

Cognitive Behavioral Therapy (CBT) in Reducing Symptoms of Self Injury in Adolescents with Depression Major Disorder

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ABSTRACT

Self injury is the behavior of self injuring in various ways regardless of whether or not there is an intention and desire to die. Self injury behavior in adolescents can have a long-term impact on adulthood. The purpose of this study is to reduce the behavior of adolescents who injure their hands with major depressive disorder using Cognitive Behavior Therapy (CBT) techniques. To achieve this goal, CBT therapy was conducted for 3 weeks with 3 times a week. This study uses CBT theory helping clients to examine the validity of their thinking and to see how they interpret or evaluate something that happens and its effect on emotional and behavioral experiences. The subjects in this study were junior high school students. The data analysis process used visual graph techniques. The results of this study showed that CBT therapy was able to reduce self-harm behavior in adolescents with major depressive disorder.

Keywords: CBT, self injury, depression major

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INTRODUCTION

Depression among adolescents is a mental health issue that is increasingly gaining attention in this modern era. According to the World Health Organization (WHO), about 20% of adolescents experience mental health problems, and depression is one of the most common. Hormonal changes, academic pressure, and complex social dynamics are often triggers for this condition. When adolescents are depressed, many of them have difficulty actively participating in the learning process. This not only has an impact on academic achievement, but also on their mental health and overall well-being. Therefore, it is important for educators and parents to understand the symptoms and impacts of depression, as well as create a supportive environment for adolescents who experience it.

Major Depressive Disorder according to DSM V TR is a major depressive disorder with at least one major depressive episode occurring without a history of manic or hypomanic episodes. An important feature of major depressive episodes is a period that lasts at least 2 weeks and includes one of these episodes. Depressed mood or loss of

interest or pleasure in all or almost all activities throughout the day almost every day (Criterion A). The individual must also experience at least four additional symptoms during the same 2-week period, drawn from a list that includes changes in appetite or weight, sleep, and psychomotor activity, decreased energy, feelings of worthlessness or guilt, difficulty thinking, concentrating, or making decisions; or thoughts of death, suicidal thoughts, suicide attempts, or specific plans for suicidal behavior. To take into account the diagnosis of a major episode. Some individuals emphasize somatic complaints (e.g. pain) rather than reporting feelings of sadness. Many individuals report or show increased irritability (e.g., persistent anger, tendency to respond to events with outbursts of anger or blame others, excessive frustration with minors). In children and adolescents, irritable or fussy moods may develop more than sadness or recurrent sad moods, and suicide attempts. Symptoms in Major Depressive Disorder according to DSM V TR are that five (or more) of the following symptoms have appeared over a two-week period and represent a change in previous function; At least one of the symptoms is (1) a depressed mood or (2) a loss of interest or pleasure.

Cognitive Behavior Therapy (CBT) is a form of psychotherapy developed by Aaron Beck. It is based on a cognitive model, which assumes that an individual's emotions, behaviors and physiology are influenced by their perception of an event, both external (such as failing an exam) and internal (such as physical symptoms perceived as a distress). Dysfunctional thoughts that affect the mood and behavior of the client, generally appear in all psychological disorders. For example, depressed patients are considered too negative in interpreting events, in other words, it can be said that the emotions and behavior of individuals are influenced by their perception of events.

METHOD

The research subjects were determined based on the test tool to detect depression, namely the Beck Depression Inventory (BDI). Adolescents who experience major depression disorder based on the results of the BDI score using this type of experimental research in the form of Single Subject Research (SSR) using Cognitive behavior therapy design. SR refers to a research design developed to document changes in the behavior of individual subjects (Pratama et al., 2019). The dependent variable in this study is a change in mindset and behavior that thinks all the problems faced by the subject will be resolved by transferring heartache to the hands by injuring the hands with knives, sharp objects, hitting the head against the wall of the room, and pinching the body until bruised. In the independent variable, namely the Cognitive behavior therapy technique, which is carried out with 7 meetings with 1 meeting time of 60-120 minutes carried out for 14 days. Steps in CBT research on a 16-year-old adolescent girl in junior high school in Banjarmasin city who experienced major depressive disorder who behaved to hurt herself when experiencing problems the subject would hurt her hands with a razor blade or knife by being given CBT interventions, namely a) building a report card with the subject, b) relaxation exercises c) identification of negative thoughts, d) teaching the relationship between cognitive-emotions e) training to change negative thoughts to positive thoughts

and giving cognitive restructuring homework e) evaluation of tasks, f) behavioral assignment (self-management), g) behavioral evaluation (self-management) and preventing relapse, h) evaluation and termination.

FINDING AND DISCUSSION

The results of CBT therapy on how the self-harm behavior of adolescent girls who experience major depressive disorder is based on self-injurious behavior when experiencing problems the subject will hurt himself by cutting his hands with a razor blade. This shows that depression can be experienced by all age groups and begins to occur from the age range of 15-24 years (Kemenkes RI, 2019). Reality therapy (Farmani et al., 2015); behavioral activation (Dunlop et al., 2017); and cognitive behavior therapy (CBT) are used to reduce self-injurious behavior and prevent suicidal behavior in depressed patients (Dunlop et al., 2017). This study was conducted 8 session (Figure 1) where the baseline condition was carried out five times a meeting, the intervention condition (CBT) was carried out six times a meeting. Based on Figure 1 above, it can be seen that self-harm behavior still exists 2 times the subject still hurts himself at baseline until the fifth meeting.

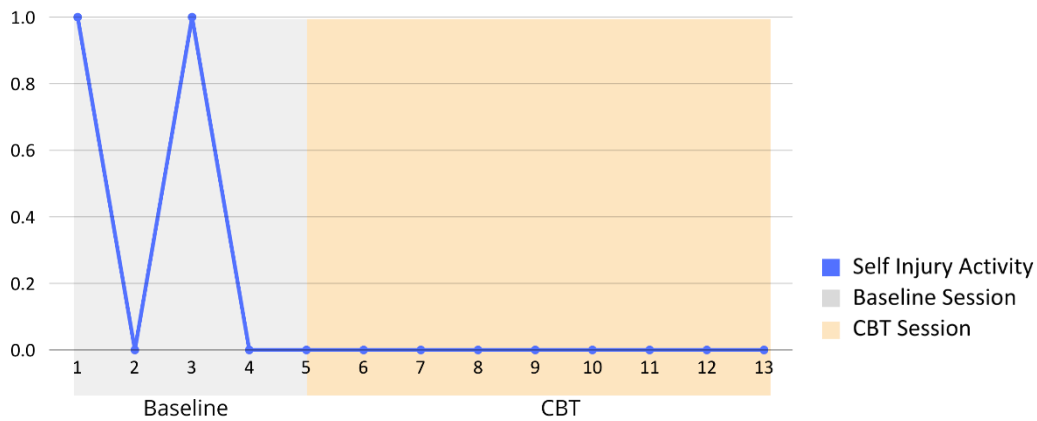


Figure 1. Self Injury Activity in Baseline and CBT

Furthermore, after seeing the state of the subject, the researcher applies cognitive behavior therapy (CBT) to reduce self-harm behavior by injuring hands with sharp objects with razor blades. When meeting 5 times the subject base client hurt his hands 2 times. CBT is used to reduce self-injurious behavior and prevent suicidal behavior in depressed patients (Labelle et al., 2015). The steps taken by the subject in CBT, the researcher will explain about Cognitive Behavior Therapy and the tools used in replacing razor blades as the subject's satisfaction in self-injury when there is a problem, replaced with plasticine for squeezing. Subjects tend to think that engaging in self-injurious

behaviors can reduce negative emotions that can lead to depressive disorders so that they end up blaming themselves.

According to previous research, CBT is quite effective in reducing the frequency of self-injury in adolescents and young adults (Kaess et al., 2019). According to Maharani (2022) Cognitive Behavioral Therapy is effective in reducing self-injurious behavior and can reduce negative thoughts in patients with major depressive disorder. Cognitive behavioral therapy conducted during 8 meetings within 3 weeks obtained CBT results, was able to reduce self-harm behavior by injuring the subject's hand when experiencing a sad mood and experiencing feelings of guilt that caused the client to injure himself with a razor. CBT can reduce depression. Therapy is a cognitive process that allows a person to increase their self-esteem, which can lead to negative behaviors and increase their suicidal thoughts, which can lead to negative behaviors and even lead to suicidal thoughts (Hindradjat et al., 2021).

Furthermore, the intervention provided by the researcher for 3 weeks, the subject during the baseline hurt himself by hurting his hand when the CBT Intervention was carried out, the subject never hurt himself again when he had feelings of sadness, feelings of guilt and had problems, the subject tried to accept the reality of the problem by solving it without having to hurt himself. Conditions in CBT Intervention never hurt themselves and negative thinking has been able to be changed to positive.

CONCLUSION

Based on the results of interventions for adolescents experiencing severe depressive disorders who are given CBT to reduce self-harming behavior by self-harming, it is proven to be able to reduce this behavior. This is reflected that before the intervention the subject hurt himself 2 times and after being given an intervention for 3 weeks CBT the subject did not engage in self-harming behavior.

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