

**Application of Rational Emotive Behavior Therapy on
Compulsive Sexual Behavior: Compulsive Masturbation Case Study**

Veronica Adesla, S.Psi
Dr. Monty P. Satiadarma, MS/AT, MCP/MFCC
Naomi Soetikno, M.Pd, Psi.
Universitas Tarumanagara

Abstract

This research aimed to review the use of Rational Emotive Behavior Therapy (REBT) for person with Compulsive Sexual Behavior (CSB): Compulsive Masturbation. Compulsive Sexual Behavior is a repetitive sexual behavior mediated by the urge to reduce anxiety and other dysphoric influence (such as shame, depression) and became a symptomatic response of Obsessive Compulsive Disorder / OCD. Sexual obsession might be pornographic images that happens repetitively in the mind that incures anxiety and in the end associates with compulsive sexual behavior. Sexual behavior compulsion, in the beginning, used to be rejected or repressed, but then conducted to reduce anxiety and frequently followed by the feeling of being depressed. CSB reviewed in this research is a Non-Paraphilic type with compulsive masturbation as the subtype. CSB impacts mostly on social functioning area, emotional roles, and mental health. REBT offers solution to overcome irrational believes that becomes the root problem of person with CSB. REBT has holistic formulation of cognitive, emotive, and behavioral aspects that are related one to another. This is a single case study on a participant, initialed IP, aged 30 years old who experience compulsive masturbation for the last 8 months. Compulsive masturbation obsession level of the client was severe (Y-Bocs total = 27). After REBT intervention, the level was decreased significantly to subclinical level (Y-Bocs total = 0). In this research REBT proved to be applicable to decrease Compulsive Masturbation.

Key Words: REBT, Compulsive Sexual Behavior, compulsive masturbation.