ABSTRAKSI


Key words: Therapy of cognition-behavior, improve rational thinking, somatoform patient.

Somatoform nuisance expands rapidly in society. Patients who come to doctor are more and more with their different sigh. It is not easy to solve the problem of somatoform patients’ thinking. Then, this case needs much patience and belief to treat. It is because this psychological phenomena asks agreement between two different sides. The agreement consists of how the patient could think rationally in case of physical sigh. The understanding of sigh emerge can be obtained from the way of how patient think to appraise his/her mind. It is why the cognitive-behavior therapy needs to be applied with techniques like arranging the list of daily activities, writing the irrational thinking, appraising the mind, evaluation, and doing homework. The irrational thinking causes the emerge of physical sigh. It is being the main cause to move the whole part of body. Then, when we want to be healthy, we must begin to think rationally elated to the environment around, friends, and especially on ourselves. The relationship between cognitive-behavior therapy and rational thinking is influenced by the cognition, when the patient is able to think rational, he/she will have healthy and rational behavior. Rab’ah (2009) said that changing the way of how the subject thinks cotitively helps the subject to be more healthy to think.

This research is done to know the effects of cognitive-behavior therapy in which to improve the rational thinking of somatoform patient. The researcher takes sample using purposive sampling method. Research subjects are 5 somatoform patients.

In this research, the researcher uses experiment design non random one group pre test – post test design. Instrument of data collection uses the method of interview, observation, and the psychological scale of thinking rationally. The researcher uses also the analysis of wilcoxon signed ranks test. The result of this research which has applied the cognitive – behavior therapy group of experiment on shows the raising of rational thinking on thw entire subjects (100%). In this case, the researcher concludes that the comparision mean 81.20 in pre-test and 104.00 in post-test, then medium 61 in pre-test and 97 in post-test. On the group of experiment for statistic wilcoxon signed ranks test with real standard α = 0.05 is obtained significantly assumption 0.043 < 0.05 Ha accepted. In short, it shows that cognitive – behavior therapy could influence the level raising of rational thinking on somatoform patient in Saiful Anwar hospital of Malang.