

**THE APPLICATION OF COGNITIVE BEHAVIOR THERAPY IN REDUCING
THE ANXIETY OF INMATES NARCOTICS IN JAKARTA PRISONER
TOWARD THE FREE**

Sonia Alvina, S.Psi

Dr. Monty P. Satiadarma, MS/AT, MCP/MFCC

Widya Risnawaty, M.Psi., Psi

Universitas Tarumanagara

Abstract

Anxiety is an unpleasant emotional condition, marked by physiological reactions such as subjectively change heart rate, breathing and also was marked by the active central nervous system. The anxiety experienced by inmates toward the free, that is difficult to get a job and rejection from society because it has a background as a prisoner of inmates. One of the appropriate therapy for lowering the impact of anxiety is Cognitive Behavior Therapy. CBT is a form of psychotherapy that emphasizes the importance of the role of the mind in how we feel and what we will do. Participants in the study totaled three people which is the narcotic inmates toward the free. The research was conducted in three months, with positive result. It was found that the application of CBT can improve the partisipants anxiety, as seen in the interviews, pre and post test.

Keywords: Anxiety, Cognitive Behavior Therapy, Inmates