

# Efektivitas penerapan teknik cognitive behavior therapy untuk meningkatkan kemampuan mengelola kemarahan pada remaja sangat berbakat = Effectivity of application cognitive behavior therapy to increase anger management for highly gifted adolescent / Dian Inayatullah Yafie

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## Abstrak

[Kemampuan untuk mengelola kemarahan merupakan salah satu keterampilan yang perlu dikuasai oleh individu, khususnya pada kelompok remaja dan kelompok sangat berbakat. Program Cognitive Behavior Therapy (CBT) merupakan pendekatan yang menekankan pada hubungan pikiran, perasaan, dan perilaku yang mempertahankan gangguan psikologis. Penelitian ini menggunakan desain penelitian single case design (N=1), yang bertujuan untuk melihat efektivitas penerapan program CBT untuk meningkatkan kemampuan mengelola kemarahan pada anak berbakat. Peningkatan kemampuan mengelola kemarahan diukur melalui State-Trait Anger Expression Inventory (STAXI), yang kemudian dibandingkan skor hasilnya saat pre-test dan posttest. Sebagai pelengkap data kuantitatif yang didapatkan dari skor STAXI, digunakan juga data kualitatif yang didapat dari wawancara terhadap orang terdekat partisipan, yang mencakup observasi terhadap perilaku partisipan sebelum dan sesudah intervensi;The ability to manage anger is one of specific skills that need to be controlled by the individual, especially the youth groups and highly gifted group. Program Cognitive Behavior Therapy (CBT) is an approach that emphasizes the relationship of thoughts, feelings, and behaviors that maintain psychological disorders. This study uses a single case study design (N = 1), which aims to look at the effectiveness of CBT program to improve the ability to manage anger at highly gifted adolescent. Improved ability to manage anger is measured through the State - Trait Anger Expression Inventory (STAXI), which is then compared to the results from the scores of pre-test and post-test. As a complement to the quantitative data obtained from the score STAXI, qualitative data obtained from interviews with participant's significant others, which includes the partisipan behavior observation before and after the intervention had been given., The ability to manage anger is one of specific skills that need to be controlled by the individual, especially the youth groups and highly gifted group. Program Cognitive Behavior Therapy (CBT) is an approach that emphasizes the relationship of thoughts, feelings, and behaviors that maintain psychological disorders. This study uses a single case study design (N = 1), which aims to look at the effectiveness of CBT program to improve the ability to manage anger at highly gifted adolescent. Improved ability to manage anger is measured through the State - Trait Anger Expression Inventory (STAXI), which is then compared to the results from the scores of pre-test and post-test. As a complement to the quantitative data obtained from the score STAXI, qualitative data obtained from interviews with participant's significant others, which includes the partisipan behavior observation before and after the

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