

## THE COMBINATION BETWEEN SPIRITUAL THERAPY AND EMOTIONAL FREEDOM TECHNIQUE TO CONTROL THE DEPRESSION LEVEL IN PEOPLE WITH HIV AND AIDS AT SAMARINDA CITY

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### ABSTRACT

The cases of infectious diseases in Indonesia increase, one of them is HIV and AIDS, which is quite alarming among the society, coupled with the stigma and discrimination felt by People Living With HIV/AIDS (PLWHA), resulting the higher incidence of depression. This study aims to assess Spiritual and Emotional Freedom Technique (SEFT) combination therapy effects on controlling depression level of PLWHA in Samarinda City. The research design used a quasi-experimental method with a randomized control group design pretest posttest design. Samples taken by simple random sampling were 32 PLWHA. Data collection using a questionnaire that runs from March to May 2019 with a Beck Depression Inventory measuring instrument. Data were analyzed by independent t test. The results showed that respondents' characteristics of two research groups with male sex were 62.5%, female 37.5%, average age was 26-35 years old 50.0% and average education level of high school graduates was 50.0%. There was no effect of SEFT intervention on depression levels to PLWHA with 1 intervention, p value of  $0.264 > 0.05$ , there was an effect of SEFT intervention on depression levels to PLWHA after 3 interventions, p value of  $0.000 < 0.05$ . Peer Assistant groups are expected to provide support, motivation and assistance as well as being able to actively provide SEFT therapy to be able to control the level of depression in PLWHA as a non-pharmacological therapy effort.

**Keywords:** PLWHA, Depression, SEFT Therapy.