

Enhancing Self-Esteem through Cognitive-Behavior Group Therapy in Male Adolescents in Correctional Institution for Male Children

Sofia Tri Putri, S.Psi
Prof. Dr. Samsunuwiyati Mar'at
Naomi Soetikno, M.Pd., Psi.
Tarumanagara University

Abstract

Self-esteem is an important factor in the human development process and emotional well-being. Delinquency or criminal behavior in adolescents can be a consequence of low self-esteem. The purpose of this study is to enhance self-esteem in male adolescents in Correctional Institution for Male Children through *Cognitive-Behavior Group Therapy* (CBGT). Participants were five adolescents who admitted to Correctional Institution for Male Children, aged 16-18, have average intelligence, with low self-esteem based on scores of *Alat Ukur Harga Diri*, Drawing Test (Draw a Man (DAM) Test, BAUM Test, and Wartegg-Zeihen Test (WZT)), and interview. Research design used in this study was one-group pretest-posttest design with quantitative and qualitative methods (mixed methods). The result of this study indicated that self-esteem in five participants was increased through CBGT based on Drawing Test, and interview. Scores of *Alat Ukur Harga Diri* shows self-esteem in four of five participants increase in all dimensions (*global, school, body image, family, and social* dimension) whereas one participant's self esteem increases only in global and school dimensions, decreases in family and social dimensions, and remains unchangeable in body image dimension.

Keywords: Self-Esteem, Male Adolescent, Cognitive-Behavior Group Therapy (CBGT), Correctional Institution for Male Children