

ABSTRAK

Setiap manusia mengalami berbagai macam kejadian dalam kehidupan, salah satunya kejadian traumatis yang kemungkinan besar bisa mengarah pada munculnya suatu masalah yang disebut dengan fobia. Penelitian ini bertujuan untuk mengetahui pengaruh *cognitive behavioral therapy* untuk menurunkan fobia spesifik (gelap). Hipotesis dalam penelitian ini yaitu ada perbedaan tingkat fobia spesifik sebelum dan setelah diberikan *cognitive behavioral therapy*. Tingkat fobia spesifik lebih rendah setelah diberikan *cognitive behavioral therapy* dibandingkan sebelum diberikan *cognitive behavioral therapy*. Penelitian ini merupakan penelitian studi kasus. Penelitian ini menggunakan subjek tunggal. Subjek berjenis kelamin perempuan berusia 22 tahun yang telah terdiagnosa fobia gelap oleh Psikolog. Pengumpulan data dilakukan menggunakan wawancara klinis oleh Psikolog, skala fobia spesifik, *severity measure for specific phobia-adult* (SMSP-A), dan *the subjective units of distress scale* (SUDS). Analisis data menggunakan *visual inspection*. Hasil menunjukkan apabila dibandingkan antara sebelum dan setelah *cognitive behavioral therapy* maka ada penurunan tingkat fobia spesifik setelah *cognitive behavioral therapy*.

Kata kunci: *cognitive behavioral therapy*, fobia spesifik, *visual inspection*

ABSTRACT

Every human being experiences various events in life, one of which is a traumatic event that can most likely lead to the emergence of a problem called phobia. This study aims to find out the influence of cognitive behavioral therapy to reduce specific phobias (dark). The hypothesis in this study is that there are differences in the level of specific phobias before and after cognitive behavioral therapy. The level of specific phobia was lower after cognitive behavioral therapy than before cognitive behavioral therapy. The experimental design used in this study is a single case experimental design. The study used a single subject. A 22-year-old female subject who had been diagnosed with a dark phobia by psychologists. Data collection is conducted using clinical interviews by psychologists, specific phobia scales, severity measure for specific phobia-adult (SMSP-A), and the subjective units of distress scale (SUDS). Data analysis uses visual inspection. The results showed that when compared between before and after cognitive behavioral therapy, there was a decrease in the level of specific phobias after cognitive behavioral therapy.

Keywords: *cognitive behavioral therapy, specific phobias, visual inspection*