Transpersonal Psychology Approach in Cases Anxiety: Literature Review and Annotated Bibliography

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ABSTRACT:
This study aims to conduct a review of the discussion on transpersonal psychology approaches to anxiety disorders in the last five years to answer the pros and cons with the scientific evidence that has been available in the last five years. This research uses literature review and annotated bibliography methods related to the topic raised in the last five years, in this case there are 29 literatures selected after screening and consideration. In this study, the main points of the 29 literatures found that the transpersonal psychology approach in cases of anxiety is on average successful in both qualitative, quantitative and R&D contexts. In addition, transpersonal approaches in cases of anxiety are dominated by Islamic approaches. However, it becomes another challenge for us when it is faced with digitalization, where in one case the approach was applied through an application and in fact it still failed to treat anxiety cases.

Keywords: transpersonal psychology, anxiety, spiritual

ABSTRAK:
Penelitian ini bertujuan untuk melakukan tinjauan mengenai pembicaraan pendekatan psikologi transpersonal terhadap kasus gangguan kecemasan (anxiety disorder) dalam lima tahun terakhir untuk menjawab adanya pro-kontra tersebut dengan bukti ilmiah yang telah ada dalam lima tahun terakhir. Penelitian ini menggunakan metode literature review dan annotated bibliography terkait tema yang diangkat dalam kurun lima tahun terakhir yang dalam hal ini ada 29 literatur yang dipilih setelah dilakukan penyaringan dan pertimbangan. Dalam penelitian ini poin-poin pokok dari ke 29 literatur ditemukan bahwa pendekatan psikologi transpersonal dalam kasus anxiety rata-rata berhasil baik dalam konteks kualitatif, kuantitatif, dan R&D. Selain itu pendekatan transpersonal dalam kasus anxiety didominasi oleh pendekatan Islam. Namun demikian menjadi tantangan lain bagi kita saat ia dihadapkan dengan digitalisasi di mana dalam salah satu kasus pendekatan tersebut diterapkan melalui aplikasi dan nyatanya masih gagal menangani kasus anxiety.

Kata Kunci: psikologi transpersonal, kecemasan, spiritual

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INTRODUCTION
Today's society tends to be vulnerable to mental health disorders. One type of mental health disorder that is very common in modern society is anxiety disorder or anxiety disorder.

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This is in line with the statement of H.D. Bastaman in Naan and Nurafajri’s research literature states that the 21st century is also called the age of anxiety anxiety because the 21st century presents a multidimensional crisis (Naan and Naufal Nurafajri, 2022).

This is also in line with the statement in another study that the most common mental health disorders experienced by the population in the world are anxiety disorders. In 2021 global research it was found that 76.2 million of the world’s population experienced anxiety disorders. This figure even increased by 25.6% with a prevalence of 4 cases in 100,000 population following the onset of Covid 19. In addition, it was found that in cases of anxiety disorders, women have higher risk factors.

In essence, the root of this problem stems from an identity crisis which makes individuals lose their identity, they lose meaning and experience spiritual emptiness so that they become strangers to themselves, because in this modern era there is a lack of understanding between time and God. It could be said that the 21st century has lost its spiritual vision, western psychology cannot in fact answer the problems of modern society and transpersonal psychology is here to provide answers so that individuals can return to the inner dimension. It is then hoped that this transpersonal psychology can bridge the rationality of science with spiritual experiences in humans (Naan and Naufal Nurafajri, 2022).

Transpersonal psychology is a new movement in psychology that is developing in a humanistic orientation which is specifically related to spiritual, transcendental and mystical aspects of self-actualization. They also need to take into consideration special emphasis for those who are living in infected areas, leading to them being in a state of heightened fear, which is also a predictor (Maba, A. P, et al., 2023). Transpersonal psychology was first developed by experts who previously studied in depth the humanistic field, such as Abraham Maslow, C.G. Jung, Victor Frankl, Antony Sutich, Charles Tart, and others. Transpersonal psychology is a direct descendant of humanistic psychology. Transpersonal psychology is the fourth school after psychoanalysis, behaviorism and humanism. What differentiates humanistic psychology from transpersonal psychology is that transpersonal psychology further explores human abilities in the spiritual world, peak experiences and the mysticism experienced by humans (Ningrum, 2023). Transpersonal psychology does not reject approaches that have previously developed in psychology but rather complements them. The essence of this approach is the utilization of spiritual resources as the highest human potential so that when combined with other approaches this approach can actually become a complement (Phasnavati 2019).

According to Dostoyevsky, humans always find out who they are, their environment, and for what reason they exist. Such problems can be solved with spirituality, whether spirituality related to a particular religion or not at all. In addition, Tloczynski stated that spiritual well-being and a high level of spirituality are related to mental health, low levels of anxiety, and a positive personality (Gul and Jahangir 2019). However, studies of religion and spirituality on mental health still have pros and cons. Some research has found that religion and spirituality sometimes trigger anxiety, depression and bipolar disorder due to fear of punishment. Meanwhile, on the other hand, several studies have also found that in the practice of psychotherapy when using religion and spirituality it can actually overcome mental health problems such as anxiety (Mardhiyah 2022). Therefore, this research tries to look back at the scientific literature in the last 5 years regarding aspects of transpersonal psychology and anxiety disorders in order to be able to answer a little about the pros and cons.

**RESEARCH METHOD**

This research uses qualitative research methods, literature review and annotated bibliography. Researchers collected several previous studies with the theme of transpersonal
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In the range of research no later than 2019, research with themes containing these two variables is still not very numerous and as far as what is found is on average in the form of experimental quantitative research. There are around 29 research literatures that were selected based on their suitability for the two variables, namely transpersonal psychology and anxiety.

RESULT AND DISCUSSION
Transpersonal Psychology Practice on Cases Anxiety Outside the Religious Context

In this research, a transpersonal approach in the form of short transpersonal psychotherapy was given to patients with Crohn’s disease, which is a disease that attacks the entire digestive tract from the mouth to the anus so that it requires continuous treatment in the long term. This disease causes great physical discomfort and tends to trigger great tension, anxiety, depression, frustration and fear. Through clinical methods, this research provides direct treatment in the form of brief transpersonal psychotherapy and is tested statistically. In this study, it was found that transpersonal psychotherapy was able to effectively relieve depression and anxiety in 11 Crohn’s disease patients with an average age of 40 years (Wahyuni, 2020).

This research provides Bouno Transpersonal Regression Therapy (BTRT) intervention for specific phobia sufferers to improve their quality of life so that their anxiety can decrease. There were 10 participants in this study with an age range of 18-21 years. The results of this study show the effect of BTRT on improving participants’ quality of life and reducing their anxiety symptoms (Iswhayuningtyas & Adiyanti, 2022).

This research uses the Brief Empathic Love Therapy (BELT) intervention which contains transpersonal elements to be given to 3 participants who are soldiers’ wives in the small n research method with a single case design ABA to see their subjective well-being because they are vulnerable to anxiety considering that their husbands are soldiers with the rank of non-commissioned officer or enlisted officer. However, the results of visual analysis showed that BELT had no influence on participants' subjective well-being and automatically had no effect on their anxiety (Sari, Nababan, and Daulay, 2023).

This research conducted a literature review on the theme of mindfulness meditation for anxiety. The 10 articles reviewed showed the same results that mindfulness meditation can reduce anxiety and depression and increase levels of consciousness, cognitive function and emotional memory (Harris, Sutrisno, and Widya, 2020).

This research provides a breathing meditation intervention in its research in the form of quasi-experimental research to test its effect on the anxiety of dark phobia sufferers. The test results after administering the intervention found that breathing meditation had an effect on reducing anxiety in people with dark phobia, in this case the reduction was measured using the HARS questionnaire (Hamilton Anxiety Rating Scale) (Rahmatullah, et al., 2023).

This research is in the form of quantitative research using a controlled laboratory experimental method involving 5 participants in the form of students aged 18-22 years. Their anxiety level was measured using the GAD-7 (Generalized Anxiety disorder). This research presents previous research with a similar theme where many research results found that meditation reduces anxiety. However, in this study, meditation provided through the X application did not have a significant effect on anxiety after being tested through significance testing and descriptive data analysis. In fact, until now the effectiveness of meditation is still being researched because in practice unexpected factors can occur that influence the results, however, research regarding the negative impacts of meditation is still minimal (Hasanah,
This research takes the form of community service with a community development approach in Alat village, Hantakan district. The targets for this service are housewives who are still experiencing anxiety after the flood disaster, consisting of 17 people. Their anxiety was measured using the SRQ-20 questionnaire both before and after the intervention. The results of this research were that 13 people experienced a decrease in anxiety and 4 people were still anxious, which was then concluded that meditation and yoga therapy were effective in cases of anxiety (Fauziah et al., 2021). This research addresses anxiety in third trimester pregnant women by providing an approach in the form of yoga exercises in the form of physical exercise and breathing exercises. This pre-experimental research was conducted on 35 participants and the results of the treatment design and statistical tests showed that yoga exercise was successful in reducing anxiety in the participants.

**Transpersonal Psychology Practice on Cases Anxiety in a Religious Context**

In this research, a psychotranspersonal approach is used to overcome anxiety or anxiety is Surya Dharyam Yoga. In this yoga activity there is a process of unification of body, mind and soul, the center of which in Surya Dharyam Yoga is worship of the sun. In practice, this yoga has 12 movements whose implementation begins with prayer (mantra) and closes with meditation. This research is a type of quantitative research with young female respondents aged 11-24 years with a map of 25 students and 5 students. According to the results of the tests conducted, it was found that yoga reduced response anxiety from a severe level to a mild level. The results of the quantitative test were also strengthened by the results of observation interviews (Pihasnavati, Hasanah, Moranita M., 2019).

This research looks at the integration of transpersonal psychotherapy with Sufism psychotherapy in a dhikr relaxation approach to types of anxiety in the form of specific phobias using quantitative experimental methods. This dhikr approach is considered a mystical point in Islam which is used as a method of purifying the soul and changing the soul’s tendencies from orientation to the outer world to the inner world and bringing the religious orientation of oneself to God. Participants in this research were Muslim students in early adulthood who had specific phobias from 2 different Islamic campuses. This study used 5 data collection tools to measure participants’ anxiety levels and measure relaxation responses. Based on the results of a series of statistical tests carried out, it was found that dhikr relaxation had an effect on reducing participants’ anxiety levels with significant differences in numbers. This was also confirmed by the results of statistical tests regarding significant differences in respiratory frequency before and after dhikr relaxation. The results of this research were then strengthened by the results of previous studies with similar research themes (Zaman mink., 2021).

The transpersonal approach in this research was researched qualitatively using the literature review method. The transpersonal approach in this research is in the form of Rabbani therapy using verses from the Koran, which in the findings are divided into several categories in their use for neurosis. Categories that can be used for types of neurosis are: anxiety or anxiety are as-shifa verses which consist of 6 verses in the Qur’an, namely surah al-Isrā’ verse 82, surah al-Tawbah verse 14, surah al-Shu‘arā’ verses 79-80, surah Yūnus verse 57, surah Futhe nightillat verse 44 and surah alNahl verse 69. These verses are essentially an antidote, including for diseases such as anxiety disorders (Sustring & Wijaya, 2019).

Through a qualitative study in this research, it was found that the study of transpersonal psychology is closely related to spirituality, there are many spiritual therapies after the emergence of this school. One of the spiritual approaches in psychotranspersonal can be
tadabbur Al-Qur’an, namely contemplation of the verses of the Al-Qur’an which can bring calm to the heart and mind. In fact, the Koran, which is Kalamullah, is medicine for humans. In this research, the effect of reciting the Al-Qur’an was felt by students in overcoming anxiety about facing national exams (Ningrum, 2023).

In this research the transpersonal approach is seen in the practice of prayer. In the literature study, it is explained that prayer is a meaningful spiritual journey for a servant to face God, prayer is an activity of the soul. Prayers performed solemnly will lead to spiritual purification so that it can create calm and serenity which will prevent a person from anxiety disorders (Adia et al., 2022).

This research was conducted in a pre-experimental context which tested the impact of ablution on student anxiety at MTs Al-Hidayah Cinangka in facing the National exam. There were 24 students involved as participants in this research. Ablution was taken as a treatment in this research because ablution contains elements of relaxation to reduce anxiety and can provide benefits for physical, psychological and emotional control. The results in this study prove that ablution can reduce students’ anxiety levels (Asmawati, 2021).

This quasi-experimental research uses Spiritual Qur’anic Emotional Freedom Technique (SQEFT) therapy for anxiety in drug residents. The intervention was given for 4 weeks, each week carried out 3 times. SQEFT intervention has been proven to reduce anxiety in drug residents undergoing rehabilitation and even lower their blood cortisol levels (Jubilee, 2019).

This research uses a pre-experimental quantitative method to see the effect of Spiritual Emotional Freedom Technique (SEFT) Therapy on reducing students’ anxiety levels. SEFT therapy departs from EFT (Emotional Freedom Technique) therapy which includes spiritual elements in order to see human potential as a whole. The spiritual element in SEFT is a set-up which consists of 2 activities in the form of prayer and acceptance or surrender to God. The subjects in this research were 30 students in class VIII of SMP 4 Muhammadiyah Surabaya. These 30 children had different levels of anxiety, 46% experienced moderate anxiety, 17% experienced severe anxiety, and 17% did not experience anxiety. Based on the test results, this research found that there was an effect of SEFT therapy on reducing students’ anxiety levels (Purwanti & Munawaroh, 2019).

This research also uses the SEFT therapy approach but in an R&D study on the SEFT theme in individual counseling to reduce academic anxiety. The product in this research is a SEFT individual counseling model book which has been tested by media experts and material experts with a score of 85 and the research subjects are guidance and counseling teachers and junior high school students in Yogyakarta, totaling 25 guidance and counseling teachers and 25 students. These findings show that the SEFT technique can reduce anxiety which can be applied by the guidance and counseling teacher or applied by students themselves through the method book (Sarimunadil, Carolin, and Lubis, 2021).

This research is quantitative research with a quasi-experimental method. In this study, researchers tried to see the impact of SEFT therapy on anxiety facing childbirth, therefore the participants taken were 25 third trimester pregnant women. In this study, it was found that terai SEFT was able to overcome the anxiety of pregnant women in the third trimester when facing childbirth (Putranti, 2021).

In line with the research above, this study also tried to see the effect of SEFT therapy on the anxiety experienced by 24 pregnant women in the third trimester at the Bantul Community Health Center with moderate to high levels of anxiety using experimental methods. Anxiety is measured using a scale prepared by Paramita (2010) which is based on the theory of Nevid et al. (2005). Based on the anxiety scores before and after therapy, the anxiety
experienced by participants decreased. The final results of this study found that there was an impact of SEFT therapy on reducing participants’ anxiety (Ma’rifah, Setyowati, and Afiyanti, 2023).

This research also examines the effects of SEFT therapy but in a qualitative type of research and in the case of anxiety of pregnant women with abnormal (hydatidiform) pregnancies. After administering SEFT therapy, the researchers measured the anxiety level of the research subjects with the HARS (Hamilton Anxiety Rating Scale). This research found that SEFT therapy reduced the anxiety of pregnant women with abnormal (hydatidiform) pregnancies (Astuti et al., 2022).

In this study, SEFT intervention was also provided to pregnant women, in this case specifically active stage I pregnant women. In this experimental study, it was proven that SEFT could increase relaxation which reduced their anxiety. This relaxation comes from a feeling of humility, sincerity, self-confidence and gratitude (Hermawan and Dinardianta, 2022).

This research tries to see the relationship between the level of religiosity and anxiety about death. Through quantitative methods and statistical tests in the CISC Suluh Hati Semarang community based on 49 samples who were cancer sufferers, it was found that there was a negative relationship between anxiety about death and religiosity, which was proven by the test results of the relationship between the two of -0.595 which showed that aspects of religiosity had an impact on the level of anxiety against death. The higher the religiosity, the lower the anxiety about death, and vice versa. This is reinforced by the next logical reason that something like this is very possible because in religion itself there is a lot of discourse about death which can help a person see the meaning of death itself and he becomes ready to face it and in religion there are also many religious activities which have a positive effect (Anjali & Istiqomah, 2023).

This research is in the form of qualitative research at the UMY (Muhammadiyah University of Yogyakarta) library. The transpersonal approach in this research is in the form of mindfulness meditation which aims to create self-regulation so that it can reduce anxiety. This meditation is a meditation that focuses attention on awareness where the emphasis is on breathing, body sensations, feelings and thoughts which will have an impact on mental conditions. This meditation was applied to UMY library librarians who experienced anxiety during Covid-19, either anxiety about contagion or anxiety about the rise in layoffs. Meditation is carried out starting from preparing the atmosphere, starting from aroma therapy to meditation music. This meditation involves a spiritual approach where the meditation begins with prayer and is also filled with sentences of surrender to God by the instructor. This meditation has a positive impact on librarians so they can regulate themselves better and reduce anxiety (Sufirmansyah, 2021).

This research integrates the mindfulness and dhikr approaches to the anxiety of farm workers in the new normal era with qualitative methods. This research also takes the form of field service where researchers provide education for farm workers in the Blabak Kediri sub-district who have been selected using purposive sampling techniques online and offline. From all the stages that have been carried out, the community has participated in the activities enthusiastically and they understand the mindfulness and dhikr education presented by researchers. As previous studies stated that these two approaches were useful for reducing anxiety, service-based research hopes that people’s understanding of these approaches can be used to overcome their anxiety in the new normal era (Sumarsih et al., 2019).

This research uses a quasi-experimental method to see the effect of spiritual relaxation as a transpersonal approach model given to the anxiety of pulmonary tuberculosis (TB) sufferers at PKU Muhammadiyah Sruweng Hospital. This spiritual relaxation takes the form
of prayer according to each person’s beliefs and meditation. In this study there were 65 participants who received spiritual relaxation intervention once for 30 minutes. The instrument used to measure anxiety and stress in participants is DASS (Depression Anxiety and Stress Scale). The level of anxiety obtained varies from normal, mild, moderate, severe and very severe. Based on the test results, it was found that the spiritual relationships provided had an effect on the decline in participants’ gold (Mardiyah, 2022).

If psychotranspersonal is often associated with aspects of spirituality, then spirituality is often related to religion. This research tries to look at religious accommodation for anxiety and depression disorders based on a review of several literatures. From several journals reviewed regarding the theme of anxiety, it was found that 19 journals were longitudinal research, 9 studies found the influence of religion and spirituality on reducing anxiety levels, 7 studies found no relationship, and 2 studies found ambiguous and still complex results. Furthermore, from 9 experimental studies, 7 studies were found that found the impact of religion and spirituality on reducing anxiety levels, from 32 studies of the type of randomized clinical trials, 22 studies were found that found the results of reducing anxiety levels by religion and spirituality. These results still show a lot of variation, although more people find religion and spirituality successful in reducing anxiety. This large variation is due to the fact that there is still a lot of research that separates psychotherapy from religion and spirituality (Kadafi et al., 2021).

In this research, it is stated that the anxiety experienced during the Covid 19 pandemic was caused by low levels of mindfulness, therefore this research tries to develop mindfulness itself to reduce the level of anxiety caused by the pandemic itself. This research was conducted using an experimental method with 14 students divided into two groups, namely the experimental group and the control group. This participant had a high level of anxiety based on self-report on the anxiety scale facing Covid 19. Based on a series of Wilcoxon Sign Rank, Mann Whitney and Spearman rank tests, it was found that mindfulness was correlated with anxiety and Islamic counseling intervention increased mindfulness which then had an impact on reducing anxiety in facing Covid 19 (Gul & Jahangir, 2019).

This research tests two transpersonal approaches to spirituality related to two different religions, namely mindfulness meditation and Sufi meditation. In this research in the form of a factorial experiment, 100 female participants from various educational, economic and status backgrounds were divided into 2 groups after their anxiety level was tested via the Hamilton Anxiety Scale, 25 people with low anxiety levels and 25 people with high anxiety levels were included in the mindfulness meditation group and an equal number of those with either high or low anxiety were included in the Sufi meditation group. Treatment was given for 6 weeks with a duration of 15 minutes every day. If the treatment in the mindfulness meditation group was guided to focus on their breath, then in the Sufi meditation group the focus was on visualizing Asma Allah and entering it into the heart. The results of this research show that both meditation approaches are useful in reducing anxiety, but the effect of Sufi meditation is stronger because the participants’ background is Muslim (Estria & Trihadi, 2020).

There are two interventions in this experimental research, namely progressive muscle relaxation and mindfulness spiritual therapy for student anxiety in dealing with clients with mental disorders. During the intervention, each intervention model consisted of 59 students and added a control group consisting of 59 students as well. The results of the statistical test showed that both interventions had the same effect in reducing participants’ anxiety, but the progressive muscle relaxation intervention had a more significant value.

As mentioned, the emphasis of transpersonal psychology is on the spiritual dimension, so this approach is often combined with the Islamic approach. In fact, in one psychological
study, it was found that the typological pattern of literature related to Islamic psychology that developed in Indonesia was one of the Islamic psychotranspersonal schools of thought where the emphasis on transpersonal aspects or forces outside of oneself such as God, spiritual and metaphysical is based on an Islamic perspective. In this research, psychological studies that are side by side with Islamic studies are mostly on the theme of transpersonal psychology, which shows that the Islamic psychotranspersonal school of thought itself dominates the pattern of development of Islamic psychology in Indonesia. Of the 27 journals included in the review, 15 journals had the theme of Islamic psychotranspersonal because the process of integrating Islam with psychology is the easiest and has the lowest level of resistance, namely psychotranspersonal (Rosyada et al., 2020).

Likewise, in this research the transpersonal approach used for cases of anxiety disorders is dominated by the Islamic approach. Of the 29 journals in this research, 20 journals are research with transpersonal approaches related to Islamic spirituality, either in the form of pure Islamic therapy or those that have been combined with other therapies or even compared with other transpersonal approaches.

Apart from that, it is in line with one study that in cases of anxiety disorders or anxiety disorder, women have higher risk factors (Rahmatullah, et al., 2023) from all the literature included in this research review. In fact, the research subjects in several studies focused on women, the remaining subjects chosen did not look at gender. However, there has been no research that focuses on men.

Talking about cases of anxiety disorder there is one point you need to know that is the cause anxiety quite diverse. Therefore, healing methods also require various methods. There is no single treatment that works for everyone (Danylova et al., 2023). Likewise, when discussing this case, in the transpersonal psychology approach, there are various approaches offered, starting from approaches whose spiritual aspects are related to a particular religion or not at all. From the 29 scientific articles in this research, we can see how diverse the treatment methods are in the context of just one approach, namely transpersonal psychology, for cases of anxiety disorder.

However, it answers the pros and cons regarding an approach that emphasizes spirituality towards cases of anxiety disorder, in fact the literature review of the last 5 years mostly shows the success of this approach in cases of anxiety. Especially in the transpersonal approach which is paired with Islamic therapy, everything is declared successful provided that the subject is Muslim, meaning that there must be a match between the approach and the target or subject. Of course, there are still several studies that find failure in applying this transpersonal approach to anxiety, of the 29 journals there were 2 journals which stated that the approach had failed, but this happened in less common cases, namely in the case of applying therapy through an application and in the case of the BELT approach to soldiers' wives. So this could become new homework, especially in the case of approaches applied through applications, because in this modern era it is possible that the development of virtual counseling such as applications will continue to become popular and could even become an option that will be used more widely in the future by the public.

**CONCLUSION**

Answering the pros and cons of a transpersonal approach that focuses on the spiritual in cases of anxiety disorder, a review of scientific literature in the last 5 years shows the dominance of the success of this approach in reducing anxiety levels both quantitatively and qualitatively, even in R&D. Of the 29 articles in this research review, it was found that the dominant approach was the Islamic transpersonal approach and the majority of its application was in
Indonesian society. Transpersonal psychology study of case anxiety itself in other countries it is found in Pakistan in the context of Islam and in Brazil in the context of a general approach. However, this is a new challenge for us because currently the world is dominated by digital and even counseling or therapy is starting to be implemented virtually as digitalization develops. Unfortunately there is still minimal related research and even shows the failure of applying transpersonal psychology to cases anxiety. This is an important challenge for us in the future so that anxiety, which is a mental health disorder that increasingly dominates modern society, can receive effective treatment options, especially when applied digitally.

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