

***Rational Emotive Behavior Therapy* untuk Menurunkan Gejala-Gejala *Posttraumatic Stress Disorder* pada Istri Korban Kekerasan dalam Rumah Tangga**

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Abstract

The aim of this research is to test the effectivity of Rational Emotive Behavior Therapy (REBT) for reducing Posttraumatic Stress Disorder (PTSD) symptoms of wife's domestic violence victim. Types of domestic violence are physical, sexual, psychological, and economic violence. One of domestic violence's effect is participant gets PTSD symptoms, such as reexperiencing, avoidance/numbing, and hyperarousal. Participants still get all symptoms at least one month after traumatic events happened. REBT is a therapy that approaches participants to understand cognitive input which cause emotional disturbance REBT also tries to change participant's thinking so participants do not let the irrational thinking or at least learn to anticipate the benefit or consequences of the behavior. There is only one participant in this research, who is 42 years old and already has two children. Sampling technique for this research is purposive sampling, that get participant who is suitable with participant's characteristic of the research. The result of this research is PTSD's symptoms get reducing from score 71 become score 31. This result is gained from interview's data with participant and Posttraumatic Stress Disorder Civillian Version for pre-post test. The conclusion of this research is REBT effective for reducing PTSD symptoms of wife's domestic violence victim.

Kata kunci : REBT, PTSD, domestic violence