

ABSTRACT

ROSARI. “*Cognitive Behavioral Therapy to Reduce Anxiety in Children of divorced parents who lived in orphanage* ” (Soemiatri Patmonodewo and Naomi Soetikno); Psychology Study Programme, Postgraduate Programme, Tarumanagara University; p. 139

This research is done to investigate the effectiveness and to observe how Cognitive Behavioral Therapy reduces anxiety in children of divorced parents who lived in orphanage. Children with divorced parents who live with single father and then being placed in the orphanage are more likely to have feeling of insecurity. Those series of events likely resulted in the child to have rejected and abandonment issues, therefore they will have fear of acceptance within the society. The main objective of cognitive behavioral therapy is to identify cognitive distortions that cause the problems, to understand that mind is very influential to their feelings and behaviors, as well as to challenge mind distortion to achieve a more balanced/rational thinking. This therapy also helps the affected children to adopt better problem-solving and coping skills. This is a single case study orphanage children who come from dysfunctional or divorced families. All the data are obtained from observations, interviews and questionnaires. The research has shown that cognitive behavioral therapy, that has been done for eight sessions, is effective to reduce anxiety in children who are the victim of divorced family in orphanage.

Keywords: children, orphanage, divorce family, single father, anxiety, cognitive behavioral therapy