

## **The Application of Cognitive Behavioral Therapy in Young Adulthood with Height Phobia (Acrophobia)**

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### **Abstract**

This study was conducted to determine how the application of CBT in young adulthood with height phobia. Height phobia is a subtype of specific phobia and include as anxiety disorders. Height phobia tends to begin in childhood and develop in adulthood. Young adulthood is a period in which someone has high mobility and more activities generally. Phobia can become chronic, especially if it is not treated and can cause interference in some aspects of life. CBT has been studied and found to be effective to treat various disorders, include anxiety disorders. CBT is a psychological treatment that addresses the interactions between how we think, feel, and behave. Participants in this study are three women. Two of them are given the intervention and one is not given the intervention. The research method used is qualitative method. Based on the results of the intervention, the application of CBT can reduce anxiety and overcome phobia of height in both participants.

Keywords: Height Phobia, Anxiety Disorder, Cognitive Behavioral Therapy (CBT), and Young Adulthood.