

# Pengaruh cognitive behavior therapy (CBT) terhadap perubahan acute stress disorder (ASD) paska bencana longsor = The influence cognitive behavior therapy (CBT) towards acute stress disorder (ASD) post landslide / Norman Wijaya Gati

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## Abstrak

[<b>ABSTRAK</b><br>

Bencana merupakan kejadian mendadak, mengakibatkan perubahan signifikan pada kehidupan, dapat mengubah skema berpikir, mengakibatkan muncul pikiran otomatis. ASD merupakan respon kecemasan saat bencana, individu cenderung mengembangkan pikiran negatif, mempengaruhi perilaku. CBT merupakan terapi berfokus pada kognitif dan perilaku. Tujuan penelitian ini mengetahui pengaruh CBT terhadap perubahan ASD paska bencana longsor. Desain penelitian Quasy Eksperimental without control group dengan purposive sampling. Sejumlah 27 responden ASD, diberikan CBT sebanyak lima sesi. Analisis Wilcoxon, terdapat penurunan bermakna ASD setelah diberikan CBT (p-value<math>\leq 0.05</math>). Karakteristik responden umur dan penghasilan berhubungan dengan ASD (p-value<math>\leq 0.05</math>). Perlu penelitian lanjut tentang faktor budaya, spiritual, dukungan sosial terhadap perubahan ASD.

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<b>ABSTRACT</b><br>

Disaster is a suddenly incident, resulting significant changes in life, way of thinking, negative schema. ASD is an anxiety response to disaster, which develop automatic negative thinking and behavior. CBT is a psychotherapy focuses on cognitive and behavior. The aim is to know the influence CBT toward ASD state post landslide. A Quasy Experimental without control group design, total 27 landslide's survivor with ASD were recruited with purposive sampling, received CBT 5 session. Wilcoxon analisys show significant decrease on ASD (pvalue <math>\leq 0.05</math>). Age and income have correlation to ASD (p-value<math>\leq 0.05</math>). Further research needed to find cultural, spiritual, social support toward ASD., Disaster is a suddenly incident, resulting significant changes in life, way of thinking, negative schema. ASD is an anxiety response to disaster, which develop automatic negative thinking and behavior. CBT is a psychotherapy focuses on cognitive and behavior. The aim is to know the influence CBT toward ASD state post landslide. A Quasy Experimental without control group design, total 27 landslide's survivor with ASD were recruited with purposive sampling, received CBT 5 session. Wilcoxon analisys show significant decrease on ASD (pvalue <math>\leq 0.05</math>). Age and income have correlation to ASD (p-value<math>\leq 0.05</math>). Further research needed to find cultural, spiritual, social support toward ASD.]