

**ASUHAN KEPERAWATAN PADA PASIEN GAGAL GINJAL
KRONIK DENGAN INTERVENSI TERAPI *SPIRITUAL
EMOTIONAL FREEDOM TECHNIQUE* (SEFT) DI RUMAH SAKIT
KEPRESIDENAN RSPAD GATOT SOEBROTO**

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ABSTRAK

Latar Belakang: Gagal Ginjal Kronik (GGK) merupakan penyakit penyebab kematian. Penyakit gagal ginjal kronik menyebabkan pasien mengalami permasalahan-permasalahan yang bersifat psikologis. Permasalahan psikologis seperti kecemasan dialami oleh pasien sejak pertama kali divonis mengalami gagal ginjal kronik. Kecemasan yang dialami disebabkan oleh tanda dan gejala yang dirasakan serta penatalaksanaan medis seperti hemodialisa yang harus dilakukan seumur hidup. Studi kasus ini dilakukan untuk mengetahui efektivitas terapi *Spiritual Emotional Freedom Technique* (SEFT) terhadap tingkat kecemasan pasien gagal ginjal kronik. **Hasil:** Hasil menunjukkan ketiga klien yang dilakukan intervensi terapi *Spiritual Emotional Freedom Technique* (SEFT) mengalami penurunan tingkat kecemasan. **Kesimpulan:** Implikasi dari penelitian ini bahwa intervensi *Spiritual Emotional Freedom Technique* (SEFT) dapat menurunkan tingkat kecemasan pasien dengan gagal ginjal kronik.

Kata kunci: Intervensi SEFT, Kecemasan, Gagal Ginjal Kronik (GGK)\

**NURSING CARE IN CHRONIC KIDNEY DISEASE
PATIENTS WITH SPIRITUAL EMOTIONAL TECHNIQUE
(SEFT) SPIRITUAL THERAPY IN RSPAD GATOT
SOEBROTO HOSPITAL**

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ABSTRACT

Background: Chronic Kidney Disease (CKD) is a disease that causes death. Chronic kidney disease causes patients to experience psychological problems. Psychological problems such as anxiety experienced by patients since it was first sentenced to experience chronic kidney disease. Anxiety experienced is caused by signs and symptoms that are felt as well as medical management such as hemodialysis that must be done for a lifetime. This case study was conducted to determine the effectiveness of Spiritual Emotional Freedom Technique (SEFT) therapy on the anxiety level of patients with chronic kidney failure. **Results:** The results showed that the three clients who performed Spiritual Emotional Freedom Technique (SEFT) intervention therapy experienced a decrease in anxiety levels. **Conclusion:** The implication of this study is that Spiritual Emotional Freedom Technique (SEFT) interventions can reduce anxiety levels in patients with chronic kidney disease.

Keywords: SEFT Intervention, Anxiety, Chronic Kidney Failure (CRF)