

ABSTRAKSI

Sampurno, Ratih Aulia Kusumawardani. 2012. Thesis. Title: The Affect of Cognition Therapy – Behavior (*cognitive Behavior Therapy*) to Improve Rational Thinking of *Somatoform* Patient in Poli Jiwa of Saiful Anwar Hospital of Malang. Advisor: Tristiadi Ardi Ardni. M. Si. Psi.

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 emege 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. Rabi'ah (2009) said that changing the way of how the subject thinks conitively 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 resercher uses also the analysis of *wilcoxon signed ranks test*. The reult 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 comaprison *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 statistict *wilcoxon signed ranks test* with real standard $\alpha = 0,05$ is obtained significantly assumption $0,043 < 0,05$ H_a 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.