TERAPI PERILAKU UNTUK FOBIA LIFT

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Abstrak

Penelitian ini ingin melihat peran terapi perilaku dalam mengatasi kecemasan penderita fobia lift. Pendekatan terapi yang digunakan multi-modal behavior therapy, meliputi bibliotherapy, terapi kognitif behavioral, relaksasi, dan desensitisasi sistematis. Subjek penelitian (N=1) adalah penderita fobia lift sejak remaja. Teknik pengambilan data atas subjek penelitian ini menggunakan incendental dan purposive sampling. Desain penelitian ini tergolong quasi experiment dengan single case subject design. Pengumpulan data dilakukan dengan multi-assessment, meliputi observasi dan wawancara, angket kecemasan dan angket proses kognitif pada sebelum, selama, dan sesudah terapi diberikan. Hasil penelitian menunjukan bahwa terapi perilaku dapat diandalkan perannya dalam mengatasi kecemasan penderita fobia lift.

Kata Kunci: *Fobia lift, Biblioterapi, Terapi kognitif perilaku, Relaksasi, Desensitisasi sistematis*

BEHAVIOR THERAPY FOR LIFT PHOBIA

Abstract

This research wanted to see the role of behavior therapy in reducing anxiety experienced by subject with lift phobia. Therapy approach used in this research was multi-modal behavior therapy, including bibliotherapy, cognitive-behavioral therapy, relaxation, and systematic desensitization. Subject (N=1) was lift phobic since adolescence. Sampling technique in this research was accidental and purposive sampling. Research design was classified as quasi experiment with single-case subject design. Data collection was performed with a multi-assessment, including observation and interviews, anxiety questionnaires and cognitive processes before, during, and after therapy is given. Results indicated that behavioral therapy can be relied upon their role in overcoming anxiety lift phobics.

Key Words: *Lift fobia, Bibliotherapy, Cognitive-behavioral therapy, Relaxation, Systematic desensitization*