

A Study To Assess The Effect Of Emotional Freedom Technique (EFT) On Stress & Anxiety Among Nurses Working In Covid Ward At Selected Hospital.

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Abstract

The impact of COVID-19 pandemic on nurses has been significant on their mental & physical health. To minimize their psychological impact Emotional Freedom Technique (EFT) is cost effective, self-administrative successful treatment in very minimum time and highly effective on stress and anxiety. Aim: To assess the effect of Emotional Freedom Technique (EFT) on stress & anxiety among nurses working in covid ward. The focus of the study was analysis of data related to the effect of Emotional Freedom Technique (EFT) on stress & anxiety among nurses in covid ward at Dr. D.Y. Patil Hospital in Pune city.

Methodology: An evaluative with One- group pre-test post-test research design was adopted to this study. A Non-probability purposive sampling technique was used for selecting 60 samples of covid ward nurses who met the designated set of criteria in the period of data collection in Dr. D.Y. Patil Hospital. In this study there was one experimental group, 60 covid ward nurses were taught EFT method by the researcher and advised to apply this technique continue for 10days twice a day, early morning & night time before sleep. Telephonic follow up was taken with record.

Result: In pre-test, 20% of the nurses working in covid ward had mild stress levels, 75% of them had moderate stress and 5% of them had severe stress. In post-test, 90% of them had mild stress levels and 10% of them had moderate stress and in pre-test, 73.3% of the nurses working in covid ward had mild anxiety levels, 25% of them had moderate anxiety and 1.7% of them had severe anxiety. In post-test, all of them had mild anxiety. The findings related to association of stress and anxiety levels with demographic variables said that p-value corresponding to number of children is small (≤ 0.05), the demographic variable number of children and family type was found to have significant association with the stress among nurses working in COVID ward, and the association of stress with demographic variables said that p-values are large (greater than 0.05) So, there is no significant association with the anxiety among the nurses working in covid ward.

Conclusion: The research found that in pre-test nurses working in covid ward had mild stress levels and in post-test, all of them had mild anxiety.

Keywords: Assess, Anxiety, Stress, EFT, Effect, COVID-19, Nurse.

INTRODUCTION

With more than 40% of all confirmed cases globally, of Who European Region has emerged as the epidemic's focal point. By 28 April 2020, the Region accounted for 63% of all viral deaths globally. According to Dr. Hans Henri P. Kluge, WHO Regional Director, Europe, since the first cases were recorded, WHO has worked around the clock to assist nations in organizing and responding to the COVID-19 pandemic. We will defeat COVID-19 by open information exchange, targeted bottom-up assistance, and unwavering cooperation.¹

Body/mind self-help technique called "Tapping" or EFT (Emotional Freedom Techniques). It incorporates a soft touch with verbal mindfulness of thoughts and sensations. EFT is tapping of acupuncture points here on hands, face, and body with our fingertips while (temporarily) concentrating on a problem we'd like to address. What is amazing about EFT is how effectively it works, even though continuing scientific study keeps demonstrating and validating it as a worthwhile treatment that should be accepted into mainstream medicine. EFT enables us to let go off and alter any unfavourable emotions that may be influencing our experience, such as hurt, regret, fear, or rage. EFT may also be used to alter the ideas and preconceptions that underlie our emotional experiences. Many frequently report feeling lighter, calmer, and capable of respiring more freely after only a few circles of tapping. It's almost as if we now have more room within. They

can claim that their way of thinking has evolved, that they have discovered new information, or that they feel better all around. EFT International's "Free Tapping Manual: A Complete Introduction of EFT (Emotional Freedom Techniques)" 3 A research demonstrates that EFT decreased tension, anxiety, and burnout among the nurses caring for the 19 patients with COVID. 4

NEED OF THE STUDY

Shift labour is seen as essential and important in the healthcare system to guarantee continuity of treatment in health care facilities and residential institutions.⁵ The key aspects of shift work are rotating and scheduling, and nurses are generally bound to shift schedules that include night duty work and offer 24-hour care. One of the most common causes of circadian rhythm disruption, shift work—especially night shift—causes major changes in sleep patterns and biological processes.⁶

These changes can have an adverse impact on one's physical and mental health as well as their ability to execute their jobs.⁷ The signs of a condition known as "shift work disorder," which include altered circadian rhythm for sleep/wake, insomnia, excessive daytime drowsiness, and exhaustion, have recently been found. Cross-sectional studies have indicated shift work disorder prevalence rates ranging from 24.4% to 44.3%. The majority of research showed that nurses working night shifts had much worse sleep overall than daytime employees and those who didn't rotate shifts at night.⁵

One of the most common causes of circadian rhythm disruption, shift work—especially night shift—causes major changes in sleep patterns and biological processes. These changes can have an adverse impact on one's physical and mental health as well as their ability to execute their jobs. According to a Greek study, shift work-related sleep disruption is highly linked to chronic weariness.⁹ The nurses that worked night shifts had tiredness symptoms such as "sleepiness and lack of energy," "impaired concentration," and "feelings of discomfort" more severely than those who worked during the day. According to the majority of writers, working night hours can make you more likely to make mistakes, be hurt, and have poor patient care.¹⁰

AIM OF THE STUDY

A study to assess the effect of Emotional Freedom Technique (EFT) on stress & anxiety taming nurses working in covid ward at selected hospital

METHODOLOGY

An evaluative with One- group pre-test post-test research design was adopted to this study.

A Non-probability purposive sampling technique was used for selecting 60 samples of covid ward nurses who met the designated set of criteria in the period of data collection in Dr. D. Y. Patil Hospital. In this study there was one experimental group, 60 covid ward nurses were taught EFT method by the researcher and advised to apply this technique continue for 10days twice a day, early morning & night time before sleep. Telephonic follow up was taken with record.

RESULTS

Distribution of Demographic Variables between the nurses working in covid ward 80% of the nurses working in covid ward were in the age group of 21-30 years, and 20% of them were in the age group of 31-40 years. 76.7% of them were females and 23.3% of them were males. 45% of them completed BSc nursing, 51.7% of them were GNM and 3.3% of them completed MSc and other education. 23.3% of them had 2 to 7 months' experience, 41.7% of them had 8 to 13 months' experience and 35% of them had 14 to 19 months' experience. 11.7% of them earned a monthly family income Rs10,000/- to 20,000/-, 21.7% of them had family income Rs 21,000/- to 30,000/-, 30% of them had family income Rs 31,000/- to 40,000/- and 36.7% of them had monthly family income above Rs 40,000/-. 48.3% of them were from joint family, and 51.7% of them were from nuclear family. 43.3% of them were married, and 56.7% of them were unmarried. 8.3% of them had single child, 6.7% of them had two children, and 85% of them did not have any children. 10% of them had lost one close person due to covid, 1.7% of them had lost 2 close persons due to covid and 88.3% of them did not lose any close person due to covid. 23.3% of them had taken the first dose of covid vaccine, 73.3% of them had second dose of covid vaccine and 3.3% of them had not taken the dose of covid vaccine. 20% of them were from covid general ward, 55% of them were from covid ICU and 25% of them were from covid suspected ward.

Analysis of data related to level of stress and anxiety among nurses working in covid ward at selected hospital.

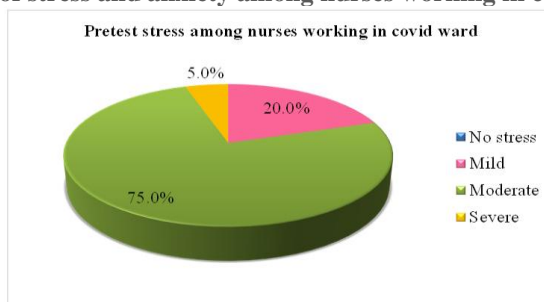


Figure number 1: - Pie chart shows that Stress among nurses working in COVID ward at selected hospital.

in pre-test, 20% of the nurses working in COVID ward had mild stress levels, 75% of them had moderate stress and 5% of them had severe stress.

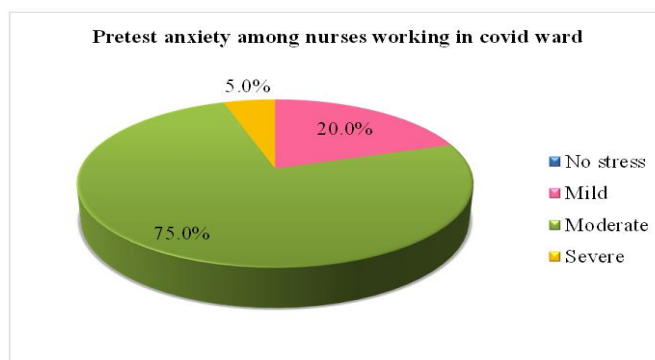


Figure number 2: -The pie chart shows that Anxiety among nurses working in covid ward at selected hospital.

Figure number 3: - Explains that, in pre-test, 73.3% of the nurses working in covid ward had mild anxiety levels, 25% of them had moderate anxiety and 1.7% of them had severe anxiety.

Analysis of data related to the effect of Emotional Freedom Technique (EFT) on stress & anxiety among nurses in covid ward at selected hospital.

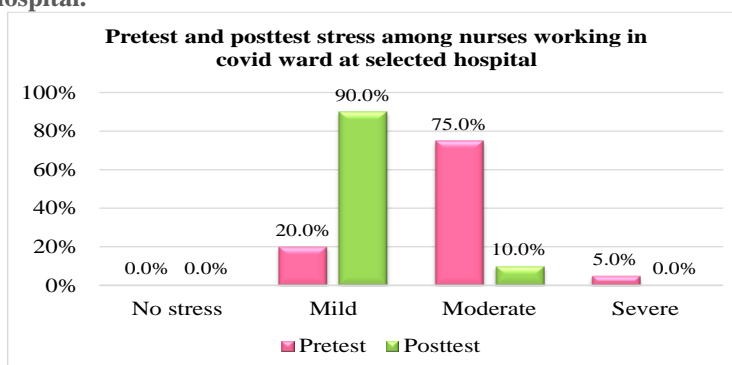


Figure no. 3- bar graph shows that Effect of Emotional Freedom Technique (EFT) on stress among nurses in covid ward at selected hospital.

Figure number 3: - Shows that, in pre-test, 20% of the nurses working in covid ward had mild stress levels, 75% of them had moderate stress and 5% of them had severe stress. In post-test, 90% of them had mild stress and 10% of them had moderate stress. This indicates that the stress among nurses in COVID ward had improved remarkably after Emotional Freedom Technique.

Table 1: Paired t-test for the effect of Emotional Freedom Technique (EFT) on stress among nurses in COVID ward at the selected hospital.

N=60

	Mean	SD	T	df	p-value
Pre-test	17.4	5.1	10.2	59	0.000
Post-test	10.9	2.8			

Table 1: indicates that the researcher applied Paired t-test for the effect of Emotional Freedom Technique (EFT) on stress among nurses in covid ward at selected hospital. Average stress score among nurses working in covid ward was 17.4 which reduced to 10.9 in post-test. T-value for this test was 10.2 with 59 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis was rejected. It is evident that the stress among nurses working in covid ward reduced significantly after Emotional Freedom Technique.

Table 2: Effect of Emotional Freedom Technique (EFT) on anxiety among nurses in covid ward at selected hospital.

N=60

Anxiety	Pre-test		Post-test	
	Freq	%	Freq	%
No stress (score 0)	0	0.0%	0	0.0%
Mild (Score 1-13)	44	73.3%	60	100.0%
Moderate (Score 14-26)	15	25.0%	0	0.0%
Severe (Score 27-40)	1	1.7%	0	0.0%

Table 2: indicates that, in pre-test, 73.3% of the nurses working in covid ward had mild anxiety, 25% of them had moderate anxiety and 1.7% of them had severe anxiety. In post-test, all of them had mild anxiety. This indicates that the anxiety among nurses in covid ward improved remarkably after Emotional Freedom Technique.

Table 3: Paired t-test for the effect of Emotional Freedom Technique (EFT) on anxiety among nurses in covid ward at selected hospital.

N=60

	Mean	SD	T	df	p-value
Pre-test	16.2	7.0	9.4	59	0.000
Posttest	9.0	3.4			

Table 3: indicates that, average anxiety score among nurses working in covid ward was 16.2 in pre-test which reduced to 9 in post-test. T-value for this test was 9.4 with 59 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis was rejected. It is evident that the anxiety among nurses working in covid ward reduced significantly after Emotional Freedom Technique.

Association of stress with demographic variables shows since p-value corresponding to number of children is small (≤ 0.05), the demographic variable number of children was found to have significant association with the stress among nurses working in COVID ward.

Association of anxiety with demographic variables shows since all the p-values are large (greater than 0.05); hence, none of the demographic variables was found to have significant association with the anxiety among the nurses working in covid ward.

DISCUSSION

A large number of disorders can be brought on by the corona-virus family of viruses. Due to the nature of their work, nurses are among those who are required to visit hospitals and then are exposed to patients who may have Corona. They thus feel a lot of worry and anxiety. For the relief of both physical pain and mental suffering, there is an alternative therapy called "Emotional Freedom Technique" (EFT).

A randomized controlled experiment on the impact of further Emotional Freedom Techniques on nurses' levels of stress, anxiety, and burnout during the COVID-19 pandemic was undertaken by Berna Dincer and Demet Inangil.(2021) The purpose of this study is to determine if a brief online version of Emotional Freedom Techniques (EFT) may effectively avoid stress, anxiety, and burnout among nurses who care COVID patients. The checklist from the Consolidated Standards and Reporting Trials (CONSORT) was utilized as a guide for the study. study were carried out in a university hospital from Turkey's COVID-19 division. Covid ward nurses were the study's samples, and they were randomly divided into two groups: the interventions (n = 35) and then a clinical trial (n = 37) that received no therapy. One guided online community EFT session was provided to the intervention group. Results of the study showed that the intervention group had significant decreases in stress (p .001), anxiety (p .001), even burnout (p .001). On these metrics, the control group did not see any statistically significant changes (p >.05). The study's findings include that nurses treating COVID-19 had less stress, anxiety, as burnout after participating in a single online support group EFT session.⁸

CONCLUSION

This study, which was an initial effort, concentrated on the amount of psycho-social stress among nursing in cancer wards. The study employed a one-group pre-test, post-test, and evaluative design. Using the use of a non-probability purposive sampling approach, data from 60 samples were gathered. Overall, the study's execution was a positive experience thanks to the hospital administration's and the covid ward nurses' helpful cooperation. For the researcher, the investigation was a fresh learning opportunity. 20% of the nursing professionals in the covid ward reported light stress, 75% reported moderate stress, and 5% reported severe stress. Similarly, 73.3% of both the nurses in the covid ward reported mild anxiety, 25% reported moderate anxiety, and 1.7% reported severe anxiety. 90% of them had mild stress, 10% had moderate stress, and all of them experienced mild anxiety after self-administering the Emotional Freedom Technique (EFT) twice weekly. This shows that Emotional Freedom Technique had a significant positive impact on the stress anxiety among the nurses in the COVID unit.

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Conflict of interest: There are no conflicts of interest.

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