

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

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#### 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.

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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.