

**Manfaat *Cognitive Behavior Therapy (CBT)* Dalam Mengurangi Gejala
Skizofrenia Residual**

**Baharudin Tantoso
Henny E. Wirawan
Sandi Kartasasmita
Tarumanagara University**

Abstract

Residual Schizophrenia is a mental disorder that is ranked highest in the number of mental patients in RSJSH in 2011. The dominant symptoms of Residual Schizophrenia is the residual of delusions or hallucinations, affect, and behavior that includes cognitive, affective, and conative aspects. In general, the disorder is treated by pharmacotherapy, while the other treatment in psychological terms is Cognitive Behavior Therapy (CBT). Basically, CBT works in the realm of cognition, affect, and behavior. Thus, CBT should reduce the Residual Schizophrenia symptoms. The results showed that the application of CBT to the participant, can lower PANSS score = 89 (moderate pain category) into the PANSS score = 40 (the category of mild pain), and obtain improvements which reached 55% (much improved category). Participants also obtain the advantages of the application of CBT, i.e., easy to identify the cause of the symptoms of Residual Schizophrenia and better affective adjustment, and they be able to motivate themselves to overcome the avolition symptoms. CBT is also beneficial in improving insight, judgment, and problem solving for the participants.

Keywords: Residual Schizophrenia, CBT, Advantage of CBT