

Efektivitas cognitive behavioral stress management untuk mengatasi stres pada istri dalam hubungan commuter marriage = The effectiveness of cognitive behavioral stress management to reduce stress among wife in commuter marriage relationship

Pradina, author

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Abstrak

[ABSTRAK

Penelitian ini bertujuan untuk melihat sejauh mana pemberian teknik terapi Cognitive Behavioral Stress Management (CBSM) dalam mengurangi tingkat stres pada istri dalam hubungan commuter marriage. Proses screening awal dilakukan dengan cara memberikan Marital Taxon Self-Report Measure dan Life Distress Inventory (LDI), serta wawancara pada istri dalam hubungan commuter marriage yang berminat mengikuti proses screening. Setelah screening, dilakukan terpilihilah tiga orang partisipan yang memenuhi kriteria partisipan penelitian dan bersedia mengikuti mengikuti sesi CBSM sebanyak 7 kali. Penelitian ini menggunakan desain one group before-after study, dimana peneliti melihat perubahan skor partisipan saat pre-test dan post-test. Hasil kuantitatif dan kualitatif dari penelitian ini menunjukkan bahwa CBSM terbukti efektif dalam menurunkan tingkat stres pada istri dalam hubungan commuter marriage.

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ABSTRACT

This study is aim to evaluate the effectiveness of Cognitive Behavioral Stress Management in reducing stress among wife in commuter marriage relationship. Researcher used Marital Taxon Self-Report Measure and Life Distress Inventory and brief interview in screening process. Through screening process, researcher got three participants who was willing to attend seven sessions of CBSM. Researcher used before-after study design to find out if CBSM could reduce stress. Results suggest that CBSM is effective to reduced stress for wife in commuter marriage relationship; This study is aim to evaluate the effectiveness of Cognitive Behavioral Stress Management in reducing stress among wife in commuter marriage relationship. Researcher used Marital Taxon Self-Report Measure and Life Distress Inventory and brief interview in screening process. Through screening process, researcher got three participants who was willing to attend seven sessions of CBSM. Researcher used before-after study design to find out if CBSM could reduce stress. Results suggest that CBSM is effective to reduced stress for wife in commuter marriage relationship, This study is aim to evaluate the effectiveness of Cognitive Behavioral Stress Management in reducing stress among wife in commuter marriage relationship.

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