

ABSTRACT

Fariska Dyanis Anitasari, S.Psi.; Hypnotherapy in Decreasing Depression Symptoms in People with Lupus, (Henny E. Wirawan, M. Hum, Psi, QIA., and Sandi Kartasasmita, M.Psi.), Magister of Psychology, Tarumanagara University, (xv+94 pages+3 tables).

Lupus is an autoimmune disease which has great risks to life. Lupus can damage different systems and organs when it flares. There is no such medication to cure Lupus. This fact causes many emotional responses in people with Lupus (Odapus), such as depression. All of participants showed depression symptoms such as loss in interest and pleasure, sadness, change in sleeping pattern, irritability, low self-confident, pessimistic with the future, feeling unworthy, and guilty. These symptoms are caused by many factors, such as physical appearance, economy, family and marriage. Depression makes Odapus more vulnerable to have flares. There are many ways to help Odapus dealt with depression. Hypnotherapy is one of them. This research is aimed to know the effectiveness of hypnotherapy in decreasing depression symptoms in Odapus. There are three participants in this research, but only two joined the intervention programme. In-depth-interview method is used to collect data and then followed by hypnotherapy as an intervention. After the intervention, depression level decreased from clinical depression (19) to mild mood disturbance (11) and from moderate depression (23) to mild mood disturbance (16). Based on this results, hypnotherapy is effective enough for decreasing depression symptoms in Odapus.

Keyword: Odapus, depression symptoms, hypnotherapy

Reference: 51 (1963 – 2008)