

Application of Rational Emotive Behavior Therapy (REBT) in Schizophrenia's Caregivers Who Have Subjective Burden

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Abstrak

The purpose of the study was to determine the effectiveness of Rational Emotive Behavior Therapy (REBT) in schizophrenia's caregivers who experience a subjective burden. Subjective burden associated with emotional distress experienced by caregivers in helping and serving family members who suffer from schizophrenia. Subjective burden refers to the caregiver assessment of the situation he faced and the extent to which the caregiver feels that he bears a heavy burden. Subjective burden can be treated with psychotherapy for dealing with emotional issues, where psychotherapy is change-oriented treatment of cognitive, emotional and behavior of individuals. REBT is a therapy that combines these three elements. The study involved two participants who suffered subjective burden based on screening test using the Zarit Caregiver Burden Scale. The sampling technique used in this study was a non-probability sampling which is a type of purposive sampling. The results showed Zarit Caregiver Burden Scale scores both decreased after participants given REBT therapy.

Keywords : Subjective Burden, Rational Emotive Behavior Therapy, Schizophrenia Caregivers