

ABSTRAK

Penelitian ini bertujuan untuk mengetahui efektivitas CBT dalam menurunkan gejala fobia ketinggian. Hipotesis yang diajukan adalah CBT efektif dalam menurunkan gejala fobia ketinggian dimana terdapat perbedaan skor tingkat fobia ketinggian sebelum dan sesudah diberikan CBT. Skor setelah diberikan CBT lebih rendah daripada sebelum diberikan terapi CBT. Subjek dalam penelitian ini berjumlah 4 orang yang sudah disesuaikan dengan karakteristik subjek penelitian. Desain yang digunakan dalam penelitian ini adalah *one group pretes-posttest*. Pengumpulan data penelitian ini menggunakan skala fobia spesifik yang mengacu pada skala *severity measure for specific phobia adult* oleh *American Psychological Association* (APA). Teknik CBT yang diterapkan pada penelitian ini yaitu teknik restrukturisasi kognitif berupa model kognitif ABC dan dialog *socratic* serta teknik perubahan perilaku desensitisasi sistematis. Metode analisis yang digunakan adalah analisis non parametrik yaitu *wilcoxon signed rank*. Hasil penelitian menunjukkan nilai *pretest-posttest* sebesar 0.034 dan *posttest-follow up* sebesar 0.033 ($p < 0.05$), yang menunjukkan bahwa CBT efektif dalam menurunkan gejala fobia ketinggian dan terdapat perbedaan gejala fobia ketinggian pada subjek sebelum diberikan CBT dan sesudah diberikan CBT. Berdasarkan penjelasan tersebut hipotesis dinyatakan diterima.

Kata Kunci : CBT, Desensitisasi Sistematis, Dialog *Socratic*, Fobia Ketinggian, Model Kognitif ABC

ABSTRACT

This study aims to determine the effectiveness of CBT in reducing the symptoms of phobia of heights. The hypothesis proposed is CBT is effective in reducing the symptoms of phobia of heights where there is a difference score of the level of phobia of heights before and after being given CBT. The score after being given CBT was lower than before being given CBT therapy. The subjects in this study amounted to 4 people who had been adjusted to the characteristics of the research subjects. The design used in this research is one group pretest-posttest. This research data collection uses a specific phobia scale that adapted from severity measure for specific phobia scale from the American Psychological Association (APA). The CBT technique applied in this study is a cognitive restructuring technique in the form of the ABC cognitive model and socratic dialogue as well as a systematic desensitization for behavior change technique. The analytical method used is non-parametric analysis, namely wilcoxon signed rank. The results showed that the pretest-posttest score was 0.034 and posttest-follow-up was 0.033 ($p < 0.05$), which indicated that CBT is effective to reducing the symptoms of phobia of heights and there were differences in the symptoms of phobia of heights in the subjects before being given CBT and after being given CBT. Based on this explanation, the hypothesis is declared accepted.

Keywords : *ABC Cognitive Model, CBT, Fears of Heights, Socratic Dialogue, Systematic Desensitization.*