

# Pengaruh Terapi Kelompok Terapeutik (TKT) Remaja dan Cognitive Therapy (CT) Terhadap Gangguan Mental Emosional Remaja Dengan Virtual School Selama Pandemi COVID-19 = The effects of Adolescents Therapeutic Group Therapy (TKT) dan Cognitive Therapy (CT) on Adolescents Mental Emotional Disorders with Virtual School during the COVID-19 Pandemic

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## Abstrak

Pandemi COVID-19 memberikan perubahan pada kehidupan remaja terutama dalam aktivitas sehari-hari, sehingga remaja harus beradaptasi dengan adanya virtual school. Penelitian ini bertujuan untuk mengetahui pengaruh terapi kelompok terapeutik dan cognitive therapy dalam mencegah gangguan mental emosional pada remaja dengan virtual school selama pandemi COVID-19. Desain penelitian yang digunakan adalah quasi experimental pre-post test with control group. Pengambilan sampel menggunakan teknik purposive sampling dan random sampling dengan jumlah sampel 60 responden yang dibagi menjadi 2 kelompok. Kelompok intervensi 1 sejumlah 30 orang diberikan terapi kelompok terapeutik dan cognitive therapy. Kelompok intervensi 2 sejumlah 30 orang diberikan terapi kelompok terapeutik tanpa cognitive therapy. Analisis univariat menggunakan distribusi frekuensi dan tendensi sentral. Analisis bivariat menggunakan uji repeated anova untuk data yang berdistribusi normal, sedangkan untuk data yang berdistribusi tidak normal menggunakan uji friedman. Hasil penelitian menunjukkan bahwa terapi kelompok terapeutik dan cognitive therapy berpengaruh secara bermakna dalam mencegah gangguan mental emosional pada remaja. Terapi kelompok terapeutik dan cognitive therapy dapat direkomendasikan sebagai kombinasi terapi dalam mencegah gangguan mental emosional pada remaja dengan virtual school selama pandemi COVID-19.

.....The COVID-19 pandemic has changed the lives of adolescents, especially in their daily activities, so adolescents have to adapt to the virtual school. This study aims to determine the effect of therapeutic group therapy and cognitive therapy in preventing emotional mental disorders in adolescents with virtual schools during the COVID-19 pandemic. The design used was a quasi-experimental pre-post test with control group. Sampling using purposive sampling and random sampling with a sample size of 60 respondents divided into 2 groups. The intervention group 1 numbered 30 people given therapeutic group therapy and cognitive therapy. The intervention group 2 contributed 30 people given therapeutic group therapy without cognitive therapy. Univariate analysis uses frequency distribution and central tendency. Bivariate analysis uses repeated ANOVA test for normally distributed data while for data that is not normally distributed uses Friedman test. The results showed that therapeutic group therapy and cognitive therapy had a significant effect in preventing emotional mental disorders in adolescents. Therapeutic group therapy and cognitive therapy can be recommended as a combination therapy in preventing emotional mental disorders in adolescents with virtual schools during the COVID-19 pandemic.