

The Effect of EFT (Emotional Freedom Technique) to the Self Esteem Among Nurses

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ABSTRACT

Nurses are imperative providers in helping people within health services, but many have problems with self-esteem. Self-esteem is an essential component in building good mental health. One of the complementary therapies that can help improve mental health is the Emotional Freedom Technique (EFT). Tapping on certain body spots with words or affirmations is EFT, a safe psychological energy therapy. This study aims to examine the effect of EFT on self-esteem.

A pre-post test was used in this quasi-experimental investigation. The sampling technique used convenience sampling for 115 participants who joined EFT Training. Self-esteem was measured using the Rosenberg Self Esteem Scale, which was administered to all participants. It was decided to use the paired t-test to determine the mean difference between before and after the intervention.

TEFT was effective in increasing self-esteem, with a substantial outcome ($p=0.000$). Emotional Freedom Technique (EFT) can be an alternative intervention for boosting nurses' self-esteem.

Source:

https://www.researchgate.net/publication/358283585_The_Effect_of_EFT_Emotional_Freedom_Technique_to_the_Self_Esteem_among_Nurses



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