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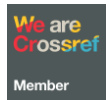
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Effectiveness of emotional freedom technique in counseling victims of dating violence

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ABSTRACT

Dating violence is a phenomenon that can negatively impact the physical, psychological, and emotional health of victims. According to data from the Ministry of Women's Empowerment and Child Protection (KemenPPPA), in 2023, victims of dating violence were predominantly adolescents aged 13-17 years. The types of violence experienced included approximately 4,260 cases of sexual violence, 3,131 cases of physical violence, and 3,035 cases of psychological violence. This study aims to evaluate the effectiveness of Emotional Freedom Technique (EFT) counseling in improving psychological well-being among victims of dating violence. The research design employed a single-case A-B-A design approach. The A-B-A design consists of A1 (initial measurement or baseline), conducted to assess participants' conditions before the intervention; B (intervention), where the Emotional Freedom Technique (EFT) was implemented; and A2 (final measurement or post-intervention baseline), conducted to reassess participants' conditions after the intervention to observe any changes. The study subject was an individual with a moderate level of dating violence and low psychological well-being. The EFT counseling intervention was conducted over four sessions. Data were collected before, during, and after the intervention. Visual analysis results indicated a significant improvement in psychological well-being, with the participant's initial score categorized as low (67), increasing to a high category score of 114 after the intervention. Furthermore, the participant experienced a reduction in symptoms of dating violence, with the initial score categorized as moderate (49) decreasing to a low category score of 11 after the intervention. This evidence suggests that Emotional Freedom Technique (EFT) counseling has the potential to serve as an effective intervention approach for victims of dating violence. EFT counseling focuses on strengthening healthy emotional connections, respecting and supporting victims' emotional experiences, and providing space for individuals to manage and release negative energy within themselves.

Keywords:

Emotional freedom technique
for dating violence
Single-case study design

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Introduction

Dating violence is a serious issue that often goes unnoticed, despite its significant impact on victims, particularly adolescents and young adults (Anjani & Lestari, 2018). According to data from the Ministry of Women's Empowerment and Child Protection (KemenPPPA), in 2023, victims of dating

violence were predominantly adolescents aged 13–17 years. The reported cases included approximately 4,260 instances of sexual violence, 3,131 cases of physical violence, and 3,035 cases of psychological violence. Additionally, field observations and reports from surrounding environments reveal numerous individuals who have fallen victim to dating violence, with most experiencing physical and emotional abuse by their partners. For instance, one female student reported being subjected to emotional and physical abuse, including being struck and verbally assaulted with inappropriate language by her partner. This abuse led to a loss of self-confidence, social isolation, and excessive fear. Although there were no visible physical injuries, the psychological impact was profound, requiring considerable time for recovery.

Based on the aforementioned data, dating violence occurs when individuals are unable to resolve conflicts or regulate their emotions, leading them to resort to violence as a means of addressing their problems (Arifah, 2022). Ineffective communication, low self-esteem, stress, and environmental pressures further increase the risk of conflict and violence in dating relationships (Prameswari & Nurcahyati, 2021). Individuals who have experienced violence or trauma during childhood or in previous relationships are more likely to exhibit violent behavior in their current relationships (Istiawati & Amalia, 2024). Additionally, dating violence can manifest when one partner attempts to exert control over the other, such as prohibiting social interactions with friends, demanding constant updates, or dictating what the other may or may not wear (Prameswari & Nurcahyati, 2021).

Wolfe and Temple (2018) define dating violence as acts of violence occurring within the context of a romantic relationship, encompassing physical, emotional, and sexual violence. Physical violence includes behaviors such as hitting, slapping, or physically assaulting a partner (Fernando et al., 2021). Emotional violence involves manipulation, defamation, insults, and other forms of verbal abuse (Tisyara & Valentina, 2024). These forms of violence are frequently experienced by adolescents, as this age group is at a higher risk of dating violence (Tisyara & Valentina, 2024). Furthermore, there remains a widespread misconception that dating violence is a normal or acceptable aspect of romantic relationships (Astutik & Syafiq, 2019). Murray et al. (2008) describe dating violence as the deliberate use of violent tactics and physical coercion to gain and maintain power or control over a partner, including persuasion, threats, or even physical violence such as hitting or slapping. Fernando et al. (2021) further emphasize that dating violence constitutes actions that harm the victim.

According to data from the Ministry of Women's Empowerment and Child Protection (KemenPPPA) in 2023, victims of dating violence were aged between 13 and 17 years. The reported cases included approximately 4,260 instances of sexual violence, 3,131 cases of physical violence, and 3,035 cases of psychological violence (Oktaviani, 2019). These findings align with the 2017 statistics from the Central Bureau of Statistics (BPS), which indicated that physical or sexual violence was more prevalent among women with higher educational attainment (high school to university levels). Approximately 39.4% of women had experienced physical or sexual violence at some point in their lives, and about 10.5% had encountered such violence within the past 12 months in Indonesia (Central Bureau of Statistics, 2017).

Wolfe and Temple (2018) identified five factors contributing to dating violence: low levels of family education, which limit knowledge about effective conflict resolution; substance abuse, including drugs and alcohol, which often result in a loss of self-control; aggressive personality traits; societal acceptance of dating violence as normal; and unstable family environments, such as single-parent households with inadequate social support. Similarly, Setiawan and Sanjaya (2023) highlighted individual factors, a history of domestic violence, alcohol abuse, personality disorders, relationship dynamics, and community factors as contributors to dating violence. Vania and Lentari (2019) found that experiences of dating violence significantly increase the likelihood of women becoming victims of dating violence compared to men.

Setiawan and Sanjaya (2023) explored the impact of self-confidence on dating violence perpetrated by young adult males and found a significant correlation between self-confidence and violent behavior in romantic relationships. Murray et al. (2008) further explained that personality disorders, including self-esteem issues, can predispose individuals to become either perpetrators or

victims of violence. Dating violence is a serious issue with profound effects on adolescents' mental and physical health (Wolfe & Temple, 2018). Its consequences include severe trauma, fear of interacting with the opposite sex, difficulties in establishing healthy relationships in the future, and physical injuries resulting from violence (Andrian et al., 2019). Victims often experience deep emotional trauma that undermines their psychological well-being and affects all aspects of their lives (Yunanto & Kenward, 2024). Other consequences include depression, anxiety, prolonged sadness, hopelessness, and similar mental health challenges (Wolfe & Temple, 2018).

Guidi et al. (2012) noted that adolescents who have experienced dating violence retain vivid memories of the events they endured. According to Callahan et al. (2003), dating violence negatively impacts an individual's life satisfaction and psychological well-being. Kaukinen (2014) found that dating violence significantly disrupts victims' well-being and academic performance, often leading to a decline in life goals, self-esteem, and overall quality of life, as well as increased social isolation (Prasetyo et al., 2023). Furthermore, Prameswari and Nurchayati (2021) highlighted that victims often struggle to establish connections with others. Dating violence is one of the primary factors contributing to poor psychological well-being, as it hinders victims from achieving optimal mental health (Hapsari et al., 2022).

Psychological well-being refers to a state where an individual is not only free from stress or mental health issues but also demonstrates a healthy mental condition and optimal functioning (Ryff & Keyes, 1995). Psychological well-being encompasses several dimensions: self-acceptance, fostering positive relationships with others, maintaining autonomy in navigating social environments, effectively managing external circumstances (environmental mastery), establishing life goals (purpose in life), and continually realizing personal potential (personal growth) (Ryff, 1992). It is a general term used to describe a "good" psychological state (Ryff & Singer, 2006). Individuals are generally considered to have optimal psychological well-being if they accept both the positive and negative aspects of themselves (Ryff, 1989; Oktoji & Indrijati, 2021). Psychological well-being plays a crucial role for victims of dating violence as it fosters positive emotions, enhances life satisfaction and happiness, reduces depression, and alleviates negative behaviors in adolescents (Prameswari & Nurchayati, 2021).

Given the significant impact of dating violence on its victims, it is crucial to provide guidance and counseling services to help students/clients achieve personal development, independence, success, well-being, and optimal happiness in their lives (Nihayah et al., 2021). This phenomenon underscores the need for a serious approach to educating adolescents about healthy relationships and raising awareness of the signs of dating violence (Yusuf, 2013). Schools and educational institutions play an essential role in providing safe spaces and supporting students who experience dating violence (Anriani et al., 2021). In this context, guidance and counseling perform corrective and preventive functions, which can contribute to reducing the prevalence of dating violence (Yulia et al., 2021). Guidance and counseling services hold a vital and strategic position in fostering students' development and well-being, as their primary responsibility is to provide tailored support to meet the individual needs of students (Susanto, 2018).

Several counseling approaches can be utilized to assist victims of dating violence, including Rational Emotive Behavior Therapy (Albert Ellis), Cognitive Behavioral Therapy (Aaron T. Beck), Acceptance and Commitment Therapy (Steven C. Hayes), and Emotional Freedom Techniques (EFT) (Gary Craig). Among these models, EFT is regarded as one of the most effective and superior methods for addressing the needs of victims of dating violence (Church et al., 2022). EFT is recognized as a leading intervention, proven effective in addressing relationship issues, depression, anxiety, post-traumatic stress, and attachment-related problems (Lataima et al., 2020). The primary advantage of EFT lies in its ability to restore disrupted energy pathways in the body by applying tapping techniques on meridian points, thereby releasing negative emotions from the mind (Sugara, 2023). One of the main reasons EFT is a suitable solution for victims of dating violence is its approach, which not only focuses on addressing the symptoms and their impacts but also explores the emotional and psychological roots of the problem (Saras, 2023). Victims of violence often find it challenging to

describe their experiences verbally, especially due to feelings of shame, fear, or deep trauma. EFT provides an alternative that does not require victims to detail traumatic events, yet effectively helps them process difficult emotions (Stapleton et al., 2023). Moreover, EFT can reprogram the subconscious mind, making it a powerful tool for emotional healing (Sugara, 2023).

EFT counseling views problems as energy or emotional tension trapped within the body, which can be released through gentle tapping on specific points (Saras, 2023). Additionally, individuals gain skills to manage, alleviate, and release the tension associated with these problems (Greenberg, 2017). In the context of violence, EFT counseling focuses on strengthening healthy emotional connections, valuing and supporting the emotional experiences of victims, and fostering deep and lasting recovery (Fajar et al., 2023). Thus, EFT posits that issues arise from stored negative energy, which can be transformed into positive energy by stimulating specific energy points in the body and altering the mindset associated with the problem (Larasita & Nelyahardi, 2022).

Research on Emotional Freedom Techniques (EFT) has consistently demonstrated its effectiveness in addressing various psychological issues. Studies have shown that EFT improves physiological health markers (Stapleton, 2019), reduces psychological symptoms such as anxiety, depression, post-traumatic stress disorder (PTSD), and phobias (Stapleton, 2020), alleviates symptoms of depression, anxiety, and stress among students during the COVID-19 pandemic (Bustamante, 2022), addresses both psychological and physiological issues (Crurch, 2013), and reduces violence in marriages (Someyah & Colleagues, 2019). EFT has also been proven effective in managing symptoms of PTSD, anxiety, and depression in the general population (Stapleton et al., 2023). Sugara (2023) highlights that EFT counseling is effective in addressing a variety of mental health challenges, including trauma, phobias, and hatred. However, research specifically evaluating its effectiveness for victims of dating violence remains limited, with no studies yet available. Existing literature largely focuses on the use of EFT in general contexts, without addressing the specific dynamics of dating violence situations. Therefore, this study aims to fill the gap in the literature by evaluating the effectiveness of EFT in the context of dating violence.

Research on the effectiveness of Emotional Freedom Technique (EFT) counseling for victims of dating violence using a single-case design was conducted because this approach allows researchers to explore in depth how the intervention affects the individual's condition (Prihatsanti et al., 2018). Each victim of dating violence has unique experiences in terms of the form of violence, the severity of trauma, and their emotional responses (Khotimah et al., 2023). A single-case design provides a specific focus on the individual, enabling the research results to more accurately depict the impact of EFT on the personal recovery of victims (Prihatsanti & Hendriani, 2018). With this approach, the effects of EFT can be specifically evaluated by comparing data before, during, and after the intervention to provide measurable outcomes for single-case counseling services (Lenz, 2015). This technique is designed to help victims release negative emotions associated with trauma through tapping processes on specific points of the body while focusing on specific thoughts or feelings (Dian et al., 2021).

In this context, EFT serves as an intervention that can help individuals who are victims of dating violence and improve their psychological well-being, offering a space for them to manage and release the negative energy within themselves. EFT also provides a means to help individuals release the negative emotions they harbor (Iskandar, 2010). Thus, EFT can offer victims of dating violence a space to express and process their hidden emotions, recognize and respond to their feelings without having to recall or detail every aspect of their violent experience. This enables them to rebuild their self-confidence, which is often shattered by violence, and gradually improve their emotional state (Susilo, 2019). Consequently, it can pave the way for them to see themselves in a more positive light, deserving of healthy and happy relationships, and allow them to move forward without carrying the burden of destructive trauma (Susilo, 2019). Therefore, the goal of this study is to assess the effectiveness of Emotional Freedom Technique (EFT) counseling in improving the psychological well-being of victims of dating violence.

Methods

Ethical

Before commencing the counseling session, a preliminary meeting was held between the counselor and the client to identify the client's issues and establish a counseling contract. This contract outlined the client's details and the schedule for the counseling sessions. The contract ensured that both parties mutually agreed upon and approved the terms of the counseling process, including its duration and objectives, for the course of the research.

Participants

The selected participant with the initials SH, had experienced incidents of dating violence perpetrated by his partner since the beginning of 2024, where he had experienced physical violence in the form of punches and slaps, emotional and verbal violence in the form of receiving harsh words and demeaning participants. This makes him feel depressed, afraid and hate himself because of his partner's words, disrupting his daily activities.

Prosedure

This study is an experimental research design aimed at examining the effect of providing treatment at different time intervals to the research sample (Kinugasa et al., 2004). The type of experiment used is single-case research, as the researcher seeks to study and observe individual behavior over time during a specific period with the goal of assessing the impact of the intervention (Creswell, 2012). The research design employed is an A-B-A design, which requires repetition of the baseline phase in order to control the sample conditions before and after the intervention is applied. This design allows for drawing conclusions and establishing causal relationships between the dependent and independent variables (Sunanto et al., 2005).

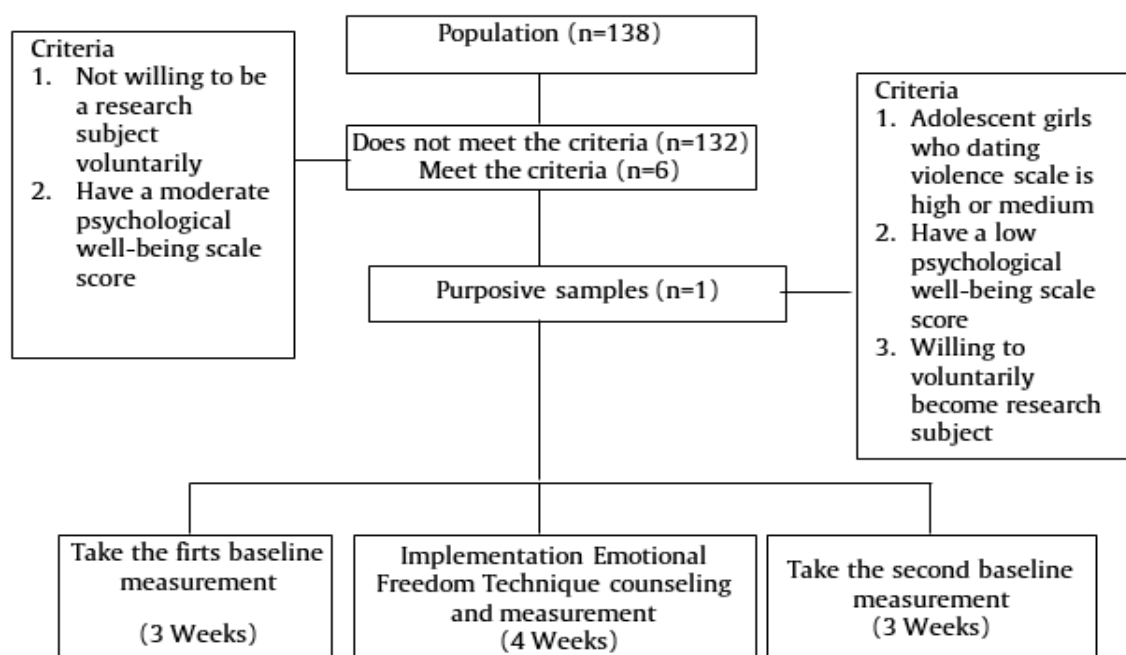


Figure 1. Procedure for Determining Research Subjects

The next step involves scheduling measurements during the baseline phase (A1). Participants are measured three times during the baseline phase (A1). Once stable data is obtained, participants proceed to the intervention phase, which consists of 4 sessions over 4 weeks. The procedure followed during the intervention is in accordance with the protocol established for the stages of the Emotional Freedom Technique (EFT) Counseling intervention. Counseling is conducted face-to-face for 30 minutes, and at the beginning of each session, an evaluation of changes and homework assignments are provided. Every three days following each intervention session, participants are given

measurements to assess the changes occurring after the counseling sessions. This is done so that the counselor can track the extent of changes and improvements in psychological well-being and reductions in the symptoms of dating violence experienced by the participants.

Next, the subject is given three additional baseline measurements (A2) to assess the condition of the subject after receiving the Emotional Freedom Technique Counseling intervention. The results of the measurements taken during baseline (A2) will be compared with the results from baseline (A1) to examine the changes that occurred and to evaluate the effectiveness of the Emotional Freedom Technique Counseling intervention for victims of dating violence.

Emotional Freedom Technique (EFT)

The implementation of counseling using the Emotional Freedom Techniques (EFT) for victims of dating violence aims to shift the emotional state from high negative to neutral (0) and to promote positive psychological well-being by releasing the negative emotions stored in the mind (Sugara, 2023). The following is the schedule for implementing the Emotional Freedom Technique counseling intervention for each session:

Table 1. Emotional Freedom Technique (EFT) Counseling Session Protocol

Phase	Session	Objective	Kegiatan
Emotional Release	1	Clients are able to recognize what negative emotions are in themselves and their thoughts so that clients are able to release their negative emotions	1. Build a good relationship with the client 2. Identify the client's problem 3. Use tapping techniques on meridian points 4. Teach tapping techniques 5. Give homework assignments
Conflict Resolution	2	Clients are able to communicate with themselves in their subconscious so that clients find the positive part and are able to let go of everything	1. Evaluate the changes that occur after attending the previous counseling session 2. Help the client recognize the positive parts within themselves that support change 3. Use tapping techniques on meridian points 4. Teach tapping techniques 5. Give homework assignments
Motivational	3	Clients are able to increase motivation to change behavior patterns and have more positive thought and behavior patterns	1. Evaluate the changes that occur after attending the previous counseling session 2. Build motivation for clients 3. Use tapping techniques on meridian points 4. Teach tapping techniques 5. Give homework assignments
Empowerment	4	Counselees are able to focus their focus on their success and commit and apply it in future life	1. Evaluate the changes that occur after attending the previous counseling session 2. Help the counselee to make a plan to prevent recurrence 3. Give homework assignments

The first session involves introductions, establishing rapport with the client, identifying any negative emotions, and addressing these emotions one by one. In the second session, the focus shifts

to addressing any remaining negative emotions within the client. The third session centers on providing motivation, where the counselor helps the client discover more positive aspects of themselves. In the fourth session, the focus is on evaluating the changes and efforts made by the client, as well as assisting them in planning for a more positive future.

Measurement

Conflict in Adolescent Dating Relationships Inventory

In this research, the instrument used was the Conflict in Adolescent Dating Relationships Inventory (CADRI) which was developed based on the concept of Wolfe (2001). CADRI was designed to measure various types of conflict that may occur in dating relationships among adolescents. According to Wolfe (2001), the aspects of this instrument are: Physical Violence, Threatening Behavior, Sexual Violence, Relational Aggression, Emotional and Verbal Violence. This instrument consists of 35 items with answer categories namely Never, Rarely, Sometimes, and Often. This scale of dating violence for victims has a reliability score of $\alpha = 0,57$ which shows that the level of reliability is sufficient.

Psychological Well Being

The instrument used in this study was the Ryff Psychological Well-Being Scale, based on a concept developed by Carol Ryff (1995). The version of the Ryff Psychological Well-Being Scale used in this research consists of 18 items that measure six dimensions of psychological well-being: Self-Acceptance, Positive Relationships with Others, Independence, Mastery of the Environment, Life Goals, and Personal Growth (Ryff, 1989). The response categories on this scale are based on a Likert scale with the following alternatives: Strongly Disagree, Disagree, Slightly Disagree, Neither, Slightly Agree, Agree, and Strongly Agree. The reliability coefficient for this psychological well-being scale is $\alpha = 0.693$, which falls within the high criteria. This indicates that the instrument is suitable for use in research and is capable of producing consistent results.

Social Validation

Data regarding social validation was collected after the intervention was carried out, to find out and explore the client's perceptions and feelings after the intervention. Social validation provides qualitative data that can help researchers understand the results and effectiveness of interventions (Turner et al., 2014). Clients answer questions openly to gather new insights regarding the usefulness, relevance, and influence of the Emotional Freedom technique counseling on their thinking and behavior.

Data Analysis

This single case research study with an A-B-A research design consists of initial measurements or baseline (A1), intervention (B), and final measurements after completing the intervention session or baseline (A2). This single case research was conducted to evaluate the relationship or change between the intervention and the dependent variable where the client or individual was the subject of the research (Lenz, 2015). This research also aims to see the effect of intervention by comparing and seeing changes in scores in the baseline phase (A1) with the intervention phase (Kinugasa et al., 2004; Sunanto et al., 2005). The data collected from the baseline phase to the intervention phase is presented in graphical form so that it can be analyzed visually and conclusions can be drawn regarding changes in behavior based on the characteristics of the existing data (Ledford et al., 2018). Visual analysis also aims to find out whether there is an effect or how big the effect of an intervention is (Harrington & Velicer, 2015). The aspect that determines the effectiveness of the intervention is the change in trend or direction of the data after the intervention is carried out on the target. This can be observed from data trends whether there is a decrease or increase over time (Tankersley et al., 2008).

To quantify the intervention effect, the Non-overlap of All Pairs (NAP) method is employed. Changes in the data trend, whether an increase or decrease, serve as evidence of the intervention's effect (Tankersley et al., 2008). The NAP is calculated by determining the number of possible data pairs, which is obtained by multiplying the number of data points in the baseline (A1) by the number of data points in the intervention (B). The number of points above, below, or parallel to the line is then subtracted, and the result is divided by the total number of possible pairs (Vannest & Ninci,

2015). NAP scores are classified as follows: weak (0.0 - 0.65), moderate (0.66 - 0.92), and strong (0.93 - 1.0) (Parker & Vannest, 2009). The magnitude of the changes experienced by participants can be assessed using the Reliable Change Index (RCI), as proposed by Jacobson and Truax (1991). The RCI is calculated by determining the difference between the pretest and post-test scores (gain), which is then divided by the Standard Error of Difference (Jacobson & Truax, 1991). If the RCI value exceeds 1.96, the changes in participants are considered statistically significant (Cunningham & Turner, 2016). To evaluate the effect size of the intervention, Cohen's formula is applied. According to this method, if the result is less than 0.87, the intervention effect is categorized as small. If the result falls between 0.87 and 2.67, the intervention is classified as having a medium effect. A result greater than 2.67 indicates a large effect size (Parker & Vannest, 2009).

Results and Discussion

Dating Violence

The results from the Conflict in Adolescent Dating Relationships Inventory (CADRI) data across all phases of the research, as presented in Figure (2), show a significant decrease. Participants demonstrated a reduction of ($d = 4.75$) in the total CADRI score from the pretest phase ($M = 43.00$, $SD = 3.00$), through the intervention phase ($M = 28.75$, $SD = 6.07$), to the post-test phase ($M = 14.66$, $SD = 4.5$). This indicates a substantial decrease in the CADRI score from the baseline phase (A1) to the post-intervention phase (A2). To assess the magnitude of the intervention's effect, the Non-overlap of All Pairs (NAP) was calculated. The results revealed that the effect of the intervention on participants was 100%, suggesting that the Emotional Freedom Technique (EFT) Counseling intervention is highly effective for victims of dating violence. This is further supported by the Reliable Change Index (RCI) calculation, which shows a significant change in the total CADRI scores from the pretest to the post-intervention phase for the participants.

The data results from the physical violence dimension across all research phases are presented in Table (2). Participants demonstrated a significant decrease ($d = 2.91$) in scores from the pretest phase ($M = 5.66$, $SD = 0.57$) to the intervention phase ($M = 4.00$, $SD = 0.81$), and further reduced during the post-intervention phase ($M = 1.33$, $SD = 0.57$). The Reliable Change Index (RCI) calculation ($n = 3.07$) indicates a highly significant change in participants in this dimension. The data results from the threatening behavior dimension across all research phases are also presented in Table (2). Participants exhibited moderate decreases ($d = 1.50$) in scores from the pretest phase ($M = 2.00$, $SD = 1.00$) to the intervention phase ($M = 0.50$, $SD = 0.57$), and a further reduction during the post-test phase ($M = 0.00$, $SD = 0.00$). The RCI calculation ($n = 1.74$) reveals that there was no significant change in this dimension. This outcome can be attributed to participants reporting threatening behavior infrequently, providing almost identical responses (selecting the same option), which resulted in low variability and ultimately led to insignificant results.

The data results from the dimensions of sexual violence in all research phases are presented in Table (2). Participants showed a small decrease ($d = 0.58$) in scores from the pretest ($M = 0.33$, $SD = 0.57$), intervention phase ($M = 0.00$, $SD = 0.00$), and postintervention phase. ($M = 0.00$, $SD = 0.00$). The results of the RCI calculation ($n = 0.33$) showed that there was no significant change in participants in this dimension. This is because participants did not report and did not experience sexual violence, and gave uniform answers (choosing the same option), so that variability was low and led to insignificant results. The data results from the Relational Aggression dimension in all research phases are presented in Table (2). Participants showed a high decrease ($d = 5.11$) in scores for the pretest phase ($M = 12.66$, $SD = 0.57$), intervention phase ($M = 9.75$, $SD = 2.06$), and post-intervention ($M = 5.33$, $SD = 1.15$). The results of the RCI calculation ($n = 8.07$) showed a significant change in participants in this dimension. The data results from the Emotional and Verbal Violence dimensions in all research phases are presented in Table (2). Participants demonstrated moderate decreases ($d = 1.73$) in pretest phase ($M = 9.00$, $SD = 1.73$), intervention phase ($M = 6.00$, $SD = 0.81$), and post-intervention (M) scores. $M = 3.00$, $SD = 0.57$). The results of the RCI calculation ($n = 2.97$) showed a significant change in participants in this dimension. The data results from the conflict resolution

dimensions in all research phases are presented in Table (2). Participants showed a moderate decrease ($d = 2.18$) in scores from the pretest phase ($M = 12.00$, $SD = 2.64$), intervention phase ($M = 6.25$, $SD = 1.25$), and post-intervention ($M = 3.33$, $SD = 1.52$). The results of the RCI calculation ($n = 3.98$) showed a significant change in participants in this dimension.



Figure 2. Changes in Participants in Dating Violence

Psychological Well Being

The results of adolescent resilience data in all research phases presented in Figure (3) have experienced a significant increase. Participants showed a decrease of ($d = 7.24$) in total psychological well-being from the pretest phase ($M = 70.33$, $SD = 3.51$), to during the intervention phase ($M = 95.75$, $SD = 5.66$) and during post-intervention phase ($M = 112.33$, $SD = 2.08$). This shows that the psychological well-being score has increased from the baseline phase (A1) to the baseline phase (A2). Next, to see how big the influence of the intervention is by calculating the Non-overlap of All Pairs (NAP). The results show that the effect of the intervention on participants was 100%, which shows that the Emotional Freedom Technique Counseling intervention is very effective in improving psychological well-being for victims of dating violence. This can be seen from the RCI calculation which shows a significant change in total resilience from the pretest and post-intervention phases of Emotional Freedom Technique counseling for participants

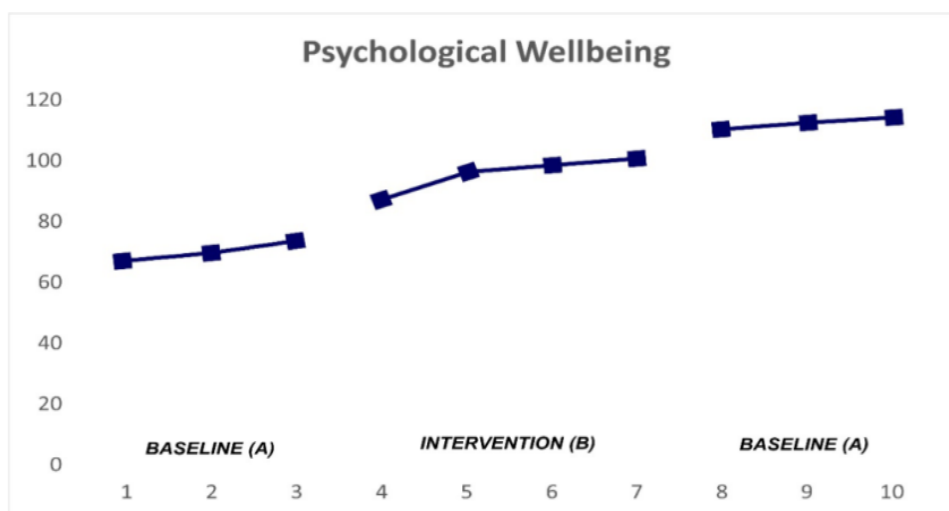


Figure 3. Participants' Changes in the Psychological Well-Being Scale

The data results from the dimensions of Positive Relations with Others in all research phases are presented in Table (2). Participants showed small improvements ($d = 2.93$) from the pretest phase ($M = 14.33$, $SD = 0.57$), to the intervention phase ($M = 16.00$, $SD = 0.95$), and in the post phase intervention ($M = 18.66$, $SD = 0.57$). The results of the RCI calculation ($n = 3.74$) show that there is a significant change in participation in this dimension. The data results from the Autonomy dimension in all research phases are presented in Table (2). Participants showed high improvement ($d = 8.19$) from the pretest phase ($M = 11.33$, $SD = 0.57$), to the intervention phase ($M = 14.75$, $SD = 1.25$), and post-intervention ($M = 18.33$, $SD = 0.57$). The results of the RCI calculation ($n = 10.46$) showed a significant change in participants in this dimension.

The data results from the Environment Mastery dimension in all research phases are presented in Table (2). Participants showed high improvement ($d = 13.02$) from the pretest phase ($M = 7.33$, $SD = 0.57$), to the intervention phase ($M = 14.75$, $SD = 1.25$), and post-intervention ($M = 18.33$, $SD = 0.57$). The results of the RCI calculation ($n = 16.61$) showed a significant change in participants in this dimension. The data results from the Purpose in Life dimensions in all research phases are presented in Table (2). Participants showed moderate improvement ($d = 1.61$) from the pretest phase ($M = 12.33$, $SD = 3.05$), to the intervention phase ($M = 17.25$, $SD = 1.25$), and post-intervention ($M = 18.33$, $SD = 0.57$). The results of the RCI calculation ($n = 2.06$) showed a significant change in participants in this dimension. The data results from the Personal Growth dimensions in all research phases are presented in Table (2). Participants showed high improvement ($d = 11.30$) from the pretest phase ($M = 13.66$, $SD = 1.15$), to the intervention phase ($M = 16.5$, $SD = 0.57$), and post-intervention ($M = 19.00$, $SD = 0.00$). The results of the RCI calculation ($n = 14.42$) showed a significant change in participants in this dimension.

Table 2. Total scores and dimensions of Dating Violence, total scores and dimensions of psychological well-being during pra-EFT, Intervention EFT and Post-EFT

	Pra-EFT		During EFT		Post-EFT		GAIN	RCI	Effect Size
	M	SD	M	SD	M	SD			
Total Dating Violence	43	3	28,75	6,07	14,66	4,50	14,25	5,12	4,75
Physical Violence	5,66	0,57	4,00	0,81	1,33	0,57	1,66	3,07	2,91
Threatening Behavior	2,00	1,00	0,50	0,57	0,00	0,00	1,50	1,74	1,50
Sexual Violence	0,33	0,57	0,00	0,00	0,00	0,00	0,33	0,33	0,58
Relational Aggression	12,66	0,57	9,75	2,06	5,33	1,15	2,91	8,07	5,11
Emotional and Verbal Abuse	9,00	1,73	6,00	0,81	3,33	0,57	3,00	2,97	1,73
Total Psychological Well-Being	70,33	3,51	95,75	5,56	112,33	2,08	25,42	9,24	7,24
Self-Acceptance	11,33	1,15	15,25	0,95	18,66	0,57	3,92	4,35	3,41
Positive Relationships	14,33	0,57	16,00	1,41	18,66	0,57	1,67	3,74	2,93
Autonomy	11,33	0,57	16,00	1,15	18,66	0,57	4,67	10,46	8,19
Environment Mastery	7,33	0,57	14,75	1,25	18,33	0,57	7,42	16,61	13,02
Purpose of life	12,33	3,05	17,25	1,25	18,33	0,57	4,92	2,06	1,61
Personal Growth	13,66	1,15	16,50	0,57	19,00	0,00	12,99	14,42	11,30

Social Validation

Social validation data collected after completing the intervention sessions indicated that participants developed a new perspective on themselves, recognizing what constitutes a healthy relationship. They also began to view difficulties and fears in their lives as challenges that needed to be confronted and resolved. Participants reported that the Emotional Freedom Technique (EFT) intervention helped reduce the negative emotions and thoughts they had previously experienced. This is evidenced by a notable change in the participant's mindset. Prior to the intervention, the participant often expressed fear in making decisions and harbored self-hatred, stating, "I'm afraid that if I let go of something, I won't get anything good anymore, and why should it be considered problematic." However, after

undergoing the intervention, the participant reported a shift in self-perception, saying, "I can get things much better, and I accept myself completely."

Overall, the social validation data indicates that the Emotional Freedom Technique (EFT) intervention is effective in helping participants reduce symptoms of dating violence and enhance their psychological well-being, as demonstrated by the increased scores on the psychological well-being scale. In addition to a change in self-perception, the participant also reported gaining better emotional control, increased self-confidence, and more personal time. They mentioned feeling more integrated into their environment and being able to express themselves more authentically without overthinking others' opinions. Participants also acknowledged that this experience served as a valuable life lesson, teaching them to be more cautious in their actions and strive for continuous improvement.

The aim of this research is to determine the effectiveness of Emotional Freedom Technique counseling for victims of dating violence. In this study, the researcher employed a single-subject research design. The use of this design aims to measure the effectiveness of individual counseling as a viable and valuable approach in evaluating the delivery of individual counseling services by involving precise measurements for each individual (Kazdin & Tuma, 1982). This research design provides an in-depth depiction of the impact of counseling interventions on the client, focusing on measurements taken before, during, and after the intervention (Darmawan et al., 2024). Single-subject research design offers more detailed data and can provide more accurate information about behavioral or psychological changes at the individual level (Kazdin & Tuma, 1982).

The research results show that Emotional Freedom Technique counseling is effective in improving psychological well-being for victims of dating violence. Visual analysis showed a consistent increase in psychological well-being scores and a decrease in the dating violence scale since before the intervention, during the intervention and after the intervention. The effectiveness of Emotional Freedom Technique counseling is also supported by an increase in each dimension of psychological well-being scores such as self-acceptance, positive relationships with others, independence, mastery of the environment, life goals and personal growth. Apart from that, other visual analysis also shows a decrease in the scale of dating violence experienced by victims, as well as in every dimension such as physical violence, relational aggression, emotional and verbal violence, and conflict resolution, except for the dimensions of threatening behavior and sexual violence experienced unstable decline.

Even so, the decrease in the scale of dating violence experienced by participants at the beginning of the session was relatively small, and a drastic decrease occurred after the session discussed the incidents of dating violence they experienced. Overall, the changes experienced by participants, seen from the post-intervention phase, experienced stable changes, both in dating violence scores and psychological well-being scores. This was confirmed by interviews using: Follow-up Version (Elliot & Rodgers, 2008), which showed that participants were able to control their emotions well, accepted themselves, began to establish positive relationships with those closest to them, began to be able to control what happened to them, and the symptoms resulting from dating violence gradually decrease and can be controlled.

To further strengthen the findings of this study, the researcher also conducted interviews with the participant's close friends. The interview results revealed that the friends observed positive changes in the participant after the intervention. The changes included increased openness, as the participant no longer tended to isolate themselves and spent more time with others. Additionally, the participant appeared happier, laughed more, and exhibited a more relaxed attitude toward things that did not harm them. The friends also reported an increase in the participant's self-confidence. These findings support the quantitative results of the study and demonstrate that the intervention not only impacted the participant's psychological condition but also enhanced the quality of their social interactions. Furthermore, the researcher noted the participant's behavior before, during, and after the intervention, and the results showed significant changes in the client. The participant became more confident, better able to control their emotions, spent more time for themselves and with their friends, and appeared more cheerful.

The observed improvement in psychological well-being scores indicates that individuals possess the ability to adapt to difficult situations they experience and have effective coping strategies, where life crises become part of the process of individual growth and development (Prasetyo et al., 2023). As Aulia & Prabowo (2023) explain, psychological well-being is fundamentally shaped by how individuals manage and process their emotions and traumatic experiences. Emotional Freedom Technique (EFT) suggests that negative emotions, trauma, and stress accumulate in the body, disrupting its energy balance, which in turn affects mental and physical health (Van der Kolk, 2014). This aligns with previous research demonstrating the effectiveness of EFT in addressing the needs of violence victims, leading to significant positive outcomes (Hensel-Dittman et al., 2011; Wolfe, 2001). EFT's perspective on dating violence emphasizes holistic recovery by focusing on emotional trauma healing and enhancing emotional regulation skills.

By helping victims process deep-rooted trauma and emotions, EFT encourages improved psychological well-being, calms the mind and emotions, and empowers them to lead healthier and more empowered lives (Hatagalung et al., 2024). In the context of dating violence, traumatic experiences often disrupt a person's ability to process emotions adaptively, negatively affecting their long-term psychological well-being (Cahyani, 2023). Unpleasant experiences, the suppression of negative emotions, and the storage of negative thoughts often lead individuals to form negative beliefs about themselves and others (Prasetya & Gunawan, 2018). As a result, they may face difficulties in relationships, struggle with decision-making, and experience a decline in psychological well-being, often turning to unhealthy coping mechanisms (Sulistianto, 2021). Furthermore, the quality of psychological well-being varies among individuals, largely influenced by how they manage their emotions, navigate their environment, process past experiences, and cope with challenging life situations (Ryff, 1995).

Psychological well-being is not merely the absence of stress or mental health issues, but a state of mental health that is considered optimal and functioning at full potential (Ryff & Keyes, 1995). Conceptually, well-being is defined as a condition focused on maximizing individual potential, characterized by the absence of factors that hinder personal growth (Sugara, 2018). Since psychological well-being is a key component of adolescents' self-concept, a healthy state of well-being enables them to experience happiness, accept themselves, value their self-esteem, and pursue personal growth in a positive direction (Afifah & Nasution, 2023). Psychological well-being is also considered a key factor in achieving holistic health, allowing individuals to fully realize and utilize their potential (Amelina et al., 2024).

Emotional Freedom Technique (EFT) is a method that combines elements of acupressure with a psychological approach to address intense and traumatic emotions by stimulating acupressure points (Saras, 2023). This technique allows individuals to focus on painful thoughts or memories, thus reducing their emotional impact (Sugara, 2018). EFT counseling helps clients explore various emotional and psychological aspects while strengthening positive feelings within themselves (Saras, 2023). Clients are guided to recall the negative emotions they have experienced or are currently feeling and identify the main emotional triggers (Sugara, 2023). Research findings indicate that EFT counseling effectively improves psychological well-being and reduces dating violence symptoms among participants. EFT is considered an effective intervention for addressing dating violence due to its holistic approach, which focuses on deep emotional processing. It helps individuals process emotional trauma related to dating violence, reduce stress and anxiety, and facilitate emotional regulation (Stapleton, 2019). This aligns with the explanation by Lilis et al. (2022), who highlight that EFT counseling emphasizes emotional processing and interpersonal relationships, often applied to enhance emotional intimacy and improve relationship dynamics, especially in couples. Greenberg (2017) explains that EFT focuses on acceptance, stress reduction, emotional balance management, decision-making support, and increased self-confidence. Rather than targeting behaviors, EFT emphasizes processing negative emotions and trauma (Sugara, 2013).

However, in addressing the dimensions of threatening behavior and sexual violence, EFT counseling has shown limited effectiveness, as the primary focus of EFT is on emotions rather than

behavior. The nature and focus of EFT counseling are more oriented towards developing emotional relationships rather than directly addressing violence or abuse (Johnson, 2012). While EFT is effective in improving psychological well-being and reducing anxiety, it may not be suitable for directly addressing aggressive behavior or sexual violence, which require interventions that emphasize behavioral change and safety (Sugara, 2023). This perspective on psychological well-being is supported by research conducted by Clond (2016), which shows that EFT can significantly improve the psychological well-being of individuals who have experienced trauma.

As reported by participants, after completing the intervention, they were able to manage their emotions, feel more confident, integrate better into their environment, and feel more authentic, without overly worrying about how others perceive them. In contrast, before the intervention, participants expressed fear in making decisions, harbored self-hatred, and struggled with emotional regulation, which hindered their daily functioning. After the intervention, participants showed improved emotional control, self-acceptance, the ability to build positive relationships with those close to them, and a sense of responsibility in managing their experiences. EFT intervention is a brief therapy approach that combines elements of exposure, cognitive therapy, and somatic stimulation at meridian points on the face and body (Mardjan, 2016). In its application, individuals are encouraged to reactivate the emotional, cognitive, physiological, and sensory responses associated with traumatic events (Bach et al., 2019).

Experiences of violence in a relationship can ultimately be reframed as part of an individual's history, providing an opportunity for healing and personal growth through better understanding and emotional management (Salsabila & Dwarawati, 2021). This is exemplified by participants who began to show several positive changes after the intervention, such as improved emotional regulation, greater self-acceptance, increased self-love, more time spent on personal well-being and social relationships, and enhanced self-confidence. These results align with the advantages of EFT, demonstrating that EFT can help reduce emotional stress and improve emotional regulation by combining cognitive techniques with meridian point stimulation, which is believed to reduce the intensity of emotional responses to traumatic experiences (Stapleton et al., 2023; Saras, 2023). Thus, the findings of this study indicate that Emotional Freedom Technique (EFT) counseling is an effective intervention for improving the psychological well-being of victims of dating violence.

Conclusion

The aim of this study was to evaluate the effectiveness of Emotional Freedom Technique (EFT) counseling for victims of dating violence. The results revealed that participants showed a decrease in the dating violence scale scores and an increase in psychological well-being scores. This was evidenced by improvements in their ability to regulate emotions, accept themselves, build positive relationships with others, gain greater control over their circumstances, and progressively manage and alleviate symptoms associated with dating violence. These findings support the efficacy of EFT counseling in enhancing psychological well-being among victims of dating violence. EFT can be utilized as a therapeutic method to support victims of dating violence. This approach helps victims release negative emotions and rebuild self-confidence without requiring them to discuss their traumatic experiences in detail. Therefore, it is recommended to integrate and apply EFT counseling as a therapeutic approach for counselors, particularly to assist individuals with a history of violence, thereby improving their psychological well-being and overall quality of life.

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