

## Efektivitas cognitive behavior therapy untuk menurunkan public speaking anxiety pada mahasiswa = The effectiveness of cognitive behavior therapy to reduce public speaking anxiety in college students

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### Abstrak

#### <b>ABSTRAK</b>

Penelitian ini bertujuan untuk melihat efektivitas pemberian teknik Cognitive Behavioral Therapy (CBT) dalam menurunkan public speaking anxiety yang dimiliki oleh mahasiswa. Penelitian ini menggunakan pretest-posttest design, dimana peneliti melihat perubahan skor partisipan saat pre-test dan post-test dengan menggunakan Personal Report of Public Speaking Anxiety (PRPSA). Proses screening awal dilakukan dengan cara memberikan Interaction and Audience Anxiousness Scale (IAS dan AAS), serta wawancara pada mahasiswa yang berminat mengikuti proses screening. Setelah screening dilakukan, terpilihlah tiga orang partisipan yang memenuhi kriteria partisipan penelitian dan bersedia mengikuti intervensi CBT. Satu orang partisipan hanya mengikuti intervensi hingga sesi ketiga sehingga hanya dua partisipan yang mengikuti intervensi CBT sebanyak enam sesi. Hasil kualitatif dari penelitian ini menunjukkan bahwa CBT terbukti efektif dalam menurunkan public speaking anxiety pada mahasiswa.

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#### <b>ABSTRAK</b>

The objective of this study is to evaluate the efficacy of Cognitive Behavioral Therapy in reducing public speaking anxiety in college students. This study used pretest-posttest design by Personal Report of Public Speaking Anxiety (PRPSA) to measure the changes of anxiety levels between before and after intervention process. Initial screening process is conducted by Interaction and Audience Anxiousness Scale (IAS and AAS) as well as interviewed to college students. There were three participants elected as research participants through screening process. At the end of intervention process, one participant only attended until session three. Only two participants who were attended six sessions of CBT. The result of this study suggests that CBT is effective to reduced public speaking anxiety in college students.