

Pengaruh cognitive behavior therapy terhadap perilaku merokok ketergantungan nikotin dan ansietas masyarakat = Effect of cognitive behavior therapy on smoking behavior nicotine dependence and anxiety / Giur Hargiana

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Abstrak

[**ABSTRAK**]

Tujuan diketahuinya pengaruh cognitive behavior therapy terhadap perubahan perilaku merokok, ketergantungan nikotin dan ansietas. Metode Quasi experiment non-equivalent control group pre-test-post test. Sampel 80 perokok diambil secara proportional stratified random. Pengumpulan data diukur dengan kuesioner Glover Nilsson Smoking Behavior, Fagerstrom Test Nicotine Dependence dan Hamilton Anxiety Rating Scale. Hasil Perilaku merokok, ketergantungan nikotin dan ansietas kelompok yang mendapat cognitive behavior therapy menurun secara signifikan ($P\text{-value} < 0,05$) dan ketiganya menunjukan hubungan yang sangat kuat dengan arah positif, sementara pada kelompok yang tidak mendapatkan cognitive behavior therapy ketiganya menunjukan peningkatan. Cognitive behavior therapy direkomendasikan sebagai psikoterapi untuk membantu berhenti merokok.

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ABSTRACT

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