

**APPLICATION OF COGNITIVE BEHAVIOR THERAPY (CBT) TO
INCREASE RESILIENCE IN ADOLESCENT WITH ACUTE
LYMPHOBLASTIC LEUKEMIA (ALL), WHO HAVE EXPERIENCE
RELAPSED**

Putri Dian Dia Conia (707112002)

Prof. Dr. Ediasri Toto Atmodiwirjo, Psi.

Agustina, M.Psi., Psi.

Tarumanagara University

Abstract

Diagnosis of severe disease had a negative impact on individuals that experience it. One such disease is acute lymphoblastic leukemia (ALL), that need to through all the treatment protocols, in order to avoid relapse. Relapse would lead to stressful situations and make adolescents vulnerable to psychological problems. Therefore, it needs commitment to youth, families, and resilience. This study is involves two subject, boys and girls who have acute lymphoblastic leukemia (ALL), has had a relapse, and both are still in the process of treatment. The results of Resilience Quotient, showed that FR has a score 3.90 and AF is 3.63, and both in the average category. However, based on the result of t-test showed that a pre and post test score is not significant (negative), so from Resilience Quotient result, that CBT intervention is not effective againts improving resilience in adolescent cancer patients that have experience relapse. However, if viewed from behavior of the participants, there are some changes after being given CBT intervention. FR now often reminded his mom about the control schedule, and at school he is began to start a conversation with her friends, FR also want to draw on canvas and put his painting at his living room, he is also can control his emotions. And in AF, she is now never complaining when she has to go to hospital and she is now dared to be in the classroom without her mom.

Keywords: Adolescent, Acute Lymphoblastic Leukemia, Relapse, Resilience, CBT