

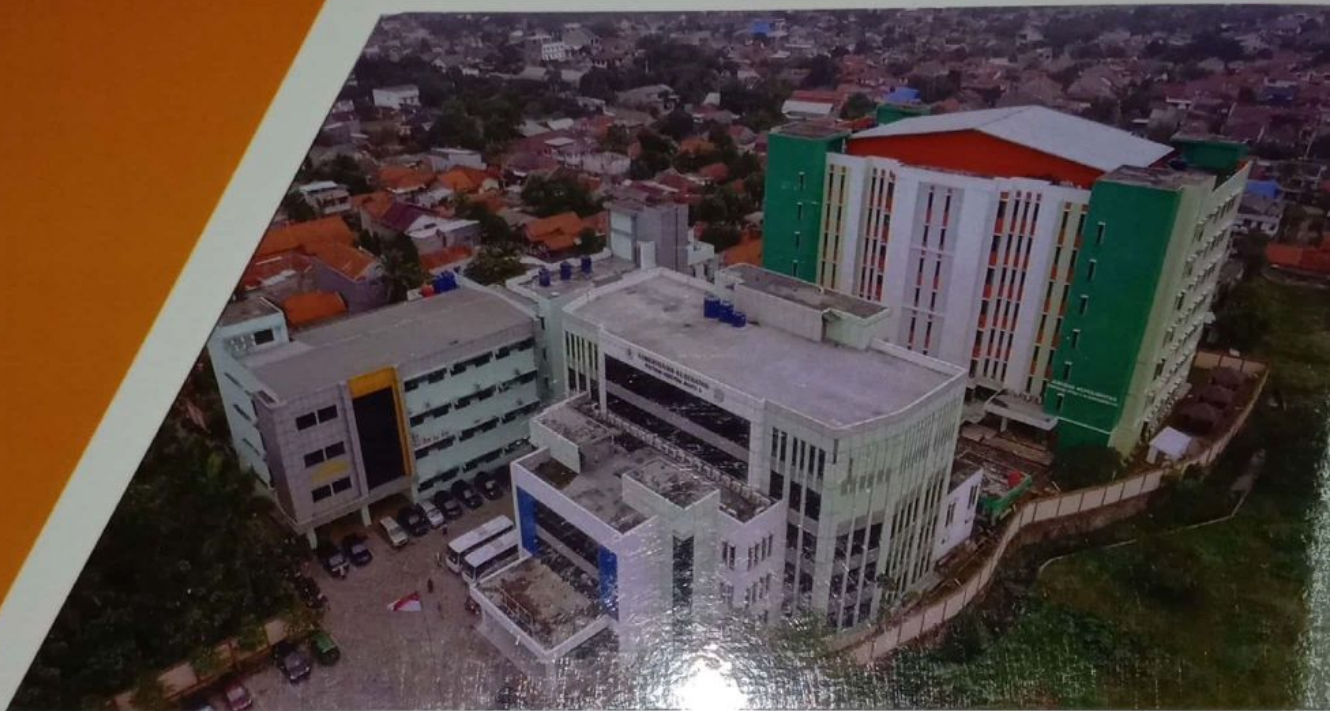


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Enhanced Quality Health
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COGNITIVE THERAPY FOR INCREASING BODY IMAGE AND SELF ESTEEM IN ADOLESCENT SENIOR HIGH SCHOOL

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ABSTRACT

Introduction: Mental disturbance is a condition in which the individual cannot receive themselves and unable to adapt with the family and the environment. The process of this condition is usually due to the growth which is not the optimal adolescence. The transition period transition from childhood to become the young adults is vary for everyone. At this time the teenagers search for self identity and began to decide things on itself without the help of other people both on his own and others who are involved in daily life. Various problems arise in the transitional period the problem of the self-concept including body image and self-esteem. This study aims to determine the effectiveness of 4 session cognitive therapy intervention designed to prevent cognitive distortion about body image perceived and self-esteem. **Methods:** This study using quasi experiment with control group design method. The instrument of this study using the Rosenberg Self Esteem scale design and percieve the body image scale design that modification by researchers. **Results:** There is a difference between percieve of body image before and after cognitive therapy in intervention group which P value $0,001 < 0,05$. There is a difference between self esteem before and after cognitive therapy in intervention group with P -value $0,000 < 0,05$. The differences between intervention group and intervention group for perceived body image with P value $0,002 < 0,05$ and for self esteem $0,000 < 0,05$

Keywords: Cognitive Therapy, Body Image, Self Esteem, Adolescent

INTRODUCTION

Mental health disturbance is a condition where the people cannot accept their self, their families and their surroundings. (Jahoda, 2001) One of the causes of this condition is thinking disorder, beginning from the experience of rejected by the parents, families and friends during of growth and development periods of physical and psychological. Stuart (2007). From the aspect of ingrowing well of psychical growth that affect their body that often call disturbance of Body Image that also affect to someone self-esteem. Someone who experience low self-esteem has negative feeling and believing that they are not worthy of love, happiness or success. This condition is a potential dangerous way to life can affect mental health.

Body image is the acceptance or the perception of a person against his body, is a collection of the attitude of individuals realize and are not aware of his body including the perception of the past and now, and feelings about the size of the function, the appearance and the potential on a sustainable basis in the modification of perception and a new experience. Cash (2002) stated that Body image is the change of multidimensional reflecting of individual think, fell and behave associated with physical attributes of the individual such as height, body size even the expression on their face, while Santrock (2005) stated that one of the aspect of changes in physical body of teenagers is the appearance of the body, Kurniati, (2004) states that teenagers who experienced the rejection because of their appearance watch them as a threat, They will defend themselves and turn aside, maintain the image of himself which is false and resulted in individuals become individuals who are not able to adapt.

Self-esteem refers to an individual's sense of value or worth, or the extent to which a person appreciate or likes himself (Taylor et al, 2000) Stuart and Sundeen (1998) stated that the high

self-esteem is the strong feeling that is rooted in the acceptance of oneself without condition, although makes mistake, defeat and failure, still feel as important and valuable. Silverstone (2003) found that patients with schizophrenia had intermediate levels of self-esteem, however, when compare to other psychiatric condition, this group of patients had significantly low self-esteem. Clay and Vignoles. (2005) stated that there is the influence of body image and self-esteem associated with social- culture. Following social media, watching many films affects the way of thinking teenager. there are 4 steps of therapy cognitive minds caught, test reality, stop the mind and change the negative thinking to positive thinking

Cognitive therapy according to its Aaron Beck is based on the general theory that most of the attitudes and behavior of a person is determined by how a person sees the world environment. According to Granffa (2007) cognitive therapy is a therapy which identify negative thought that lead to have low self-esteem related to the ineffectiveness accepting the condition of the body. Kristyaningsih (2005) in his research entitled the influence of cognitive therapy for self esteem and the condition of depression in patients with renal failure found that the difference in the self-esteem before and after giving of the cognitive therapy P value > 0.05) and tend to increase self-esteem of 18,9 %. Widodo (2013) found that by using cognitive therapy as intervention to decrease depressed patient feeling and increase self-esteem of the patients with chronic failure kidney. There are 4 stages of cognitive therapy as follows :the arrest of mind, test the reality on stage is done to test the cognitive distortion until really rational logical and get the certainty that teenagers want to eliminate the distortion., stop the mind and change of mind of negative to positive mind.

Adolescence according to World Health Organization is the period in human growth and development that occur after childhood and before adulthood. From ages 10 to 19. It represents one of the critical transitions in the life span and is. Biological and psychological processes drive many aspect with the onset of puberty marking the passages from childhood to adolescence. One of the condition of teenagers must be passed is able to think in adult and rational, and have more mature consideration in the settlement of the problem. Teenagers required to develop cognitive and moral standards that can be used as a guide and ensure consistency in decision making and act. Adolescence depend on their families, communities, school, health service and their workplace to learn a wide range of important skills that can help them to cope with pressures they face and make the transition from childhood to adulthood successfully. When teenagers do not get acceptance of themselves from the environment in accordance with the norms in society and -teenagers tend to have negative thoughts of themselves and their surroundings and require cognitive therapy to restore it.

METHOD

This study using a quasi-experimental design with nonequivalent pretest-posttest with control group method. This research is done to determine the effectiveness of 4 session cognitive therapy intervention designed to prevent cognitive distortion about body image perceived and self-esteem. This design uses a measurement twice, before and after treatment. Measurements were performed before the intervention is called pre-test, and measurements made after intervention called posttest. Sample election using purposive sampling with sample size used by Lemeshow that was calculated for 178 which divided for intervention group 89 person and for control group 89 person

RESULTS

The results of the analysis on the table above shows that the age on the control group and the intervention group, above 16 years 73 %, teenagers girls 58,8 % , Using social media 98,8%, watching films 88.8% and follow the religion activities 96.6%.

Table 1. The score of perceive of body Image and Self Esteem before Intervention

| Variabel | Group | Mean | Standar Deviatio n | Maximum | Minimum |
|-------------|------------------|-------|-----------------------|---------|---------|
| Body Image | Interventio n | 49,87 | 5,832 | 27 | 65 |
| | Control | 52,67 | 6,962 | 38 | 72 |
| Self Esteem | Interventio n | 26,61 | 3,329 | 18 | 36 |
| | Control | 27,85 | 3,873 | 18 | 37 |

Table 1 shows that the lowest score or a minimum score of body image from the control groups and the intervention is 27 and 38, the highest score is 72 and the lowest Score of the self esteems 17 and the highest is 37.

Table 2. The score of perceive of body Image and Sef Esteem After Intervention

| Variabel | Group | Mean | Standar Deviation | Maximum | Minimum |
|-----------------|--------------|-------|-------------------|---------|---------|
| Body Image | Intervention | 55,44 | 6,410 | 39 | 72 |
| | Control | 49,61 | 5,325 | 27 | 65 |
| Mean difference | | 5,73 | | | |
| Self Esteem | Intervention | 30,10 | 5,931 | 22 | 38 |
| | Control | 26,85 | 3,921 | 16 | 37 |
| Mean difference | | 3,25 | | | |

From the table above it can be analyzed that there is a different mean score between intervention group and control group in perceive of body image after intervention of therapy cognitive 5,73 and also the difference of self-esteem 3,25 the lowest score of body image is 27 score and the lowest of self-esteem is 38. The high score of perceive of body image is 72 and the high score of self-esteem is 38

Table 3. The comparison of the perceived of body image and self esteem before and after intervention self-help groups among groups

| Variable | Group | N | Mean | SD | P value |
|-----------------|--------------|------|------|-------|---------|
| Body image | Intervention | | | | |
| | Before | 89 | 2,06 | 0,231 | 0,001 |
| | After | 89 | 2,21 | 0,412 | |
| Difference mean | | 0,15 | | | |
| Self Esteem | Intervention | | | | |
| | Before | 89 | 2,08 | 0,345 | 0,000 |
| | After | 89 | 2,45 | 0,500 | |
| Difference mean | | 0,37 | | | |

In table 3 can be seen the differences mean the image of himself before and after giving cognitive therapy where the mean before is 2.06 and mean after cognitive therapy to 2.21 with the difference in mean = 0.15. There is a difference with P-value $0.001 < 0.05$. The differences mean the self-esteem before and after the treatment of cognitive therapy on the intervention group where the mean self esteem before the treatment is 2.08 and mean the self esteem after the treatment of cognitive therapy to 2.45. the difference in mean = 0.37. There is a difference that means with P-value $0.000 < 0.05$.

Table 4. The comparison of the perceived of body image and self esteem before and after intervention between groups

| Variable | Group | N | Mean | SD | P value |
|-----------------|--------------|------|------|-------|---------|
| Body image | Intervention | | | | |
| | Before | 89 | 2,06 | 0,231 | 0,001 |
| | After | 89 | 2,21 | 0,412 | |
| Difference mean | | 0,15 | | | |
| Self Esteem | Intervention | | | | |
| | Before | 89 | 2,08 | 0,345 | 0,000 |
| | After | 89 | 2,45 | 0,500 | |
| Difference mean | | | | | |

From table 4 it can be concluded the difference in mean between the intervention groups get cognitive therapy treatment with control groups that do not get treatment from the aspects of body image as well as from the aspects of the self-esteem, body image have p-value $0,002 < 0.05$ and self esteem with P - value $0,000 < 0.05$ this means there is a difference between body image and self esteem between the intervention groups and control groups.

Table 5. Analysis of the effectiveness cognitive therapy after intervention for Body Image and Self Esteem between groups

| Variable | Group | N | Mean | SD | 95% CI | P value |
|-------------|--------------|----|------|-----------|----------------|---------|
| Body Image | Intervention | 89 | 2,21 | 0,41 2 | -2,208 – 0,097 | 0,002 |
| | Control | 89 | 2,06 | 0,23 2 | -2,198 – 0,088 | |
| Self Esteem | Intervention | 89 | 2,45 | 0,50 0 | -2,970 – 1,052 | 0,000 |
| | Control | 89 | 2,08 | 0,34 5 | -2,958 – 1,041 | |

From table 5 it can be concluded the difference in mean between the intervention groups get cognitive therapy treatment with control groups that do not get treatment from the aspects of body image as well as from the aspects of the self esteem, body image have p-value 0,002 < 0.05 and self esteem with P - value 0,000 < 0.05 this means there is a difference between body image and self-esteem in the intervention groups and control groups.

DISCUSSION

Teenagers are divided into 2 groups there are the early teens and adolescents. On this study the early teens where teenagers aged above 16 years (73 %) teenagers women (58,8 %). Teenagers in the looking for of self-identity is marked with a very wide willingness can be seen from the teenagers who use social media as much as 98,8%, watch film (88.8%) and follow the activities of religion (96.6%). Adolescence is the transition period between the children and adults acceleration of growth that is marked with the emergence of the characteristics - secondary sex characteristics achieving fertility and changes in psychological and cognitive (Soetjijingsih, 2007) at this time adolescents seeking the identity of themselves, often teenagers confused extinction changes

The Image of the body is the evaluation of the size of the body weight, or aspects aspects of the body that are related with the physical appearance that influenced by the evaluation standards regarding the appearance of the interesting occurred in a society where a person is, first on what the individual enjoys about what others think about themselves. Body image is very important because it is related to the self-esteem. Body image is part of the image of oneself is made to increase the self-esteem related to impression management is a process where the control of what other people feel about oneself and evaluated by others, by controlling physical appearance then the self-esteem (Adam in Rodin, 1993) The feeling of embarrassment , self-consciousness and the social inconvenience often accompany this thinking. Withdrawal behavior often used for pressing the emotions and negative thoughts such as visual avoid to the part of the body that is not preferred, finally this negative reaction can interfere with social relationships (Wald & Alvaro, 2004)

Gunarsah, (2007) stated that following the latest lifestyle through social media and entertainment from the multitude of the elect who have been available by advances in science and technology which is shown spectacle that much interested by adolescents, in addition to the role of parents in order for adolescents is not engaged in the current global information play an important role with recommend that teenagers follow religious activities show activities teenagers in the search for the identity of themselves to do various activities.

There is a difference between the self-esteem before and after the given treatment of cognitive therapy. There is a difference that means with P-value 0.001 where $p\text{-value} < 0.05$. This shows the difference in the body image before and after the given treatment cognitive therapy. The differences mean the price themselves before and after the treatment of cognitive therapy on the intervention group where the mean self-esteem before the treatment is 2.08 and mean the price themselves after the treatment of cognitive therapy to 2.45 with the difference in mean = 0.37. The results of this study in accordance with the research done by Kristiyaningsih (2009) about the influence of therapy cognitive for low self-esteem and depression patients with chronic renal failure she stated that there is a significant changes to the average self esteem and the patient's condition after was given cognitive therapy. . Varacolis, et all in Betty Febriana (2016) stated that cognitive therapy is a therapy based of thinking distortion with client appears negative automatic thoughts, causing negative assessments against themselves and others. According to Taylor, Peplau and Sears (2009) people with low self-esteem will think badly of himself has a clear purpose in life, tend to be pessimistic about the future, prefer to examine themselves and vulnerable to depression when facing stress. The lower the self-esteem of the individual more vulnerable experiencing personality disorders. Febie Fitria (2016) stated that if a person has low self-esteem will have the feeling afraid to fail when involved in social relations so that tend to withdrawn their self

Differences in body image and self-esteem after a given cognitive therapy on the intervention groups and control groups, body image have $p\text{-value} 0,002$ where $p\text{-value} < 0.05$ and price themselves with $P\text{-value} 0,000$. where $p\text{-value} < 0.05$ this means that there is a difference between body image and self-esteem in the intervention groups and control groups. Clement (2012) states of mind impact that affects of the behavior with how to change negative thinking someone can change the reaction to an event that faced, for example when a person who previously sees itself is not capable of in the eyes of the physics lessons think that he is stupid, this negative thinking changed that he may be less able to on the aspects of mathematics but there is another aspect that owned that can dominate the aspects of mathematics for example aspects of painting, has a good voice and etc. Cognitive therapy is a therapy by identify mind - negative thinking and damage that has a tendency toward low self -esteem and depression, giving cognitive therapy on teens who are looking for self-identity in a time of confusion and feel stranger with physical changes so that the cause of negative thoughts can stimulate teenagers to have the mindset that grows. Cognitive therapy change negative thoughts to be positive with how to improve the ability to think logically against the mind automatically negative and presents the perception of the mind grows from the negative thoughts that arise. According to pasaribu (2012) cognitive aspects are aspects that are very influential with cognitive therapy. The mind grows will produce hope for example "I can" and "I able to" words this is a reflection of the mind grows not to give up on any circumstances experienced.

Stuart & Sundeen (2005) stated that the image of the body grows is the correct perception of the form of the body of individuals who see it in accordance with the actual condition, individual appreciate and accept and proud with himself. Alberth (1992) states think grows as the attention directed at the subjects that grows to form and their thoughts, with think grows someone will direct his thoughts toward things - things that grows, spoke about the success of the compared with the failure, happiness, confidence, goodness, good news, resolve the problem of the search for the problem

CONCLUSION AND RECOMMENDATION.

Low self-esteem caused by the condition of the body tend to make someone became ashamed to deal with others, Having no capability to face peer group, Difficult to trust others not believe themselves appeared public speaking, Lack of self-confidence, having no interest, quiet, lazy to interact and even become a wrathful man.

The way individual sees itself has a significant impact on aspects of its psychologies condition, the realistic view of himself to make him feel secure and to avoid a sense of anxiety and increase the price of himself. Cognitive therapy is able to change negative thoughts into positive thoughts. Marcus Aerulius says that our lives are determined by the mind. Socrates stated that a person can make its radically secularist worldview bloom - the flower or prickly with thoughts. The mind grows producing works and grows results. Think grows is the source of strength and the source of the freedom to think to get the solution

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Bionote

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