

# Manajemen stres dan kesepian dengan Multicomponent Cognitive Behavioral Group Therapy (MCBGT) pada Lansia = Stress and loneliness management with multicomponent cognitive behavior group therapy (MCBGT) on the elderly

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## Abstrak

Tujuan dari penelitian ini adalah menginvestigasi efektivitas Multicomponent Cognitive Behavioral Group Therapy (MCBGT) sebagai intervensi manajemen stres dan kesepian pada lansia di Depok. MCBGT terdiri dari delapan sesi intervensi dengan berbagai macam teknik yang berbeda pada setiap sesi. Teknik-teknik yang digunakan adalah relaksasi pernapasan, relaksasi progresif, psikoedukasi, self-monitoring, action planning, pendekatan kognitif, komunikasi efektif, dan teknik pemecahan masalah. Terdapat tujuh lansia yang terdiri dari enam perempuan dan satu laki laki berpartisipasi dalam penelitian ini.

Metode pengumpulan data dilakukan secara kuantitatif, yaitu menggunakan alat ukur stres berupa Perceived Stress Scale (PSS), Perceived Stress Questionnaire (PSQ), dan Subjective Units of Distress (SUD), serta secara kualitatif menggunakan observasi dan juga wawancara. Pengukuran dilakukan pada sebelum dan sesudah dilaksanakan intervensi untuk menelaah perbedaan kondisi partisipan sebagai hasil dari intervensi. Hasil penelitian menunjukkan adanya penurunan tingkat stres dan kesepian pada saat sebelum dan sesudah intervensi, yang mengindikasikan bahwa intervensi secara efektif membantu peserta menangani stres dan kesepian. Efek intervensi diindikasikan lebih besar pada stres dibandingkan kesepian.

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The aim of this research was to examine the effectiveness of stress and loneliness management using Multicomponent Cognitive Behavioral Group Therapy (MCBGT) with the elderly living in Depok. There were eight sessions in which involved several different techniques of MCBGT, with each session focusing on one technique. The techniques used were controlled breathing, progressive relaxation, psychoeducation, self-monitoring, action planning, cognitive approach, effective communication, and problem-solving. There were seven elderly people, six females and one male, that participated in this research. Data collection was through both quantitative and qualitative methods.

The quantitative method used four measurements such as Perceived Stress Scale (PSS), Perceived Stress Questionnaire (PSQ), Subjective Units of Distress (SUD), and UCLA loneliness scale. On the other hand, qualitative method used observation and interview to collect additional information from participants. Pretest and posttest were assessed in order to investigate the differences that occur on the stress and loneliness level due to MCBGT. It was found through the posttest that there were decreased levels of stress and also loneliness. Furthermore, it is suggested through the research that MCBGT was more effective in dealing with stress compared to loneliness.