

## **ABSTRACT**

**ERA TRINASARI UTOMO. "THE EFFECTIVENESS OF RATIONAL EMOTIVE BEHAVIOR THERAPY (REBT) TO INCREASE SELF-ESTEEM YOUNG WOMAN WHO LIVE IN THE ORPHANAGE" (Ediasri Toto Atmodiwirjo and Riana Sahrani); Psychology Study Programme, Postgraduate Programme, Tarumanagara University; p.120**

This research aims to determine the effectiveness of Rational Emotive Behavior Therapy (REBT) to increase self-esteem young women who live in the orphanage. Evaluation of a person's self-esteem is about physical appearance, abilities, and acceptances of people around against her are accompanied by feelings of the self evaluation. Measurement of self-esteem is based on the 5 (five) dimensions of self-esteem, which is the dimension of the public, school, family, body image, and social. The principle of Rational Emotive Behavior Therapy (REBT) is that there are close links between thoughts, feelings, and behavior in humans. Mind can affect the human feelings and behavior. The problem arises because the human irrational thinking. The subjects in this single case research are young women who live in the orphanage. Data obtained from the questionnaires, observation, and interviews. The results showed Rational Emotive Behavior Therapy (REBT) are implemented as much as 5 (five) session effectively improve self-esteem in young women who live in the orphanage on either the general dimension, school dimension, family dimension, body image dimension, and social dimension.

Keywords: self-esteem, young woman, orphanage, *Rational Emotive Behavior Therapy* (REBT)