

Application of Cognitive Behavior Therapy (CBT) To Overcome Anorexia Nervosa In Adolescent Girls

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Abstract

The aim of this study is to apply Cognitive Behavior Therapy (CBT) to overcome anorexia nervosa in adolescent girl. Anorexia nervosa is an eating disorder which characterized by cognitive distortion in perception of ideal body weight and shape, and also accompanied by self-starving to reach ideal body weight and shape. These cognitive distortions impact one's feeling and behavior. This study is being applied in one subject, 17 years old adolescent girl. The participant has negative perception of her body weight and shape which is resulting reduce food intake and do exercise excessively, in addition, generate guilty feeling after eating. Intervention being applied in nine sessions. This study concluded that CBT can be applied to overcome anorexia nervosa in adolescent girl. After undergoing the intervention sessions, partisipant perceive herself positively which in turn impact her feeling and behavior positively.

Keywords : Anorexia Nervosa, Adolescent girl, Cognitive Behavior Therapy