Enhancing Self Esteem Through Cognitive Behavior Therapy in Adolescent Victim of Bullying

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Abstract

Bullying incidents usually increase in adolescence period, especially in secondary grade students. Many adolescents, who become the victims of bullying, show psychological and academic problems such as lower academic performances, social withdrawal, loneliness, juvenile deliquency, deprresion, and low self esteem. Almost all victims have negative self perception that they are different from their peers. They believe that they are not smart enough, not good enough, not beautiful enough, they are not interesting persons, and can not socialize with others. These negative perceptions effect the unworthy feeling of the victims. It indicated how adolescent bullying victim perceived about themselves will effect their self esteem. The objective of this study is to evaluate the role of cognitive behavior therapy in enhancing self esteem of adolescent victim of bullying. Cognitive behavior therapy is concerned with understanding how events and experiences are intepreted, and with identifying and changing the distortions or deficits that occur in cognitive processing. This study was a single case design, carried out on a 14th years old adolescent, who was a victim of peer bullying since he was 13th years old. Cognitive behavior therapy as intervention was conducted for one month. In this study, Kuesioner Harga Diri and projective test were used to evaluate participant's self esteem before and after intervention. The result od data analysis shows that there is an increasing in self esteem score after the intervention was given. The result also show that there are positive changes in the way the participant think, feel, and also in his behaviors. Participant have better and more positive problem solving strategies in handling the responses of his environment.

Keywords: Cognitive behavior therapy, self-esteem, bullying