

## ABSTRACT

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**The Roles of a Group Cognitive Behaviour Therapy Program in Resilience Provision for Young Adult Female whose Body Defect,** (Henny E.Wirawan, M.WS., Psy., Psychotherapist, CGI, QIA, CRMP; Denrich Suryadi, M.Psy), Magister Degree, in Psychology, Tarumanagara University

The purpose of this research is to know the roles of a group cognitive behaviour therapy program in resilience provision, for young adult females whose body defect. The therapy technique to do with implementation of eleven strategies to develop resilience. Another purpose is to know the therapy effects to their capability in modify mindset, negative emotions, and maladapted behaviors, too. Body defect is an absence or shortage part of people's body because of inheritance, accident, and ailment, which makes the accusative lack of mobility. Most of body defect young adult females whose low resilience, have much problems due to their defect. They usually being stressed with their conditions. Therefore, they need to have better resilience capability to face their problems and manage their stress, so that they can go through their live with better quality. Resilience is the process of adapting well in the face of adversity or even significant sources of stress. It means "bouncing back" from difficult experiences. This research use "quasi experimental pre-post test with control group" design, with qualitative and quantitative method. Sampling technique is a purposive sampling. The participants consist of 6 young adult females whose body defect. They are divided into two groups, three women each. The first group as an experimental group, and the other as a control group. The result of this research shown, that The intervention programs was effective roles in provision of knowledge and resilience capability for young adult females whose body defect. As well as that, the participants in experiment group have learned and practised. They capable enough to modify a disfunctional of automatic thoughts, negative emotions, and maladapted behaviors, due to their physical condition imperfectness that accompanied by less their resilience, too.

Keywords: Resilience, Cognitive Behaviour Therapy, Young Adult Female whose Body Defect