

The effect of cognitive behavioral therapy on heads of families smoking behavior and anxiety

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Abstrak

Indonesia is the fifth largest producer of cigarettes and has the third highest number of smokers in the world. This has potential biological, psychological, and social consequences. The aims of this study were to investigate the effects of Cognitive Behavioral Therapy (CBT) on smoking behavior and anxiety. Quasi-experimental non-equivalent control group pretest-posttest design was used. A total of 80 respondents were selected at random from 10 districts in proportion to the number of smokers in each district. Respondents completed questionnaires and received a course of CBT conducted over five meetings. There was a significant decrease smoking behavior and anxiety ($p < 0.05$) in the intervention group. Smoking behavior, nicotine dependence, and anxiety in male heads of family who smoke and who received CBT were significantly lower than in control group. The decreases in smoking behavior and anxiety were significantly correlated ($p < 0.05$). The study reveals, CBT can effectively change smoking habits as well as reduce anxiety.

.....Indonesia sebagai penghasil rokok terbesar ke-5 dan memiliki jumlah perokok terbanyak ke-3 di Dunia, hal tersebut memunculkan masalah secara biologis, psikologis maupun sosial. Tujuan penelitian ini untuk mengetahui pengaruh dari cognitive behavior therapy terhadap perubahan perilaku merokok dan ansietas. Metode penelitian menggunakan desain quasi experiment non-equivalent control group pre-test-post test. Sampel pengambilan secara proporsional random dengan jumlah 80 responden. Pengumpulan data dengan menggunakan kuesioner kemudian responden dilakukan tindakan cognitive behavior therapy dengan lima kali pertemuan. Hasil penelitian menunjukkan penurunan perilaku merokok dan ansietas secara bermakna ($p < 0,05$) pada kelompok intervensi. Penurunan perilaku merokok, tingkat ketergantungan nikotin dan ansietas kepala keluarga dengan perilaku merokok yang mendapatkan cognitive behavior therapy lebih besar secara bermakna ($p < 0,05$) dibandingkan dengan yang tidak mendapatkan cognitive behavior therapy. Penurunan perilaku merokok dan ansietas berhubungan secara bermakna ($p < 0,05$). Direkomendasikan untuk menerapkan cognitive behavior therapy perokok oleh perawat yang mempunyai kompetensi.