

## **Cognitive-Behavior Therapy to Improve Self-esteem in Adolescence with Depressive Symptoms**

Naomi Kristiana, S.Psi.  
Prof. Dr. Ediasri Toto Atmodiwirjo  
Debora Basaria, M.Psi., Psi.  
Tarumanagara University

### **Abstract**

Depression is a psychological disturbance that associated with negative affect, such as sadness, despair, loneliness, worry, and restless. Studies have found that depression can be experienced by all ages, including adolescence. It's importance to treat depression in adolescence as it disable them from functioning in daily activities and reduce quality of life. Depression can be related with low self-esteem in adolescence. Self-esteem reflects a person's overall evaluation of personal abilities and self-worth or personal value. Whereas, low self-esteem has been seen as individuals' illogical and negative overall view of one's own competence and worth. Evidence in research supports that low self-esteem in adolescence predicts negative future outcomes, for example tendency to easily give up in challenging task, submissive, pessimist, and even withdraw from social life. These cognitive distortions, making it an important focus for Cognitive-Behavior Therapy (CBT) interventions. The aim of this study is to evaluate how CBT can improve self-esteem in adolescence with depressive symptoms. This study use single-case design, with pretest-posttest measure. The measurements of this study are *Self Perception Profile for Adolescents* and *Children's Depression Inventory*. The finding suggest that CBT is promising to improve self-esteem in adolescence with depressive symptoms. The participant's improvement in self-esteem has positive correlation with the level of depression. Participant can succesfully practise the techniques which presented in CBT sessions, such as recognizing negative thoughts, cognitive restructuring, relaxation techniques to control negative affect, and problem solving skill to encounter problems in daily life.

**Keywords:** Self-esteem, Depression, Adolescence, Cognitive-behavior therapy