

Cognitive behavior therapy (CBT) untuk meningkatkan self-esteem pada dewasa muda yang mengalami kekerasan dalam pacaran = Cognitive behavior therapy (CBT) in enhancing self-esteem on young adults experiencing dating violence

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Abstrak

[Latar Belakang : Konflik relasi berpacaran rentan dialami oleh dewasa muda. Konflik yang tidak terselesaikan memunculkan kekerasan dalam pacaran. Kekerasan dalam pacaran mungkin terjadi dalam bentuk fisik, psikologis, seksual dan ekonomi. Riwayat pengalaman traumatis yang dialami sebelumnya oleh individu, membentuk self-esteem rendah pada individu dan membuka peluang pada individu untuk kembali terjebak pada relasi berkekerasan yang serupa, salah satunya kekerasan dalam pacaran. Self-esteem yang rendah mengakibatkan korban sulit untuk keluar dari siklus relasi berkekerasan tersebut. Oleh karena itu, diperlukan intervensi untuk meningkatkan self-esteem pada dewasa muda yang mengalami kekerasan dalam pacaran. Intervensi yang telah terbukti efektif dalam menangani self-esteem yang rendah adalah cognitive behavior therapy. Metode : Penelitian ini berupa intervensi CBT pada 4 orang partisipan. Desain penelitian ini termasuk dalam one group pretest-posttest design (before and after). Analisis : Analisis dilakukan dengan cara membandingkan data kuantitatif dari hasil pre-test dan post-test pada alat ukur RSES. Analisa kualitatif dilakukan melalui wawancara dan observasi terhadap perkembangan dan perubahan yang dialami partisipan. Hasil : CBT cukup berpengaruh dalam meningkatkan self-esteem pada partisipan, namun demikian intervensi selama 6 sesi pertemuan ini dirasa belum cukup untuk mengatasi permasalahan kekerasan dalam pacaran secara menyeluruh. Partisipan mengalami perubahan aspek kognitif dan perilaku. Partisipan merasa percaya diri dan nyaman terhadap penampilan fisik maupun kemampuan yang dimiliki. Partisipan memperoleh pemikiran yang lebih realistis untuk keluar dari relasi pacaran yang tidak sehat.

.....Background: Conflicts in dating relationship are commonly experienced by young adults. Unfinished conflict provokes violence in dating relationship. Dating violence may occur in physical, psychological, sexual, and economic matter. Previous traumatic events, experienced by individual, conceive low self-esteem and provide more possible chance for individual to get back to the same violence based relationship, including dating violence. Low self-esteem causes the victims to withdraw themselves from the violence-based relationship. Hence, interventions are required to enhance self-esteem on young adults who experience dating violence. Cognitive behavior therapy is considered effective in enhancing self-esteem. Method: This research investigated CBT intervention on 4 participants with the research design of one group pretest-posttestdesign(before and after). Analysis: Analysis was carried out by comparing quantitative data of pre-test and post-test result acquired from RSES instrument. Qualitative analysis was carried out through interview and observation on the development and changes experienced by participants. Results: CBT is influential enough in enhancing self-esteem on participants, nevertheless 6 meetings session of intervention are considered less effective in solving dating violence entirely. Qualitative result indicated that participants experienced changes in cognitive and behavior aspects. Participants felt confident and secure either about their physical performance or their competence. Participants obtained realistic thinking to withdraw themselves from unhealthy dating relationship.;

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