

Pengaruh cognitive behavior therapy terhadap perilaku merokok
ketergantungan nikotin dan ansietas masyarakat = Effect of cognitive
behavior therapy on smoking behavior nicotine dependence and anxiety
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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-value ≤ 0,05) dan ketiganya menunjukkan hubungan yang sangat kuat dengan arah positif, sementara pada kelompok yang tidak mendapatkan cognitive behavior therapy ketiganya menunjukkan peningkatan. Cognitive behavior therapy direkomendasikan sebagai psikoterapi untuk membantu berhenti merokok.

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ABSTRACT

research goal Determine effect of cognitive behavior therapy to changes smoking behavior, nicotine dependence and anxiety. Methods Quasi-experimental non-equivalent control group pretest-posttest. Samples 80 smokers by proportional stratified random. Data Collection used Glover Nilsson Smoking Behavior, Fagerstrom Test Nicotine Dependence and the Hamilton Anxiety Rating Scale. Results Smoking behavior, nicotine dependence and anxiety in a group with cognitive behavior therapy significantly decreased (P-value ≤ 0.05) and it was very strong relationship with the positive direction, while in group without cognitive behavior therapy it was increased. Cognitive behavior therapy recommended as psychotherapy to help smoking cessation.

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