

The Effect of Spiritual Qur'anic Emotional Freedom Technique (SQEFT) Therapy on Reducing Anxiety Value and Blood Cortisol Levels in NAPZA (Narcotics, Psychotropic, Other Addictive Substances) Residents

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Abstract

Introduction: The patients in general and, in particular, the patients of drug/NAPZA (Narcotics, Psychotropic, and Other Addictive Substances) residents seek spiritual support during illness and undergo rehabilitation. Both religion and spirituality are related to positive coping mechanisms (psychological) and exercise (physical). NAPZA (drug) residents undergoing rehabilitation experience anxiety, including moderate anxiety and severe anxiety, which can adversely affect physical and mental disorders. This research aims to determine the effect of Spiritual Qur'anic Emotional Freedom Technique (SQEFT) therapy on reducing anxiety values and blood cortisol levels in NAPZA residents. **Method:** The experiment was used with a pre-post control group design, and purposive sampling was as the sampling technique. This research was conducted at Mandatory Report Recipient Institution (IPWL) Pelita Jiwa Insani Foundation in Padang, consisting of 44 respondents who were divided into two groups, namely the experimental group (n=24) and the control group (n=20). Data were collected using the Hamilton Rating Scale questionnaire to determine the reduction in anxiety values and venous blood sampling for measuring blood cortisol levels. Data were analyzed using the Wilcoxon signed-rank test and the Mann-Whitney test. **Results and Analysis:** the results of the research on the anxiety variable obtained p-value = 0.004 (p<0.05), which means that there is a significant difference given the Spiritual Qur'anic Emotional Freedom Technique (SQEFT) therapy in reducing the value of anxiety in NAPZA residents currently undergoing rehabilitation. The cortisol variable results showed p=0.00 (p<0.05), so it can be interpreted that there is a significant difference in the difference value of cortisol in reducing blood cortisol levels in NAPZA residents who are undergoing rehabilitation. **Discussion and Conclusion:** There is a significant effect of giving Spiritual Qur'anic Emotional Freedom Technique (SQEFT) therapy on reducing anxiety values and blood cortisol levels in NAPZA residents.

Keywords: NAPZA, SQEFT therapy, anxiety, blood cortisol levels.

Background

NAPZA (Narcotics, Psychotropic, and Other Addictive Substances) Residents need family support and motivation because they experience stressful conditions and are not prepared to face reality. Confused thoughts will lead to mood swings, anxiety, depression, decreased immunity, and more severe signs and symptoms. At present, in addition to pharmacological treatment, non-

pharmacological treatment is also carried out. Therapy is currently in demand by patients in general and in particular NAPZA residents. Besides having no side effects, the cost is relatively cheap, easy, affordable, and can be applied to everyday life without others' help. One of the efforts to prevent the problems experienced by NAPZA addicts is by conducting Spiritual Qur'anic Emotional Freedom Technique (SQEFT) therapy. SQEFT is a combination development of *ruqyah syar'i*

therapy and EFT (Emotional Freedom Technique). The SQEFT intervention principle stimulates the body's energy points by using the tapping method at specific points on the body while doing dhikr, praying according to the patient's main complaint, accompanied by an attitude of surrender to God, the Creator. SQEFT therapy can improve positive symptoms, negative symptoms, cognitive, and disease acceptance (Rosyanti, 2018)¹. Many NAPZA residents seek spiritual support during illness. Religion and spirituality are related to positive coping mechanisms (psychological) and exercise (physical).

In general, people who are suffering from illness are overwhelmed by anxiety and an uneasy spirit. Apart from seeking treatment from the experts, praying and doing dhikr (remembering Allah) can calm their soul. God recommends that mental peace be maintained under any circumstances because God promises heaven's reward (Hawari, 2008)². Al-Qur'an therapy is a healing physical, the spiritual, and social disease for Muslims (Muhammad, 2017)³. Reading and listening to the Qur'an scientifically will have a calming effect, promote relaxation, and eliminate negative physical and mental disorders, stimulate the release of endorphins in the brain, which have a positive impact on mood and memory. Focusing on positive thoughts and experiences, distracting negative thoughts, reducing stress, anxiety, and depression become non-pharmacological treatments for existing therapies (Koenig, 2015, Rahim, 2014, Rosli, 2018)⁴.

Anxiety is a normal thing as a sign of a threat, a reaction to a threat from pain or the outside world that is not ready to be overcome and serves to warn individuals of danger. The anxiety that cannot be overcome is referred to as traumatic (Safaria, 2012)⁵. Another source states that anxiety is an affective disorder characterized by deep and continuous feelings of fear or worry and does not experience disturbances in assessing reality. Moreover, Reality Testing Ability (RTA) is still good, personality is still intact (no splitting of personality), and behavior can be disturbed but even within normal limits (Hawari, 2013). Anxiety is common in everyday life, and if this anxiety continues and enters the anxiety disorder phase, it will impact the quality of life. Based on data from the United Nations Office on Drugs and Crime (UNODC, 2019)⁶, it is estimated that 29.5 million people have

suffered from drug use disorders, and 190,900 people have died due to drug abuse. Statistically, in Indonesia, it shows that the number of drug abuse cases is estimated to reach 4.1 million people or around 2.1 to 2.35% of the total population in 2019 (Ministry of Health, 2019). The projection results of the calculation of drug abuse cases show an increase in the number from 4.2 million in 2019 to 5.0 million in 2019 (BNN, 2019)⁷. In West Sumatera, the figure is 1.78 or around 63,523 people. Anxiety is an internal factor that causes drug users to experience a recurrence of 38.1%. Research conducted at Mandatory Report Recipient Institution (IPWL) of the Pelita Jiwa Insani Foundation in Padang from August to October 2020 totalled 51 people.

Research Methods

The purpose of this research is to determine the effect of Spiritual Qur'anic Emotional Freedom Technique (SQEFT) therapy on reducing anxiety values and blood cortisol levels in NAPZA residents. This research used purposive sampling and was conducted at Mandatory Report Recipient Institution (IPWL) of Pelita Jiwa Insani Foundation in Padang, consisting of 44 respondents who were divided into two groups, namely the experimental group (n=24) and the control group (n=20). Data were collected using the Hamilton Rating Scale questionnaire to determine the reduction in anxiety values and venous blood sampling to measure blood cortisol levels. Data were analyzed using the Wilcoxon signed-rank test and the Mann-Whitney test.

Research Result

This research indicates that both groups' respondent data showed a homogeneous data variant $p=0.545$ based on age. The data of both groups showed homogeneous data variants with $p\text{-value} = 0.069$ based on gender⁸. Meanwhile, based on rehabilitation length, both groups' data showed a homogeneous variant with $p\text{-value} = 0.080$. The two groups' data also showed a homogeneous data variant with $p\text{-value} = 0.892$ based on occupation. Last, the two groups' data showed a homogeneous data variant with $p\text{-value} = 0.632$ based on education. Based on the results of the Mann-Whitney test between the pre-experimental and pre-control groups, the $p\text{-value}$ was 0.343 ($p<0.05$), meaning there was no difference/effect in the pre-experimental and pre-control groups. The Mann-Whitney test between the post-experimental and post-

control groups obtaining p-value was 0.004 ($p < 0.05$). It shows that there was a significant difference in the post-experimental group and the post-control group that was given SQEFT therapy in reducing the value of anxiety in NAPZA residents currently undergoing rehabilitation. The results of the different tests between groups using the Mann-Whitney test showed that the value of $p = 0.002$. It means that there was a significant difference between the pre-experimental cortisol and pre-control cortisol groups⁹. Thus, the delta test (difference) was carried out to determine the difference between the pre-test and post-test, where the data distribution was abnormal, and performed the Mann-Whitney test. The result showed that $p = 0.00$ ($p < 0.05$), meaning that there was a significant difference in the value of cortisol difference in reducing blood cortisol levels in NAPZA residents undergoing rehabilitation¹⁰.

Discussion

SQEFT therapy that was carried out for seven weeks showed significant results, which means that there was an effect of SQEFT therapy in NAPZA residents who were undergoing rehabilitation¹¹. This research is almost the same as the research conducted by Lilin Rosyanti, 2018, which states that SQEFT therapy can reduce the Brief Psychiatric Rating Scale (BPRS) levels in schizophrenia patients¹². Another research was by Asmawati, 2018, who says that the Spiritual Emotional Freedom Technique (SEFT) therapy can reduce the value of anxiety in NAPZA residents¹³. Through this therapy, the physiological reaction of people who experience tension will subside, such as the heart rate begins to slow down, breathing is regular, the mind relaxes, and the blood flow returns to normal, causing the reduction in the value of anxiety¹⁴. There was a significant difference in the difference value of blood cortisol in NAPZA residents undergoing rehabilitation in cortisol measurement results. According to Kendall-Tackett et al. (2019), blood cortisol levels, besides a predictor of chronic stress, can also be used to predict a person's acute psychological stress¹⁵.

Religious involvement provides cognitive stimulation involving social and recreational activities to lead to more efficient brain networks (Blazer, Corsentino, 2009)¹⁶. Hawari (2010)¹⁷ also said that religion's role is essential in drug victims' therapy and rehabilitation.

Medical therapy itself, which is not accompanied by prayer and dhikr, is incomplete because prayer and dhikr are medicine. Spirituality helps a person to overcome various diseases, even in various stressful situations. Positive emotions include well-being, happiness, hope, optimism, meaning and purpose, high self-esteem, and a sense of control over life. Positive energy is positive psychological energy such as being kind, loving or forgiving, and grateful (Van Ness & Kasi, 2003)¹⁸. Spirituality emphasizes love for others, compassion, and altruistic action while encouraging mutual encounters during social events. It can prevent stress and lead to needed social support in difficult times.

Spiritual helps encourage others to increase positive emotions. Spirituality encourages human virtue, honesty, forgiveness, gratitude, patience, increases positive emotions, and neutralizes negative emotions (King K & Carson, 2012). Spirit/religion (including spiritual awakening) and altruism are associated with the spiritual awakening of drug addicts attending religious activities (Marc Galanter, Helen D, Stephen, 2013)¹⁷. Spiritual Qur'anic therapy becomes a medium of therapy for someone. It is what Allah 'Azza Wa Jalla says in the Qur'an, Surah Yunus verse 57: "*O mankind, there has to come to you instruction from your Lord and healing for what is in the breasts and guidance and mercy for the believers*" (Rakhmat, 2008). Calm conditions obtained from the process carried out can suppress the parasympathetic nervous system (Sholeh, 2010). Passive attitudes, which are performed with submission and surrender during dhikr, increasingly give a multiple relaxation response, causing acceptance. The tension caused by life problems can be tolerated by the body (Purwanto, 2006)³.

NAPZA residents who are undergoing rehabilitation feel anxious and afraid of their physical and psychological conditions. Thus, spiritual support is needed in undergoing rehabilitation and family support when NAPZA residents return home and prevent a recurrence. The intervention carried out in the experimental group, namely SQEFT therapy, affects reducing anxiety values and blood cortisol levels in NAPZA residents undergoing rehabilitation without ruling out pharmacological therapy and community therapeutic in IPWL.

Conclusion

1. There is a significant difference in cortisol's difference value in reducing blood cortisol levels in NAPZA residents undergoing rehabilitation. There is an effect ($p < 0.005$) of SQEFT therapy with anxiety levels on NAPZA residents who are undergoing rehabilitation at Mandatory Report Recipient Institution (IPWL) Pelita Jiwa Insani Foundation in Padang.

2. SQEFT therapy is one of the most beneficial therapeutic methods for NAPZA residents, inexpensive, and easy to implement for health workers and the patient's family.

Recommendation

SQEFT therapy can be used as an alternative to religious psychotherapy to reduce anxiety levels and the value of cortisol levels in the blood. It is recommended to apply SQEFT therapy for NAPZA residents who are undergoing rehabilitation, especially for NAPZA residents who are Muslim.

Ethical Clearance: No ethical approval is needed.

Source of Funding: Self

Conflict of Interest: Nil

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