

Rational Emotive Behavior Implementation to Reduce Aggressive Behavior on Middle Childhood

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Abstract

This study is held to assess the implementation of Rational Emotive Behavior Therapy (REBT) to reduce aggressive behavior on middle childhood. Aggressive behavior is an intentional harsh and harm doing toward others as consequences of someone's anger or frustration. REBT is a psychological intervention which integrates cognitive, emotive and behavior techniques to change client's irrational belief to rational belief so that he can effectively respond an event. CBCL form and DAM were used as a Pre-test. The CBCL form was given to mother of participant and she was instructed to fill that form. Meanwhile, the participant was instructed to make a DAM. The participant is a 10 years and 11 month boy who is still in his 5th grade elementary school in Kota Serang. This intervention program was given in 7 session for about 4 weeks. This intervention program consists of cognitive, emotive, and behavior techniques of REBT. The participant was taught and instructed to apply these techniques to deal with all events which could be activating his aggressive behavior. Post-test was given at the last session. Mother of participant was instructed to fill the form of CBCL and participant was instructed to make a DAM. The result of Pre and Post measurement were compared to assess the effectiveness of REBT's implementation. Significantly effect was found on REBT's implementation for reducing participant's aggressive behavior. Result of this study is that REBT's implementation is effectively reduce aggressive behavior and that REBT has positive impact of internalizing and externalizing problems that related to participant's aggressive behavior.

Keywords: REBT, Aggressive behavior, Middle cildhood.