

Application of Rational Emotive Behavior Therapy (REBT) to Reduce Anxiety and Intensity of Trichotillomania in Adult Women

Gunawan Elisa Junita, M.Psi

Henny E. Wirawan, M.Hum., Psi., QIA, Psikoterapis

Denrich Suryadi, M.Psi.

University of Tarumanagara

Abstract

The aim of this study was to understanding the application of Rational Emotive Behavior Therapy to reduce intensity of trichotillomania in adult women. This therapy was given to help participants to overcome anxiety that assumed to be the cause of trichotillomania. Trichotillomania is a repetitive behaviors by pulling out their hair. The hair can be pulled from any part of the body, although the scalp, eyebrows, and eyelashes are most often cited as the most affected area that resulting in noticeable hair loss. Anxiety is an emotional feeling with excessive fear about real or imagined circumstances. This study methods with purposive random sampling technique and also using experimental approach conducted on two participants aged 19 and 24 years old. The results showed that Rational Emotive Behavior Therapy can reduce anxiety and intensity of trichotillomania in both participants which occurred in 7 session on CD and 10 session on DS. Both participants was given tasks in every session which is self monitoring and pulled hair saving. In the end of session, repetitive behavior by pulling out their hair is reduce from the previous. Their were satisfied with the therapy and their life function improved. Based on STAI statements, DS are more confident in her job, she knows what to do to make her job done, and happy with her job. Also, CD are more confident accomplish her test because she prepared herself to study. Now, she is more confident and not nervous doing her test.

Keywords : Anxiety, Trichotillomania, Rational Emotive Behavior Therapy