

Application of Cognitive Behavior Therapy in Improving Self-Confidence

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ABSTRACT

Self-confidence is a belief that individuals have that they are able to behave as needed to obtain planned and expected results (Siska, 2003). Self-confidence is a trait that exists in individuals that is not an inherited trait (innate) but is obtained from life experience, and can be taught and instilled through techniques, this study aims to find out how the application of cognitive behavior therapy (CBT). This research uses qualitative methods, with interview and observation methods. The sample in this study was a 21-year-old female student initialed DS.

Keywords: Application, CBT, Therapy, Self-Confidence

ABSTRAK

Kepercayaan diri merupakan suatu keyakinan yang dimiliki individu bahwa dirinya mampu berperilaku seperti yang dibutuhkan untuk memperoleh hasil yang direncanakan dan diharapkan (Siska, 2003). Percaya diri adalah sifat yang ada dalam diri individu yang bukan merupakan sifat yang diturunkan (bawaan) melainkan diperoleh dari pengalaman hidup, serta dapat diajarkan dan ditanamkan melalui Teknik-kan, Penelitian ini bertujuan untuk mengetahui bagaimana penerapan *cognitive behaviour therapy (CBT)*. Penelitian ini menggunakan metode kualitatif, dengan metode wawancara dan observasi. Sampel dalam penelitian ini adalah seorang mahasiswi berumur 21 tahun berinisial DS.

Kata Kunci : Penerapan, CBT, Terapi, Rasa Percaya Diri

Introduction

Adolescence is one of the periods passed in every individual's development. Santrock states that in adolescence there is a developmental transition process that involves changes in the individual, such as physical, biological, socio-emotional, and cognitive changes. Adolescence is a period in individual development that is a period of reaching mental, emotional, social, physical maturity and a transitional pattern from childhood to adulthood (Hurlock, 1991; Malahayati 2010), thus causing different characteristics between one adolescent and another teenager (Zola, N., Ilyas, A., & Yusri, Y., 2017). According to Hurlock, adolescent development is a period in individual development which is a period of reaching mental, emotional, social, physical maturity and a transitional pattern from childhood to adulthood (Fitri, Zola, & Ifdil, 2018).

Self-confidence is one of the important aspects of personality in adolescent development (Walgitto, 2000). Self-confidence is a feeling and confidence in the ability possessed to be able to achieve success by grounding in one's own efforts and developing a positive assessment of oneself

and one's environment so that, a person can appear confident and able to face everything calmly (Angelis, 2003; McClelland (in Luxori, 2005).

Self-confidence in adolescents is seen in an attitude that accepts themselves as they are (Ifdil, I., Denich, A. U., & Ilyas, A., 2017). Self-acceptance is an attitude that reflects a sense of pleasure in relation to one's own reality. This attitude is a manifestation of satisfaction with the real quality of self-ability. Adolescents who are satisfied with their qualities tend to feel safe, not disappointed and know what they need, so they can be independent and not depend on others in deciding everything objectively. Confident teens also tend to have positive self-images and concepts. Hurlock (1991) states that a person's positive reaction to his own appearance will cause a sense of satisfaction that will affect his mental development.

Self-confidence is one of the important aspects of personality in adolescent development (Walgito, 2000). Spencer suggests that self-confidence is a common model for superior performers. While Surya stated that self-confidence is an important part of the development of one's personality, as a determinant or driver of how a person behaves and behaves (Lutfia, 2013). According to Mardatillah (2010 in Riyanti, C., & Darwis, R.S, 2020) someone who has self-confidence certainly has characteristics, namely: 1) knowing well the shortcomings and advantages they have and then developing their potential; 2) set standards for achieving life goals and reward them if they succeed and work again if they are not achieved; 3) not blaming others for their defeats or unsuccesses but more self-introspection; 4) able to overcome feelings of pressure, disappointment, and a sense of inadequacy that comes to him; 5) able to overcome anxiety in him; 6) calm in carrying out and dealing with everything; 7) positive thinking; and 8) move forward without having to look back.

According to Koentjaraningrat (Alfiatin & Martinah, 1998), "one of the weaknesses of Indonesia's young generation is lack of confidence." Furthermore, the results of research conducted by Alfiatin, et al (Rosida, 2007) on adolescent high school students in Kodya Yogyakarta showed that the problems experienced by many adolescents are basically caused by lack of self-confidence, which can cause adolescents to act conformist. Research from Andayani in his thesis on "Adolescent Self-Concept, Self-Esteem, and Self-Confidence" proves empirically that the relationship between self-concept, self-esteem, and self-confidence are interrelated variables. The interrelation of these variables may be the result of overlapping aspects revealed. However, as far as can be revealed it appears that the self-concept variable is a stronger predictor of self-esteem than self-confidence. (Andayani: 1996).

One way to boost self-confidence is to use cognitive behavioural therapy (CBT) as this approach is important in changing human cognition and behaviour. The use of cognitive behavioral therapy also emphasizes changing human behavior and so that humans can find new behaviors and eliminate maladaptive behavior (Suarni, 2014).

The use of CBT generally also involves encouraging individuals to view life more optimistically (Carver & Scheier, 2014). Individuals are encouraged to try to actively cope with their problems when faced with situations that cause negative feelings. CBT helps individuals develop the ability to anticipate negative situations that cause problems (Reivich et al., 2013). CBT helps individuals recognize thoughts and emotions, identify situations that affect emotions, and improve feelings by changing less adaptive thoughts and behaviors (Cully & Teten, 2008).

According to Aryani (2008) Cognitive Restructuring Technique is one approach with techniques that seek to involve cognitive activities to give birth to expected behavior. Beck (2003) states that cognitive models emphasize the way individuals think that experience distortions and cognitive judgments of an event can negatively affect individual feelings and behaviors.

Therefore, researchers are interested in conducting research in an effort to increase self-confidence using cognitive behavioral therapy (CBT) approaches.

Method

In this study, the research design used was qualitative with a phenomenological approach. The qualitative approach means collecting data not in the form of numbers but with the data coming from interview manuscripts, field notes, personal documents, memo notes and other official documents. This study seeks to describe and integrate existing data, in addition, this research is limited to efforts to reveal a problem or a state of events as it is so that it is only using facts (Nawawi, 2015 in Ahsanulhaq, M. 2019).

The main instrument in this study is the researcher himself, because the researcher immediately goes into the field with interviews and observations (observations). Data collection was carried out by interviews, observations, documentation obtained from one resource person with the initials DS who was a 21-year-old final semester student. In case study research, possible sampling is to use purposive sampling (Cresswell, 2007) Meanwhile, the way in selecting resource persons, pay attention to the following criteria: a) late adolescence age (18-23 years); b) be male or female; c) experiencing a lack of confidence; d) experience positive changes and rise in late adolescence.

Results

Self-confidence is a mental or psychological condition of a person, where individuals can evaluate the entirety of themselves so as to give strong confidence in their ability to take action in achieving various goals in life, in addition to being able to accept reality objectively, responsible for the decisions they have taken.

In an interview conducted on Monday, May 6, 2024, DS said that he has a lack of confidence. DS said that he was not confident because of his tall and full posture, DS said that he was not like women in general who have a slim posture and not too tall, DS also often got bullied by his friends since junior high school, he was often teased fat by his friends which caused him to lack confidence and embarrassed to leave the house. DS also stated that his relationship with parents was also a little tenuous. while still in the womb DS's mother experienced a rupture of membranes that forced DS to remove DS from her mother's stomach which was basically not yet time to give birth, the incident caused her mother to dislike her a little.

Since childhood, DS's parents always demanded DS to be a perfect child and when what his parents demanded was not reached, his mother often played hands with DS. Ds was the first of 2 children, and his parents were more inclined to his younger brother. When there was a family gathering, DS was more often alone and no one cared about it, there was only a younger brother

from his mother who wanted to take care of him. DS stated that he used to be his parents' ATM, he had started working since he was in junior high school and the money from his work was given to his parents so that they would feel happy, but his parents still treated DS as usual. As a result of his parents' treatment since childhood, he thinks that whatever happens to him now is his parents' fault. Thankfully, his relationship with his parents began to improve in the past 3 years, so DS began to forgive his parents' treatment first.

After giving treatment to DS subjects, DS said that the achievement carried out by the checklist method had an influence on DS. DS felt compelled to do what was contained in the checklist table. Accompanied by self-talk conducted by DS, the subject felt a positive influence in DS after the therapy.

Discussion

From the results of the study, it is known that DS has experience in lack of confidence, although in the past 3 years DS's self-confidence has improved quite a bit, DS still feels that he lacks confidence, especially regarding DS's limbs. Based on the results of the study, the self-confidence condition of adolescent girls is generally in the moderate category. This reveals that there are still young women who have not been able to be positive about themselves and their abilities. This is in line with opinion about self-confidence, which is an individual's positive attitude that enables him to develop positive judgments, both of himself and his environment (Fatimah, 2006). While the results of the study are inversely proportional to the proper form of self-confidence.

This can be influenced by several factors, both in terms of physical, and environmental that make adolescents lack self-confidence. Santrock (2003) revealed self-confidence is influenced by several factors, namely: physical appearance, self-concept, relationships with parents, and relationships with peers. Furthermore, Hakim (2002) explained the sources of causes of insecurity, including: physical disabilities or abnormalities, ugly, weak economy, social status, marital status, frequent failures, less competitive, less intelligent, low education, environmental differences, not outgoing, not ready to face certain situations, difficult to adjust, easily anxious and timid, unaccustomed, easily nervous, stuttering, poor family education, Often avoids, gives up easily, cannot attract people's sympathy, and loses authority with others.

Correspondingly, a number of researchers have found that physical appearance is a very influential contributor to adolescent self-confidence (Adams, et al. in Santrock, 2003). Physical appearance that is very influential on self-confidence is based on how the individual sees how the physical condition can be in the form of body shape or body weight that he has and how the individual assesses the physique he has and how he wants to shape. Grogan in Nahdiyah (2015) states body image can be defined as a person's perception, thoughts, feelings towards his own body. Charles & Kerr in Davista (2016) found that most women are dissatisfied with their body image.

In a study conducted by Agus, et al with the title "The Relationship of Body Image with Self-Confidence in Victims of Body Shaming Using Instagram" showed that the higher the body image, the higher the confidence in adolescent Instagram users, so the research hypothesis "there is

a positive relationship between body image and self-confidence in victims of body shaming Instagram users". Vice versa, the lower the body image, the lower the confidence the individual has.

In line with previous research that shows that a person's body image will affect the level of confidence he has. This shows what DS experienced about problems in his limbs, and DS can bounce back in his slump in the past 3 years.

Moreover, in Islam, how should a person rise from the past has haunted him, even though it hurts. In Islam, people are taught to keep fighting and never give up hope for the mercy of Allah Almighty through their requests, supplications, and prayers. Because of his knowledge of the Qur'an it is clear that Allah Almighty will not give His servants trials beyond their own ability. Allah SWT also tells us that we should not be immediately weak when experiencing and going through painful events in our lives because Allah SWT will definitely help his servant. When a Muslim experiences heart difficulties, sorrow, or mental suffering, they continue to remember Allah Almighty.

Conclusion

DS subjects who experience a lack of self-confidence that makes it difficult for themselves to accept themselves and have a sense of resentment towards parents in the past. DS tries to rise by changing and accepting himself for the better. DS's parents' relationship is now close again with DS in the past 3 years. DS tries to accept himself even though the feeling of lack of confidence occasionally arises.

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