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### **Effect of therapy spiritual emotional freedom thecnique (SEFT) changes on blood pressure in elderly that have hypertension**

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Elderly period is the last period of human development, where a person has decreased physical function and social in nature. There is one method to treat hypertension, that is the method of Spiritual Emotional Freedom Technique (SEFT) i.e., by tapping on the 18 key points along the body's 12 energy pathways. This study aims to determine the effect on blood pressure SEFT method especially in the elderly with hypertension in the hamlet Rejosari Authorship Terri Year 2015. The method used is pre-experiment with one group pre-test post-test design. Blood pressure levels were measured before and after treatment SEFT therapy for 6 sessions in 2 weeks. Each session takes 20 minutes and blood pressure was measured. Sampling was done by purposive sampling with a sample of 16 people. Analysis of data using Shapiro Wilk test Paired T Test and analyzed using computer software obtained results p value (0.000) less than of value ( $\alpha=0.05$ ). These results indicate that SEFT therapy effective in lowering blood pressure. The analysis results showed that the therapy SEFT effectively changes blood pressure with values (p value=0.000). Therefore SEFT therapy can be used as alternative therapy to lower blood pressure in elderly hypertensive patients. By doing non-pharmacological therapy is expected to reduce the patient's physical complaints and can enrich the knowledge and skills to help nursing care.

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