

## ***ABSTRACT***

**Junaidi.** This study aims to obtain a big picture of the effect of cognitive behavior therapy in reducing anxiety on cervical cancer patients before and after cognitive behavior therapy, as a efforts to optimize mental function cervical cancer patients.

This research uses quasi-experimental methods, with pre post test design approach. Researcher were also used descriptive- qualitative approach such as interviews and observations. Research samples are patients with cervical cancer stage II and III, with a minimum high school education background, aged 31 - 46 years, and has a category of being to state anxiety and low categories for trait anxiety on the STAI measuring instrument. Using this characteristics, researcher obtained 4 (four) people as a subject. Researcher performed a pre-test as many as one-time measurement of STAI Form Z-1 and Z-2 to subjects. Research subjects got CBT treatment by the method of mind over mood. With CBT treatment, the subjects are invited to identify, understand and ultimately change the negative feelings, thoughts and behaviors. Indicators of success is known from the subject's ability to work and perform tasks that are presented in therapy, the more decreasing on cognitive distortions the better is the subject of managing his cognitive to reduce the level of cognitive anxiety. Meeting held as many as 7 (seven) session during the 7 (seven) weeks duration. After therapy was then given post-test, a measurement of STAI Form Z-1 and Z-2.

Based on the results of quantitative and qualitative measurements, found that cognitive behavior therapy can reduce anxiety cervical cancer patients. Was also found that changes in the thinking process, from negative to positive on their cognitive, from a narrow mind set becomes widespread, they had something positive in themselves, their environment and its future that can be passed without having to blame ourselves, the environment and the world.

*Key words : cognitive behavior therapy, anxiety, cervical cancer patient.*

## ABSTRAK

**Junaidi.** Penelitian ini bertujuan untuk memperoleh gambaran mengenai pengaruh pemberian *cognitive behavior therapy* dalam menurunkan *anxiety* sebagai upaya optimalisasi fungsi mental pasien kanker serviks, sebelum dan setelah melakukan *cognitive behavior therapy* pada penderita kanker serviks.

Penelitian ini menggunakan metode *quasi eksperimental*, dengan pendekatan *pre post test design*, disamping itu peneliti juga menggunakan jenis pendekatan yang bersifat deskriptif-kualitatif berupa hasil wawancara dan observasi. Sampel penelitiannya adalah penderita kanker serviks stadium II dan III dengan pendidikan minimal SMA, berusia 31 - 46 tahun serta memiliki kategori sedang untuk *state anxiety* dan kategori rendah untuk *trait anxiety* pada alat ukur STAI. Dengan karakteristik tersebut diperoleh jumlah subjek penelitian sebanyak 4 (empat) orang. Pada subjek dilakukan *pre-test* sebanyak satu kali berupa pengukuran STAI form Z-1 dan Z-2. Subjek penelitian diberikan terapi CBT dengan metode *mind over mood* yaitu subjek diajak untuk mengenali, memahami dan akhirnya mengubah perasaan, pikiran dan prilakunya yang negatif. Indikator keberhasilannya diketahui dari kemampuan subjek dalam mengerjakan dan melaksanakan tugas-tugas yang disajikan dalam terapi, semakin menurun distorsi kognitif subjek maka semakin baik subjek dalam mengelola kognitifnya sehingga dapat menurunkan tingkat kecemasannya. Pertemuan yang dilakukan sebanyak 7 (tujuh) sesi selama 7 (tujuh) minggu lamanya. Setelah dilakukan terapi kemudian diberikan *post-test*, berupa pengukuran STAI form Z-1 dan Z-2.

Berdasarkan hasil pengukuran kuantitatif dan kualitatif, diperoleh bahwa *cognitive behavior therapy* dapat menurunkan *anxiety* pasien kanker serviks. Ditemukan pula perubahan pada proses berpikirnya, dari kognisinya yang negatif menjadi positif, dari pola pemikiran yang sempit menjadi luas, ada sesuatu yang positif dengan dirinya, lingkungannya dan masa depannya yang dapat dilalui tanpa harus menyalahkan diri, lingkungan dan dunia.

Key words : *cognitive behavior therapy*, kecemasan, penderita kanker serviks.