

xii **Enhancing Self-Esteem Through Reality Therapy in Post Medical Treatment's**

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Soetikno, M. Pd., Psi. Universitas Tarumanagara **Abstract**

Pediatric cancer may disrupt or delay the achievement of major development tasks in adolescents with cancer. When

development tasks are disrupted and adolescents with cancer had to deal with effects of the

illness and medical treatment, psychological problems such as self-esteem problems may

arise. How adolescents with cancer perceived themselves and how they perceived other

people's attitude toward themselves affect their self-esteem. The goal of this study was to

evaluate the contribution of reality therapy in enhancing self-esteem of post medical

treatment's adolescent with cancer. Total behavior was one of the major focuses in reality

therapy. This study was a single-case design, carried out on a 13<sup>th</sup> years old adolescent,

who has been diagnosed with *fibroma dysplasia maligna* when he was 5 years old. Reality

therapy as intervention was conducted for nine weeks. Self-esteem was assessed using

Kuesioner Harga Diri. Projective tests and *Forer Sentence Completion Test* also used in this

study to evaluate participant's self-esteem before and after the therapy. The result of data

analysis shows that increment self-esteem scores after the reality therapy was done. The

results also show positive changes in participant's total behaviors, the participant was able to

develop more effective action plans and committed to carry out the plans. Summarized

findings on self esteem scores, projective test's results, participant's self-evaluation, parent

and peer interviews, indicates reality therapy as an effective intervention to enhance self-

esteem of post medical treatment's adolescent with cancer. Keywords: Reality Therapy,

Self-Esteem, Adolescent with Cancer