

The effectiveness of Rational Emotive Behavior Therapy (REBT) for Reducing
Somatization Disorder Symptoms in Early Adulthood

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ABSTRACT

The purpose of the study was to determine the effectiveness of Rational Emotive Behavior therapy (REBT) to reduce the symptoms of somatization disorder in early adulthood. Somatization is specific somatoform disorder, characterized by the emergence of somatic symptoms that cannot be explained adequately by physical examination and laboratory. The diagnosis of somatization disorder reflects the clinical judgment that psychological factors are the cause of the appearance, severity, and duration. Somatization disorder can be treated with two models of therapy, psychotherapy and pharmacotherapy. Pharmacotherapy treatment is symptomatic, whereas psychotherapy treatment is oriented to changes cognitive function, emotion, and behavior. Rational Emotive Behavior Therapy (REBT), a therapy that combines these three elements. The study involved two participants early adulthood, diagnosed with symptoms of somatization disorder, and has followed the screening test by using Patient Health Questionnaire - 15 item Somatic Severity Scale (PHQ-15). The sampling technique is used to adjust the criteria of the study was a non-probability sampling with the type of purposive sampling. The results showed that the PHQ-15 scores decreased after both participants given REBT. Decreasing the PHQ-15 score followed by other changes, namely reduced somatic complaints, stop taking psychotic medicine, and return to their normal function.

Keywords: Symptoms of somatization disorder, Rational Emotive Behavior Therapy (REBT), and early adulthood