

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.