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Effectiveness of emotional freedom techniques on anxiety

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Abstract

Background: Anxiety is an unpleasant feeling that is typically associated with uneasiness, fear or worry. It is a normal human emotions that everyone experiences at times many people feel anxious or nervous, when faced with a problem at work, before taking a test or making an important decision. Emotional Freedom Technique is just one of many techniques that a person can use to control their anxiety.

Aim: To evaluate the effectiveness of Emotional Freedom Techniques on anxiety

Material and method: Quasi experimental nonequivalent control group design by using non probability purposive sampling technique.

Results and Conclusion: The results indicates that the effectiveness of emotional freedom techniques on anxiety indicates that indicates, in experimental group, during pre-test 2% are mild anxiety and 16% are having moderate anxiety, 34% are having severe anxiety, 48% are having very severe anxiety Where as in post test, 12% are having mild anxiety, 14% are having moderate anxiety and 64% are having severe anxiety, and 10% are having very severe anxiety.

Keywords: Emotional freedom techniques, anxiety, nursing students

Introduction

Anxiety is an unpleasant feeling that is typically associated with uneasiness, fear or worry. It is a normal human emotion that everyone experiences at times many people feel anxious or nervous, when faced with a problem at work, before taking a test or making an important decision. Anxiety in extreme form may cause distress which interferes with a person's ability to lead a normal life ^[1].

The Emotion experienced is neither good nor bad, people tend to assign them that distinction based on how the emotion is experienced. Thus comfortable "good" emotions may include pride, love, joy, interest, gratitude. Uncomfortable "bad" emotions by contrast may include fear, pain, grief, anger, frustration. Anxiety has a tremendous impact not only on mental health, but also physical health, causing it to go into its primal state of fight or flight.

Emotional freedom technique involves the use of fingertips to tap on the end points of energy meridians that are situated just beneath the surface of the skin. It is just one of many techniques that a person can use to control their anxiety. It is a technique which helps to experience emotional harmony and is based on tapping acupuncture points heal ^[2]

Need for study

Accumulation of negative feelings can be released by using this emotional freedom technique which is cost effective. Nursing students suffer with anxiety as they are leaving the home and staying in hostel, has to study new course and have difficulty in adjusting the environment. So the investigator felt to determine the effectiveness of emotional freedom technique on anxiety.

2. Objectives of the Study

- To assess the level of anxiety among nursing students.
- To evaluate the effectiveness of emotional freedom techniques on anxiety among nursing students.
- To find the association between the effectiveness of emotional freedom technique on anxiety among nursing students with their selected socio-demographic variables.

3. Detailed Research Plan

- **Research Approach:** Quantitative research Approach.
- **Research Design:** Quasi Experimental nonequivalent control group design.
- **Research Setting:** the study was conducted in Narayana college of nursing and Sree Narayana nursing college, located in urban area Chinthareddy palem, Nellore. The college is well infrastructured with all facilities like for each batch separate class rooms AV aids room, all department labs, department staff rooms, computer labs, library, mess facility, hostel facility, transport facilities are available.
- **Sampling Technique:** Non probability purposive sampling.
- **Sample Size:** A total of 100 nursing students were samples included in this study. Among 100 students, 50 assigned to experimental and 50 was assigned to control group.

4. Results

Table 1: Effectiveness of emotional freedom techniques on anxiety among nursing students in experimental and control group.

Level of Anxiety	Experimental Group (N=50)		Control Group (N=50)	
	Pre Test	Post Test	Pre Test	Post Test
Mild	2%	12%	12%	12%
Moderate	16%	14%	10%	10%
Severe	34%	64%	52%	52%
Very Severe	48%	10%	26%	26%

Table 1: Shows that frequency and percentage distribution of anxiety in experimental group, during pre-test 2% are mild anxiety and 16% are having moderate anxiety, 34% are having severe anxiety, 48% are having very severe anxiety. Where as in post test, 12% are having mild anxiety, 14% are having moderate anxiety and 64% are having severe anxiety, and 10% are having very severe anxiety.

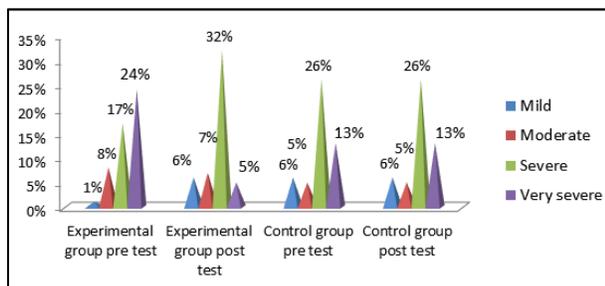


Fig 1: Effectiveness of emotional freedom techniques on anxiety among nursing students in experimental and control group.

The results indicates, in experimental group, during pre-test 2% are mild anxiety and 16% are having moderate anxiety, 34% are having severe anxiety, 48% are having very severe anxiety. Where as in post test, 12% are having mild anxiety, 14% are having moderate anxiety and 64% are having severe anxiety, and 10% are having very severe anxiety. In control group, during pre-test 12% had mild anxiety, 10% had moderate anxiety, 52% had severe anxiety and 26% had very severe anxiety, where as in posttest 12% had mild anxiety, 10% had moderate anxiety, 52% had severe anxiety and 26% had very severe anxiety.

It indicates research hypothesis (H_1) is accepted and null hypotheses (H_{01}) is rejected.

Association between the emotional freedom techniques on anxiety with selected socio demographic variables

There is no statistical significant association between the effectiveness of emotional freedom techniques on anxiety among nursing students in both the experimental and control group in the pre-test and post test with socio demographic variables, where variables like age in years, medium of instruction, father's education, occupation, family income, support for education, previous stay in hostel, habits.

It indicates research hypothesis (H_2) is rejected and null hypothesis (H_{02}) is accepted.

5. Conclusion

Investigator found that the Emotional freedom technique is effective in decreasing the level of anxiety among nursing students.

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