

Pengaruh cognitive behavior therapy (CBT) dan rational emotive behavior therapy (REBT) terhadap klien perilaku kekerasan dan harga diri rendah di RS Dr. H. Marzoeki Mahdi Bogor Tahun 2011 = Effect of cognitive behavior therapy (CBT) and rational emotive behavior therapy (REBT) violent behavior towards clients and low self-esteem in RS Dr. H. Marzoeki Mahdi Bogor Year 2011

Eyet Hidayat, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20280886&lokasi=lokal>

---

Abstrak

Gangguan jiwa 13% dari penyakit keseluruhan, kemungkinan berkembang menjadi 25% tahun 2030 (WHO,2009).

Tujuan : mendapatkan gambaran pengaruh CBT dan REBT terhadap penurunan gejala dan peningkatan kemampuan PK dan HDR.

Metoda : quasi experimental pre post test with control group, teknik purposive sampling terhadap 60 sampel : 30 intervensi dan 30 kontrol. Hasil penelitian ditemukan penurunan gejala dan peningkatan kemampuan klien PK dan HDR yang mendapat CBT dan REBT lebih besar disbanding yang tidak mendapat CBT dan REBT (p-value < 0,05).

Rekomendasi: CBT dan REBT dijadikan terapi spesialis terpadu disamping terapi generalis.

<hr>

The goal: get an overview of CBT and REBT effect on reducing symptoms and increasing the ability of PK and HDR.

Method: quasi-experimental pre-post test with control group, purposive sampling technique on 60 samples: 30 intervention and 30 control. The study found a decrease symptoms and increase the ability of PK and HDR clients who received CBT and REBT is larger compared to that did not receive CBT and REBT (p-value <0.05).

Recommendation: CBT and REBT is used as therapy in addition to an integrated specialist generalist therapy.