

Terapi kognitif perilaku untuk menangani depresi pada gay dewasa-muda yang belum coming out = Cognitive behavioral therapy for depression in young adults gay who has not coming out

Dienny Widya Permatasari, author

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Abstrak

[ABSTRAK

Penelitian ini bertujuan untuk mengetahui sejauh mana Terapi Kognitif- Perilaku dapat menurunkan tingkat depresi pada Gay Dewasa-Muda yang Belum Coming Out. Teknik-teknik Terapi Kognitif-Perilaku seperti psikoedukasi, restrukturisasi kognitif, jadwal aktivitas harian, relaksasi, jurnal pantau pemikiran, dan tugas rumah digunakan untuk mencapai tujuan terapi. Rancangan kuasi eksperimen dengan pola nonequivalent control group

design dipilih peneliti sebagai metode penelitian dengan one group pretestposttest design. Pengukuran kuantitatif dilakukan dengan menggunakan The Center of Epidemiological Studies-Depression Scale (CES-D), Self-Rating Depression Scale (SDS) dan Self-Rating Anxiety Scale (SAS) di awal dan akhir asesmen.

Pengukuran dilakukan kepada tiga orang partisipan yang

sebelumnya telah disasar dengan menggunakan alat ukur The Beck Depression Inventory II (BDI II).

Selanjutnya, observasi dan wawancara merupakan metode kualitatif yang digunakan untuk memperkuat gambaran hasil terapi. Teknik psikoedukasi dan relaksasi merupakan dua teknik yang

paling bermanfaat dalam menurunkan tingkat depresi partisipan. Berdasarkan hasil penghitungan skor di awal dan akhir asesmen terdapat penurunan tingkat depresi yang signifikan. Pada alat ukur CES-D dan SDS terdapat

penurunan tingkat depresi dua partisipan yang semula berada di taraf sedang dan satu di taraf tinggi, menjadi tidak terdapat indikasi depresi klinis pada ketiga partisipan. Sedangkan melalui alat ukur SAS yang mengukur

kecemasan juga menunjukkan penurunan tingkat kecemasan hingga tidak terdapat indikasi kecemasan klinis pada tiga partisipan.

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ABSTRACT

This research aims to know how far the Cognitive-Behavioral Therapy lowering the level of depression in Young Adults Gay Who Has Not Coming Out. Cognitive-Behavioral Therapy techniques such as psychoeducation,

cognitive restructuring, daily activities schedule, relaxation, mind observed journal, and homework used in order to achieve the goals of therapy. The quasi experimental design with nonequivalent control group design selected by researcher as a research methods with one group pretestposttest design. Quantitative measurement conducted by using The Center of

Epidemiological Studies-Depression Scale (CES-D), Self-Rating Depression Scale (SDS) and Self-Rating Anxiety Scale (SAS) at the beginning and the end of the assessment. The measurement is carried out to the three

participants who assessed previously with The Beck Depression Inventory II (BDI II). Furthermore,

observation and interview are qualitative methods used to support the results. Psychoeducation and relaxation techniques are two of the most useful techniques in decreasing levels of depression in participants. Based on the results of the calculation of the score at the beginning and end of the assessment, there is a significant decrease in the level of depression. The result score for CES-D and SDS show decreased levels of depression for two participants who were originally located on moderate level and one participant at the severe level of depression, showing that there is no indication of clinical depression in all three participants. While SAS that measure anxiety also showed a decrease in anxiety levels becoming there is no indication of clinical anxiety on three participants; This research aims to know how far the Cognitive-Behavioral Therapy lowering the level of depression in Young Adults Gay Who Has Not Coming Out. Cognitive-Behavioral Therapy techniques such as psychoeducation, cognitive restructurization, daily activities schedule, relaxation, mind observed journal, and homework used in order to achieve the goals of therapy. The quasi experimental design with nonequivalent control group design selected by researcher as a research methods with one group pretestposttest design. Quantitative measurement conducted by using The Center of Epidemiological Studies-Depression Scale (CES-D), Self-Rating Depression Scale (SDS) and Self-Rating Anxiety Scale (SAS) at the beginning and the end of the assessment. The measurement is carried out to the three participants who assessed previously with The Beck Depression Inventory II (BDI II). Furthermore, observation and interview are qualitative methods used to support the results. Psychoeducation and relaxation techniques are two of the most useful techniques in decreasing levels of depression in participants. Based on the results of the calculation of the score at the beginning and end of the assessment, there is a significant decrease in the level of depression. The result score for CES-D and SDS show decreased levels of depression for two participants who were originally located on moderate level and one participant at the severe level of depression, showing that there is no indication of clinical depression in all three participants. While SAS that measure anxiety also showed a decrease in anxiety levels becoming there is no indication of clinical anxiety on three participants, This research aims to know how far the Cognitive-Behavioral Therapy lowering the level of depression in Young Adults Gay Who Has Not Coming Out. Cognitive-Behavioral Therapy techniques such as psychoeducation, cognitive restructurization, daily activities schedule, relaxation, mind observed journal, and homework used in order to achieve the goals of therapy. The quasi experimental design with nonequivalent control group design selected by researcher as a research methods with one group pretestposttest design. Quantitative measurement conducted by using The Center of Epidemiological Studies-Depression Scale (CES-D), Self-Rating Depression Scale (SDS) and Self-Rating Anxiety Scale (SAS) at the beginning and the end of the assessment. The measurement is carried out to the three participants who assessed previously with The Beck Depression Inventory II (BDI II). Furthermore, observation and interview are qualitative methods used to support the results. Psychoeducation and relaxation techniques are two of the most useful techniques

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