

## **ABSTRACT**

### **The Role of Motivation and Social Control to The Effectiveness Of Cognitive Behavioral Therapy for Male Young Adulthood with Nicotine Dependence**

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The aim of this research is to see the role of motivation and social control to the effectiveness of Cognitive Behavioral Therapy (CBT) for male young adulthood with nicotine dependence. Smoking has become a common habit that is often seen in Indonesia. Even its get high ranked as a country with great smoking prevalence. A cigarette that contain of addictive substance is not really a problem for those who don't realize the negative effects of cigarettes. However, when they realize those negative effects, they usually have an insight to stop their smoking habit. This research involves three male smokers subjects, age between twenty to thirty five years old, was on middle up social economic status, and feel like quit smoking. This research began with distributing Fragestorm Test for Nicotine Dependence (FTND) questionnaires to the 100 participants in January to February 2011, and select the participants who has the highest score in the scale of nicotine dependence. This research is next conducted by interview since April to September 2011 among the three highest score participants. Results of studies indicates that CBT is not effective to nicotine dependence for young adulthood without motivation and social control in participant it self.

Keyword: Motivation, social control, CBT, cigarettes, nicotine dependence, male young adulthood