

# **Application of Rational Emotive Behavior Therapy in Efforts to Increase Self-Acceptance of Male Prisoners with HIV Positive**

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## **Abstract**

The purpose of this research was to understand the application of Rational Emotive Behavior Therapy (REBT) ) in an effort to increasing the self-acceptance of young adulthood man with HIV positive. Self-acceptance is an attitude which is basically satisfied with yourself and individual awareness about the benefits and drawbacks, as well as their willingness to continue to live in these circumstances. Depression is stage where a person experience impaired feelings and depression can interfere aspects of life such as interest/motivation, emotional, cognitive, behavioral and biological function. This study used the measurement and in-depth interviews for two participants who have low self-acceptance in Kelompok Dukungan Sebaya (KDS) Narcotics Prison Class IIA, Jakarta. All subjects were given self acceptance scale (based on Kubler-Ross stages of grief theory) designed by researcher and Beck Depression Inventory II (BDI II). The research resulted self-acceptance scores on both participants (low-to-moderate self acceptance and low-to-high self acceptance). This conducted that REBT can increase the self acceptance in young adulthood man with ODHA. Increased self-acceptance score was followed by a decrease in the level of depression on both participants (moderate depression to non-depression and severe depression to mild depression).

Key word: REBT, *self acceptance*, *depression*, HIV.