

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh *Cognitive Behavioral Therapy* terhadap penurunan tingkat fobia spesifik ular. Hipotesis dalam penelitian ini ialah ada perbedaan tingkat skor fobia spesifik ular sebelum dan sesudah diberi *Cognitive Behavioral Therapy*, skor setelah *Cognitive Behavioral Therapy* lebih rendah dibandingkan dengan skor sebelum diberikan *Cognitive Behavioral Therapy*. Subjek dalam penelitian ini merupakan subjek tunggal berjenis kelamin perempuan berusia 23 tahun yang sudah terdiagnosis fobia spesifik ular oleh psikolog. Metode pengumpulan data menggunakan assessment psikologi oleh psikolog, skala fobia spesifik, dan *Severity Measure for Specific Phobia—Adult*. Metode analisis data menggunakan *Visual inspection* yakni penyajian data berupa grafik. Hasil penelitian menunjukkan bahwa terdapat perbedaan skor fobia spesifik sebelum dan setelah terapi, dimana skor setelah terapi lebih rendah dibandingkan dengan skor sebelum terapi.

Kata kunci : *Cognitive Behavioral Therapy, Fobia spesifik*

ABSTRACT

The study aims to discern the cognitive behavioral therapy effect of a decline in snake specific levels of phobia. The hypothesis in this study is that there was a difference in the specific levels of phobias of snakes before and after being given Cognitive Behavioral Therapy, the score after Cognitive Behavioral Therapy is lower than a score before given a cognitive behavioral therapy. The subject in this study was a single 23 year old female that had been diagnosed with specific snake phobia by psychologists. The data collection method used assessment Psychology by psychologists, specific phobias scales, and specified levels Phobia-Adult. The method of data analysis using visuals is the presentation of data from a graph. Research shows that there is a difference in the phobia's score specifically before and after therapy, where the score is after lower therapy compared to the score before therapy.

Keywords: *Cognitive Behavioral Therapy, Specific phobia*