

**Application of Cognitive Behavior Therapy
to Reduce Anxiety and Intensity in Tic Disorder Patient**

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Abstract

The aim of this study was to understanding the application of Cognitive Behavior Therapy (CBT) to reduce anxiety and intensity of tic disorder in young adult man. Tic disorder is motor or verbal movement occur with sudden, rapid, recurrent, and involuntarily. Anxiety is an emotional feeling with excessive fear about real or imagined circumstances. CBT is one of the psychological interventions which can be used to reduce anxiety and tic disorder intensity. CBT combines the cognitive and learning paradigm. Methods of this study was purposive sampling technique. Data analysis were using qualitative method and pre-test post-test State-Trait Anxiety Inventory. This study using experimental approach conducted on single participant aged 31 years old with tic disorder (shoulder shrugging). The participant attend eight session. Anxiety and tic disorder intensity is reduce from the previous along with the intervention processes. Conclusion of this study is CBT can be applicated to reduce anxiety and tic disorder intensity in young adult man.

Keywords: cognitive behavior therapy, tic disorder, shoulder shrugging, anxiety, young adult man