

ABSTRAK

Nisa Almalia Nurfauziah. 23.01.015. Pengaruh Terapi DB-SEFT (*Deep Breathing Combined with Spiritual Emotional Freedom Technique*) terhadap Penurunan Perilaku Marah Lanjut Usia Di Sentra Terpadu Pangudi Luhur Bekasi. Dosen Pembimbing : Susilawati dan Tuti Kartika

Perilaku marah yang dialami lanjut usia perlu diatasi karena berdampak negatif terhadap kondisi fisik, psikologis, dan sosial. Perilaku marah yang terjadi secara berulang dapat menyebabkan gangguan hubungan sosial, stres kronis, bahkan penurunan kualitas hidup. Salah satu pendekatan yang dapat digunakan untuk mengatasi masalah perilaku marah yaitu dengan melaksanakan intervensi terapi psikososial. Penelitian ini bertujuan untuk mengetahui hasil implementasi terapi DB-SEFT (*deep breathing combined with Spiritual Emotional Freedom Technique*) terhadap penurunan perilaku marah lanjut usia. Metode penelitian yang digunakan yaitu penelitian kuantitatif dengan model eksperimen. Penelitian ini menggunakan desain *Single Subject Design* (SSD) dengan desain Reversal A-B-A. Alat pengumpulan data menggunakan instrumen observasi pencatatan kejadian (tally) pada perilaku marah subjek. Perilaku sasaran yang diobservasi dalam penelitian ini yaitu perilaku marah yang diindikasikan dengan perilaku berteriak/meninggikan suara, menghina, mengomel, dan melempar barang. Terapi DB-SEFT merupakan hasil rekayasa dengan mengkombinasikan teknik *deep breathing*, zikir, dan doa ke dalam 3 langkah prosedur teknik *Spiritual Emotional Freedom technique* (SEFT) yaitu *langkah set up, tune in, dan tapping* yang telah disesuaikan dengan kebutuhan lanjut usia. Subjek penelitian pada penelitian ini adalah lansia yang tinggal di Sentra Terpadu Pangudi Luhur (STPL) Bekasi. Hasil penelitian menunjukkan bahwa terjadi penurunan frekuensi perilaku marah subjek lanjut usia yang dilihat berdasarkan kecenderungan arah/tren grafik, analisis data dalam kondisi, dan analisis antar kondisi setelah diberikan intervensi terapi DB-SEFT. Terapi ini mudah dipahami dan dapat dilakukan secara mandiri maupun dengan pendampingan. Terapi DB-SEFT direkomendasikan sebagai salah satu alternatif terapi psikososial untuk mengatasi perilaku marah pada lanjut usia.

Kata Kunci : Perilaku Marah, Lanjut Usia, Terapi DB-SEFT, *Deep Breathing, Spiritual Emotional Freedom Technique*

ABSTRACT

Nisa Almalia Nurfauziah. 23.01.015. The Effect of DB-SEFT Therapy (Deep Breathing Combined with Spiritual Emotional Freedom Technique) on Reducing Anger Behavior in the Elderly at Sentra Pangudi Luhur Bekasi. Supervisors: Susilawati and Tuti Kartika.

Anger behavior experienced by the elderly needs to be addressed, as it has a negative impact on their physical, psychological, and social well-being. Recurrent episodes of anger can lead to disrupted social relationships, chronic stress, and a decline in overall quality of life. One approach that can be employed to manage anger-related issues is the implementation of psychosocial therapy interventions. This study aims to examine the outcomes of implementing DB-SEFT therapy (Deep Breathing combined with Spiritual Emotional Freedom Technique) in reducing anger behavior among the elderly. The research employed a quantitative method with an experimental model. A Single Subject Design (SSD) with a Reversal A-B-A design was used. Data collection involved observation through event recording (tally) focused on the subject's anger behavior. The target behaviors observed in this study included shouting/raising the voice, insulting, complaining, and throwing objects. DB-SEFT therapy is an integrated technique that combines deep breathing, dzikir (Islamic chanting), and prayer into the three procedural steps of the Spiritual Emotional Freedom Technique (SEFT), namely the setup, tune-in, and tapping phases, which have been adapted to meet the specific needs of the elderly. The research subjects were older adults residing at the Sentra Terpadu Pangudi Luhur (STPL) in Bekasi. The findings of this study indicate a decrease in the frequency of anger behavior among elderly participants, as evidenced by the graphical trend direction, within-condition analysis, and between-condition analysis following the DB-SEFT therapy intervention. The therapy is easy to understand and can be performed independently or with assistance. DB-SEFT therapy is recommended as an alternative psychosocial intervention to address anger behavior in the elderly.

Keywords : Anger behaviors, older adults, DB-SEFT therapy, deep breathing, Spiritual Emotional Freedom Technique