

EFEKTIVITAS *RATIONAL EMOTIVE BEHAVIOR THERAPY* UNTUK MENURUNKAN KECEMASAN BERBICARA DI DEPAN UMUM PADA MAHASISWA

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui efektivitas *Rational Emotive Behavior Therapy* dalam menurunkan kecemasan berbicara di depan umum pada mahasiswa. Kecemasan berbicara di depan umum adalah ketakutan yang diakui secara luas dalam berbicara di depan penonton (Witt & Behnke, 2006). Kecemasan terbukti menimbulkan banyak efek yang merugikan terhadap mahasiswa di dalam kelas (Ericson & Garden dalam Tusset, 2002). Individu yang mengalami kecemasan menunjukkan ketakutan dan perilaku menghindar yang sering mengganggu performansi dalam kehidupan mereka begitu pula dalam situasi akademis (Bandura, 1977 dalam Anwar, 2010). Kecemasan berbicara di depan umum disebabkan oleh pola pikir individu yang irasional. *Rational Emotive Behavior Therapy* merupakan salah satu psikoterapi yang menekankan bahwa gangguan emosional seperti kecemasan terletak pada seperangkat keyakinan irasional mengenai diri, orang lain, dan dunia. Oleh karena itu, dengan mengubah keyakinan irasional menjadi keyakinan rasional pada mahasiswa maka dapat berpengaruh pada penurunan kecemasan saat berbicara di depan umum.

Rancangan penelitian ini adalah quasi-eksperimental dengan desain penelitian *one group pretest posttest design*. Penelitian ini merupakan studi *outcome measures* yang mengukur respon partisipan penelitian terhadap intervensi. Partisipan penelitian terdiri dari empat orang mahasiswa. Sesi *Rational Emotive Behavior Therapy* diberikan sebanyak 6 sesi. Data diperoleh dengan menggunakan kuesioner *Test Anxiety Inventory*, *Attitude Belief Scale II*, *Belief Scale*, wawancara, dan observasi. Pengukuran dilakukan sebanyak dua kali, yaitu satu kali di sesi pertama sebelum presentasi dan satu kali di sesi kelima sebelum presentasi.

Hasil penelitian menunjukkan bahwa *Rational Emotive Behavior Therapy* efektif menurunkan derajat kecemasan berbicara di depan umum pada mahasiswa. Penurunan derajat kecemasan terjadi karena mahasiswa mampu mengubah keyakinan irasionalnya menjadi keyakinan rasional sehingga ketika mahasiswa tidak lagi memegang keyakinan irasionalnya maka berdampak pada berkurangnya perasaan cemas saat berhadapan dengan situasi berbicara di depan umum.

Kata Kunci : *rational emotive behavior therapy*, kecemasan, berbicara di depan umum, *Test Anxiety Inventory*, *Attitude Belief Scale II*, *Belief Scale*.

THE EFFECTIVENESS OF RATIONAL EMOTIVE BEHAVIOR THERAPY TO REDUCE PUBLIC SPEAKING ANXIETY IN COLLEGE STUDENT

ABSTRACT

This research is aimed to investigate the effectiveness of Rational Emotive Behavior Therapy to reduce public speaking anxiety in college student. Public speaking anxiety is the fear that widely recognized in speaking in front of audience (Witt & Behnke, 2006). Anxiety proved to inflict many harmful effects on students in the classroom (Ericson & Garden in Tusset, 2002). Individuals who experience anxiety show fears and avoidance behaviors that often interfere the performance in their life as well as in academic situations (Bandura, 1977 in Anwar, 2010). Public speaking anxiety caused by one's irrational way of thinking. Rational Emotive Behavior Therapy is one of psychotherapy which emphasizes that emotional disorders such as anxiety lies in a set of irrational beliefs about self, other people, and the world. Therefore, by changing irrational beliefs into rational belief in college students, it can affect the reduction of anxiety when speaking in public.

The design of this research is quasi-experimental with one group pretest posttest design. This research is outcome measures study that measure the response of research participants to the intervention. Research participants consisted of four college students. Rational Emotive Behavior Therapy given as much as 6 sessions. Data obtained by Test Anxiety Inventory, Attitude Belief Scale II, Belief Scale questionnaire, interviews, and observations. Measurement performed twice, first measurement at the first session before the presentation and second at the fifth session before the presentation.

The results of the research shows that Rational Emotive Behavior Therapy proven to be effective to reduce the degree of public speaking anxiety in college students. Reduction in the degree of anxiety occurs because students is able to change the irrational beliefs into rational beliefs so that when students is no longer hold their irrational beliefs then it led to the reduction of anxiety when faced a public speaking situation.

Keywords: rational emotive behavior therapy, anxiety, public speaking, Test Anxiety Inventory, Attitude Belief Scale II, Belief Scale