

ABSTRACT

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Cognitive Behavior Therapy (CBT) to Reduce Symptoms Shopping in Patients with Compulsive Shopping on Early Adulthood Female; (Henny E. Wirawan, M. Hum., QIA., Psi., Psikoterapis & Denrich Suryadi, M. Psi); Postgraduate Programme In Psychology, Tarumanagara University, (77 pages; R1-R3; Appdx 1-51).

Shopping at first is an activity undertaken to fulfill basic human needs. Shopping is also a fun activity for most people because it can be a way of escape from boredom routine. However, for some of the other activities that are not controlled shopping gave a negative impact. If shopping make someone addicted, then there may be interference with the psychological condition. This is what is referred to as mania shopping, compulsive shopping, buying addictive, excessive buying, and spendaholism. The therapy that used to reduce the symptoms of compulsive shopping is Cognitive-Behavior Therapy (CBT). CBT therapy is considered appropriate for this case because the purpose of this therapy is to encourage participants to challenge the incorrect mind (and emotions) by showing evidence contrary to their beliefs about the problems faced. So when the participants were able to learn the wrong thoughts about spending behavior then that thoughts can be changed so as to reduce the spending behavior

Keywords: *Anxiety, Cognitive Behavior Therapy (CBT), Compulsive Shopping*