

COGNITIVE BEHAVIORAL THERAPY WITH 5 SESSION IN ADOLESCENT AFTER FLOOD DISASTER GARUT INDONESIA

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Cognitive behavioral therapy with 5 session in adolescent after flood disaster garut Indonesia is once research about effectiveness Cognitive Behavioral Therapy among adolescent in Indonesia. Based on several studies that have been done before, CBT therapy is given as much as 10-12 sessions in adolescents. This is very different from the CBT study ever conducted in Indonesia that CBT is given in just 5 sessions in adults. So researchers need to prove the effectiveness of CBT as much as 5 sessions among adolescents after flood disaster on Garut Indonesia. The Author evaluated the effectiveness of cognitive behavioral therapy (CBT) with 5 sessions among adolescents after flood disaster Garut Indonesia. This research uses Quasi Experimental Design using pretest-posttest design approach. Of the 63 among adolescents were traumatized screening. Subjects selected 19 adolescents with symptoms of PTSD (post traumatic stress disorder) according to the CPSS instrument (The Child PTSD Symptom Scale). Individual CBT therapy with 5 sessions for 2 times a week. After that re-evaluated with CPSS instrument and then analyzed paired T test.The results was the severity of posttraumatic stress symptoms decreased significantly after CBT in adolescents ($p < 0,05$). The author findings show that CBT with 5 sessions can also be given as many as 5 sessions among adolescents.

Keywords: Flood, Adolescents, Cognitive Behavioral Therapy.

Biography

Uray Fretty Hayati is candidate master of nursing from Padjadjaran University Indonesia. She is being a nurse of Dr.Soedarso 11 years.

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