ABSTARK

Penelitian ini bertujuan untuk mengetahui adanya pengaruh *cognitive behavioral therapy* terhadap penurunan tingkat fobia spesifik (jarum suntik). Hipotesis yang diajukan dalam penelitian ini adalah ada perbedaan tingkat fobia spesifik (jarum suntik) sebelum dan setelah diberikan *cognitive behavioral therapy.* Tingkat fobia spesifik (jarum suntik) lebih rendah setelah diberikan *cognitive behavioral therapy* dibandingkan sebelum diberikan *cognitive behavioral therapy.* Subjek dalam penelitian ini adalah subjek tunggal dewasa awal dan terdiagnosis fobia spesifik (jarum suntik). Metode pengumpulan data yang digunakan adalah wawancara psikologis, Skala Fobia Spesifik, skala *Severity Measure for Specific Phobia—Adult* (SMSP-A), skala *Subjective Units of Distress Scale* (SUDS) dan observasi. Metode analisi data yang digunakan adalah *visual inspection* yaitu penyajian data secara grafik. Berdasarkan hasil penelitian, menunjukan bahwa ada perbedaan tingkat fobia spesifik (jarum suntik) sebelum dan setelah diberikan *cognitive behavioral therapy.* yaitu skor fobia setelah diberikan *cognitive behavioral therapy* lebih rendah dibanding sebelum sebelum diberikan *cognitive behavioral therapy*. Berarti menunjukan bahwa hipotesis diterima.

Kata kunci : *Cognitive Behavioral Therapy*, Fobia spesifik (jarum suntik)

ABSTRACT

This study aims to determine the effect of *cognitive behavioral therapy* on reducing the level of specific phobias (injection needles). The hypothesis proposed in this study is that there is a difference in the level of specific phobia (injection needles) before and after being given *cognitive behavioral therapy.* The level of specific phobia (injection needles) was lower after being given *cognitive behavioral therapy* than before being given *cognitive behavioral therapy.* The subjects in this study were single subjects in early adulthood and diagnosed with a specific phobia (injection needles). Data collection methods used were psychological interviews, specific phobia scale, *Severity Measure for Specific Phobia-Adult* (SMSP-A) scale, *Subjective Units of Distress Scale* (SUDS) and observation. The data analysis method used is *visual inspection,* namely the presentation of data graphically. Based on the results of the study, it shows that there are differences in the level of specific phobia (injection needles) before and after being given *cognitive behavioral therapy.* namely the phobia score after being given *cognitive behavioral therapy* was lower than before being given *cognitive behavioral therapy*. Means indicate that the hypothesis is accepted.

Keywords: *Cognitive Behavioral Therapy, Specific phobia (needles)*