

**Application of *Cognitive Behavior Therapy* in Improving Self-esteem in
Collage Students with Academic Anxiety**

Maretta Caroline
Henny E. Wirawan
Sandi Kartasasmita
Tarumanagara University

Abstract

The purpose of this study was to determine the application of Cognitive Behavior Therapy (CBT) in improving self-esteem in collage students with academic anxiety. The Participans were two collage students with academic anxiety who have low self-esteem. Based on the result of the research, both participants' self-esteem scores improved after undergoing the process of intervention. Both participans obtained changes in the ability of self-confidence that also reduce anxiety level when faced to the academic tasks, such as assignments, presentations, or exams. This result suggests that Cognitive Behavior Therapy (CBT) can be applied to improve self-esteem in collage students with academic anxiety

Keywords: *Cognitive Behavior Therapy (CBT), Self-esteem, Academic Anixety, Collage Students*