

**Application of Cognitive Behavior Group Therapy to Reduce Aggression in
Young Male
(Study at Lembaga Pembinaan Khusus Anak Tangerang)**

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Abstract

The aim of this study is to apply cognitive behavioral therapy (CBT) to reduce aggressiveness of young male in Lembaga Pembinaan Khusus Anak (LPKA) Tangerang. Aggression is a behavior that is intended to harm others with 4 characteristics, such as; physical, verbal, anger, and hostility. Samples in this study were five participants were randomly selected by using purposive sampling from 35 scofflaw during the past year in LPKA. This studies using Buss-Perry Aggression Quettionnaire (BPAQ) and graphics tests as a measurement pretest and posttest to see whether there is a change in participants after running intervention. This study found that CBT technique succeeded in reducing aggression in two of the five participants. A decrease in aggression at two participants significantly evident from the decline in the BPAQ post-test scores than pretest scores BPAQ.

Key words : *cognitive behavior group therapy, aggression, adolescent, young male, LPKA*