

COGNITIVE BEHAVIOR THERAPY (CBT) TO DECREASE THE DEPRESSION IN ADOLESCENTS IN PANTI ASUHAN YATIM PUTRI AISIYAH YOGYAKARTA

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Abstract

Adolescents with depression because experienced the problems and pressures faced way of thinking and negatively biased or distorted of the origin of life, This concept known by the cognitive triangular of depression. Cognitive aspects of a triangle that is : a negative view about yourself, a negative view environmental and a negative view about the future.

Research purposes this is to test therapy cognitive behavior therapy in decrease the depression in adolescents. A participant in this research is four people remaja daughter who is subjected to depression was. An instrument used for measuring the degree of depression is BDI (the beck depression inventory) that is shown to be valid and can be used in indonesia for detecting and measuring the degree of depression. The design of small n design with a design a-b and follow-up

Trietmen given to four people participating in the form of therapy is given in a gregarious manner as many as seven times meeting for seven weeks done measurement by using BDI. CBT technique used as follows: psikoedukasi. Cognitive restructuring. Relaxation and duty in the form of a diary, the house and continued with follow-up for two weeks. The analysis used in this research visual inspection served in graphical form and content, qualitative analysis using analysis that is a technique that is used to draw any conclusions, which is obtained from diary observation, interviews and sharing when therapy.

Results show that proved to be acquired CBTt decrease in adolescents daughterof in panty Asuhan Yatim Putri Aisiyiah Yogyakarta depression. This research can be concluded that cbt effective to reduce depression. This research concluded that CBT can be an effective decrease depression.

Keywords: CBT therapy, depression Level, teenagers.