

## Efektivitas Cognitive Behavioral Therapy (CBT) dalam meningkatkan self esteem pada dewasa muda dengan self esteem negatif = Effectivity of Cognitive Behavioral Therapy (CBT) to enhance self esteem in early adults with negative self esteem

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### Abstrak

[Kesehatan merupakan hal yang penting dalam kehidupan manusia. Meskipun lebih sering diasosiasikan dengan kesehatan fisik, kesehatan menurut WHO juga meliputi kesehatan mental dan sosial. Kesehatan mental yang baik perlu dimiliki oleh seorang dewasa muda agar mampu memenuhi tugas-tugas perkembangannya secara optimal. Salah satu faktor yang berhubungan positif dengan kesehatan mental adalah self-esteem. Penelitian ini bertujuan untuk melihat sejauh mana efektivitas teknik intervensi Cognitive-Behavioral Therapy (CBT) dalam meningkatkan self-esteem dewasa muda yang memiliki self-esteem negatif. Penelitian ini menggunakan desain one group before and after study dimana peneliti melihat perubahan pada satu kelompok sebelum dan setelah diberikan intervensi. Adapun alat ukur yang digunakan untuk melihat perubahan self-esteem pada partisipan adalah Rosenberg Self-Esteem Scale (RSES) dan Coopersmith Self-Esteem Inventory (CSEI). Wawancara dan observasi juga dilakukan kepada partisipan untuk memperoleh gambaran masalah terkait self-esteem yang dialami. Dua orang partisipan mengikuti program intervensi yang terdiri dari lima sesi pertemuan hingga selesai. Hasilnya, terdapat peningkatan skor RSES dan CSEI pada kedua partisipan. Secara kualitatif, kedua partisipan juga sudah melaporkan sikap yang lebih positif terhadap dirinya sendiri meskipun masih mengalami perasaan-perasaan negatif terkait diri. Penelitian ini menunjukkan bahwa teknik intervensi CBT efektif dalam meningkatkan self-esteem pada dewasa muda dengan self-esteem negatif.

.....Health is important in human life. Although more often associated with physical health, according to WHO health also includes mental and social health. Good mental health needs to be owned by early adults in order to meet their development tasks optimally. One of the factors positively associated with mental health is self-esteem. This study aims to look the effectiveness of Cognitive-Behavioral Therapy (CBT) to enhance the self-esteem of early adults who have negative self-esteem. The design of this study is one group before and after study in which researchers see changes in the group before and after a given intervention. The measuring instruments used to see changes in the participants' self-esteem are the Rosenberg Self-Esteem Scale (RSES) and Coopersmith Self-Esteem Inventory (CSEI). Interview and observation was also made to the participants to obtain a picture related to self-esteem problems. Two participants completed the five sessions intervention program. Result shows increased RSES and CSEI scores on both participants. Qualitatively, participants reported a more positive attitude towards themselves although still experiencing negative feelings associated with themselves. This study shows that CBT is effective to enhance self-esteem in early adults with negative self-esteem. Health is important in human life. Although more often associated with physical health, according to WHO health also includes mental and social health. Good mental health needs to be owned by early adults in order to meet their development tasks optimally. One of the factors positively associated with mental health is self-esteem. This study aims to look the effectiveness of Cognitive-Behavioral Therapy (CBT) to enhance the self-esteem of early adults who have negative self-

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