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# The Responsibility of Counselor and Educator in Millennium Era **Proceeding**

INTERNASIONAL COUNSELING AND EDUCATION SEMINAR

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## SEFT untuk Meningkatkan Kualitas Tidur

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### Abstract

SEFT (Spiritual Emotional Freedom Technique) is a method that can be used to help individuals or groups who achieve at a more productive and effective stage in situations and situations. The SEFT method is performed by combining psychiatric techniques with reinforcing effects (multiplier effects). Based on the study of SEFT (Spiritual Emotional Freedom Technique) literature methods, it can reduce the negative behavior and also increase the positive behavior in individuals or individuals. One of the positive behaviors that can be improved by using SEFT is improved sleep quality. Good sleep quality can provide a feeling of calm in the morning, feeling energetic, and not the contents of sleep disorders. Sleep quality is determined by how people preparing for sleeping skills, falling asleep without medical help. Good sleep quality is very important and vital to the healthy life of every individual.

**Keywords:** SEFT, Kualitas Tidur

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