

The Role of Solution-Focused Brief Therapy to Increase Self-Esteem of Female Adolescents with Leukemia

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Abstract

The diagnosis of cancer have an impact in physical and psychological for adolescent development. Psychological impact is felt with the emergence of some emotional reactions, such as fear, anxiety, sadness, despair, anger, guilt, and shame. Adolescents who experience physical and psychological impact of the treatment of the cancer will experienced problems in self-esteem and body image, that have an impact on the development of adolescent self until early adulthood. The establishment of self-esteem need to occurs in adolescence. In adolescence, the individu will develop a positive sense of self so that adolescence is a period that is important for individuals to establish self-esteem, because at this time many changes occur both physically and emotionally.

This study was conducted to help improve *self-esteem* in young woman with leukimia with *solution-focused* brief therapy. The participant of this study was two participants adolescent female with early-stage leukimia ALL types for two years.

This therapy was conducted in three weeks by researcher herself. Researcher used questionnaires measuring instrument self-esteem and graphics tests before and after the intervention to measure the role of therapy programs. Solution-focused brief therapy used in this study shows that do not have a role to improve the self-esteem of adolescent female patients with leukimia. This is because the PA subjects only increased by 2 points and subjects SS increased scores by 10 points.

Keywords : Solution-Focused Brief Therapy, self-esteem, female adolescents, leukemia