

The Application of Rational Emotive Behavior Therapy to Reduce Anxiety on Civil Servants at Government Institution X Facing Retirement

Saryanti Andriana, S. Psi

Dr. Monty P. Satiadarma, MS/AT, MCP/MFCC, DCH, Psi.
Tarumanagara University

Abstract

Retirement assumed as a process that raises stress which contribute to physical and mental health. Civil servants who will face retirement consider that change the situation of the work on retirement will be threats against his life currently. A change in, if they not anticipated well as they face retirement could cause anxiety. One of therapy that can be used to reduce anxiety is REBT (Rational Emotive Behavior Therapy). REBT handle individual disorder in evaluate emotions and behavior by use the rational thinking so that individual able to live happily. The intervention aimed at eliminating ways of thinking that is illogical, an irrational and replace it with something logical and rational. Intervention of REBT implemented in 7 session. Quasi-experimental research was conducted by giving intervention to 2 individual in middle adulthood (57 years) experienced anxiety. Characteristic of anxiety in the form of symptoms anxiety with the object of civil servants who are facing retirement uses the State-Trait Anxiety Inventory (STAI) as pre-test and post-test. The result of this research showed REBT be applied to reduce anxiety on civil servants facing retirement (middle adulthood)

Keywords: retirement, anxiety, Rational Emotive Behavior Therapy (REBT)