosis to the Anxiety level among menopausal women at Klinik Pratama Osadha.

## Methods

This study was a quantitative study with Quasy Experiment and employed two-group pre-test-post-test design. The population was calculated based on the patient records at Klinik Pratama Prima. The samples consist of 40 peoples following the minimum criteria and were chosen using inclusion and exclusion criteria. The inclusion criteria are having anxiety and willing to join the study, while the exclusion criteria was the menopausal women whom did not cooperative while the study conducted such as having the severe depression as well as mental health disease. The sample was divided into 2 groups equally to receive the EFT intervention and Self-Hypnosis. Both of the intervention was given once daily by 15 minutes every day for the 7 days and delivered by Certified EFT and Self-Hypnosis Trainer. Data were measured by Geriatric Anxiety Scale (GAS) [15].

This research was done directly related to humans as subject, therefore the researchers must understand the principles of research ethics principles [16]. The researcher employed informed consent prior the research conducted and this research is declared to have passed the ethical review number 362/EA/KEPK-BUB-2024 by the Health Research Ethics Committee of Stikes Bina Usada Bali. The data then analyzed by a non-parametric statistic test with a Wilcoxon and Mann-Whitney U Test to be presented.

## Results and Discussion

Our study found that before the Emotional Freedom technique (EFT) intervention, most menopausal women experienced severe anxiety, namely 14 (70%), while after being given the Emotional Freedom technique (EFT) intervention, most menopausal women experienced mild anxiety, namely 11 (55%). In Table 1, it is also known that in the EFT group, the mean pre-test value is 57.65, which is severe anxiety, and the post test is 23.50, which is mild anxiety. The results of the study found that there was a decrease in the level of anxiety in the elderly menopausal between before and after the administration of EFT. The results of the study also obtained a p value of  $0.000 < 0.05$ , indicating that there was a difference in the level of pre-test and post-test anxiety in the EFT group (Table 1).

**Table 1.**

**Results of anxiety level analysis before and after the Emotional Freedom Technique (EFT) intervention**

| Group                             | Variable  | Anxiety Level | f (%)     | Min-Max | Mean+SD    | P-value |
|-----------------------------------|-----------|---------------|-----------|---------|------------|---------|
| Emotional Freedom Technique (EFT) | Pre-Test  | Moderate      | 6 (30,0)  | 39-67   | 57.65±7.30 | 0,000   |
|                                   |           | Severe        | 14 (70,0) |         |            |         |
|                                   | Post-Test | Normal        | 8 (40,0)  | 9-39    | 23.50±9.63 |         |
|                                   |           | Mild          | 11 (55,0) |         |            |         |
|                                   |           | Moderate      | 1 (5,0)   |         |            |         |

**Table 2.**

**Results of anxiety level analysis before and after Self-Hypnosis intervention**

| Group         | Variable  | Anxiety Level | f (%)     | Min-Max | Mean+SD    | P-value |
|---------------|-----------|---------------|-----------|---------|------------|---------|
| Self-hypnosis | Pre-Test  | Mild          | 1 (5,0)   | 36-68   | 53.70±8.55 | 0,001   |
|               |           | Moderate      | 10 (50,0) |         |            |         |
|               |           | Severe        | 9 (45,0)  |         |            |         |
|               | Post-Test | Normal        | 1 (50,0)  | 15-48   | 37.30±8.20 |         |
|               |           | Mild          | 9 (45,0)  |         |            |         |
|               |           | Moderate      | 10 (50,0) |         |            |         |

Based on Table 2, it is known that before being given the Self-Hypnosis intervention, most of them, namely 10 (50%) menopausal women, had a moderate level of anxiety and after being given the Self-Hypnosis intervention, most of them, namely 10 (50%) menopausal women, had a moderate level of anxiety. In the same table, it is also known that in the Self-Hypnosis group, the mean pre-test value is 57.65, which is severe anxiety, and the post test is 23.50, which is mild anxiety. The results of the study found that there was a decrease in the level of anxiety in the elderly in menopause between before and after the administration of Self-Hypnosis intervention. The results of the study also obtained a p value of  $0.000 < 0.05$ , indicating that there was a difference in the level of pre-test and post-test anxiety in the Self-Hypnosis group.

On the comparative sides (table 3), our study has found the mean posttest anxiety level in the EFT group is 23.50, which is mild anxiety and the Self-Hypnosis group is 37.30, which means mild anxiety. A Z value of -3.549 with a p value of  $0.000 < 0.05$  means that there was a significant difference in anxiety levels between the EFT group and the Self-Hypnosis group after being given the Emotional Freedom Technique (EFT) and Self-Hypnosis interventions.

**Table 3****Results of anxiety level analysis after Emotional Freedom Technique (EFT) and Self-Hypnosis interventions**

| Group         | n  | Min | Max | Mean+SD    | Z Value | P-Value |
|---------------|----|-----|-----|------------|---------|---------|
| EFT           | 20 | 9   | 39  | 23.50±9.63 | -3,549  | 0,000   |
| Self-hypnosis | 20 | 15  | 48  | 37.30±8.20 |         |         |

This study results found that the mean post-test value of anxiety level in the EFT group was 23.50 and the Self-Hypnosis group was 37.30, which means that both groups were in the category of mild anxiety level. A Z value of -3.549 with a p value of  $0.000 < 0.05$  means that there was a significant difference in anxiety levels between the EFT group and the Self-Hypnosis group after being given the Emotional Freedom Technique (EFT) and Self-Hypnosis interventions. Based on the results of the data analysis, it can be said that  $H_a$  in the study was accepted and  $H_o$  in this study was rejected, which means that there is a difference in the Effect of Emotional Freedom Technique (EFT) and Self-Hypnosis on Anxiety among Menopausal Women at the Klinik Pratama Osadha.

Both therapies in this study made a very meaningful contribution. Emotional Freedom Technique can be a promising complementary therapy for managing menopausal psychological symptoms. The implementation of EFT as a psychotherapy method functions significantly in reducing anxiety. EFT has been clinically proven to be effective in addressing a wide range of physical and psychological issues, including trauma, anxiety, fear, phobias, as well as physical symptoms derived from emotional sources such as headaches, difficulty breathing, high blood pressure, and a variety of other symptoms [17].

The implementation of tapping in the EFT therapy process will result in vasodilated blood vessels and alternatively lower blood pressure. The feeling of comfort and relaxation of the body due to EFT causes the body's blood vessels to flow smoothly. When perform an EFT, it will cause the hormone cortisol to decrease and the endorphin hormone to increase[18], with an increase in endorphin hormone, it will cause vasodilation in the blood vessels which allows relaxation so that anxiety is reduced [19].

This study employed Self-hypnosis as a comparative intervention that has been proven to have an effect on the anxiety value of menopausal women. When menopausal women are in a state of hypnosis, menopausal women are in a subconscious state that is very easy to give suggestions. In a relaxed state, suggestions can be given to subconscious states involving right brain activity that tends to accept suggestions without involving an analysis process [12]. It is also explained that during the process Self-hypnosis, there was a decrease in brain waves from beta waves (12-25 Hz) to alpha (8-12 Hz) and Teta (4-12 Hz). When in a condition with alpha waves, the body will be in a very relaxed state without involving a state of stress and anxiety[20]. This condition causes excellent relaxation in the individual who feels it.

The results of this study are similar to the findings of other studies that have been carried out previously. Previous research through his research explained that EFT therapy has an influence on anxiety levels with a p value of 0.000[21]. The study also explained that there was a significant decrease in the average anxiety value of the study subjects when compared to the control group.

Other related research Self-hypnosis also supports the findings in this study. Study Randomized Control Trial get that intervention Self-hypnosis given to the elderly is able to provide a decrease in the average value of the BAI index which is focused on elderly anxiety [22]. Other studies also found that the combination of hypnosis and relaxation was shown to be able to lower the anxiety scores of menopausal elderly before and after the research intervention was carried out [23].

While the evidence of the findings is promising, more research is needed to explore the long-term effects of the Emotional Freedom Technique, as well as Self-Hypnosis and its potential synergistic effects when combined with other evidence-based interventions for postmenopausal women. Overall, this study suggests that EFT and Self-Hypnosis therapies are effective and well-tolerated approaches for reducing

anxiety among menopausal women, with the potential to improve their quality of life and overall well-being.

### **Study Implications and Future Directions**

This study results found that both interventions have been shown to be statistically significant in reducing menopausal women's anxiety levels. This Study implicates to the midwives that the implementation of complementary therapy can be carried out as an effective alternative effort in reducing menopausal women's anxiety. The health promotion regarding the complementary alternatives therapy which is EFT and Self-Hypnosis might also be needed to generalize the study results and predict a significant health outcome. In addition to the above, this study also has implications for future midwives' researches that might be employed the wider population and considering other factors such as social and cultures background that have not been explained in our study.

### **Conclusion**

Our study has found significant effect of both interventions on anxiety levels among menopausal women. This stated that there was a significant difference in anxiety levels between the EFT group and the Self-Hypnosis group after being given the Emotional Freedom Technique (EFT) and Self-Hypnosis interventions. Further research needs to be taken related to complementary therapy by including and analyzing other individual factors which have not been researched and explained in this study.

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