

Application of REBT to Reduce Anxiety Early Adulthood Leprosy

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Abstract

Leprosy is a chronic disease which takes a long time to healed. Generally leprosy patients will experience anxiety both in early diagnosis and the process of treatment. Anxiety at some stage can be normal, but at some case anxiety can interfere people in their daily activities even interrupted the healing process and should be solved by the intervention. One of the therapeutic efforts to overcome the anxiety is Rational Emotive Behavior Therapy (REBT). REBT is a therapy to correct maladaptive cognitions that can lead to the formation of maladaptive behavior. REBT intervention carried out in 8 sessions. Research using qualitative methods. Participants are 3 people early adulthood (20-30 years) to describe anxiety lepers and 1 individual who received the intervention REBT. Characteristic of anxiety in the form of anxiety symptoms with a leprosy as an object using indicator Beck Anxiety Inventory (BAI) as a pre-test and a post-test. The results showed REBT can be applied to overcome anxiety in early adulthood leper.

Keywords: Leprosy, Anxiety, Rational Emotive Behavior Therapy (REBT)