



Implementation of Rational Emotive Behavior Therapy (REBT) in Reducing Anxiety in Persons with Physical Disabilities at the Pangudi Luhur Bekasi Integrated Center

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Abstract

This study aims to determine the application of REBT in reducing the anxiety of people with physical disabilities at the Pangudi Luhur Bekasi Integrated Center. Albert Ellis' REBT concept is used, which is a therapeutic approach that focuses on dealing with problems related to irrational thoughts, emotions and behavior. Using theoretical concepts (ABCDEF) and disputing irrational belief, reframing, emotional freedom technique dan positive reinforcement pada two physically disabled beneficiaries who were undergoing the rehabilitation process at STPL Bekasi who experienced anxiety disorders. This study uses a quantitative approach with a single subject design method with multiple baseline cross subject A-B-A. Data collection techniques using observations, interviews and documentation studies. Validity test using face validity to lecturers. Measurements were carried out on the target's behavior using observation and check list about anxiety behavior. Target behaviors that show anxiety disorders measured in this study are irritability, restlessness / unable to calm down and difficulty concentrating / unfocused. Measurement of results seen from anxiety indicators and data analysis in conditions that include directional tendency, stability and level and analysis between conditions that measure baseline before, during and after intervention. The results showed a decrease in behavior that showed anxiety disorders, namely irritable behavior, restless behavior is difficult to relax and behavior is difficult to concentrate or unfocused.

Keywords: Rational Emotive Behavior Therapy, Anxiety Disorder, Persons with Physical Disabilities

1. INTRODUCTION

Problems for people with physical disabilities are not only related to mobility difficulties due to physical disorders and limitations, but also to psychological and social problems as a result of their disability. Mobility difficulties can make it difficult for people with disabilities to carry out daily activities and also other life difficulties such as difficulty getting a job, dependence on others, health problems, difficulty finding a partner and difficulty participating in society in general. The psychosocial impact of physical disability can have a significant effect on emotional, mental, and social aspects, making people with physical disabilities vulnerable to depression, anxiety and other mental health disorders.

The purpose of this study is to determine, understand and provide interventions for people with physical disabilities who experience anxiety disorders at the Pangudi Luhur Bekasi Integrated Center through psychosocial therapy, namely Rational Emotive Behavior Therapy (REBT). The Pangudi Luhur Integrated Center (STPL) is a government institution that provides social rehabilitation services for social welfare service providers including persons with disabilities. The objectives of this study specifically are 1). How is the anxiety disorder of persons with physical disabilities before the application of REBT, 2). How is the anxiety of people with physical disabilities during REBT intervention, 3). How is the anxiety of people with physical disabilities after the application of REBT.

Anxiety is a problem that is often felt by many people, as well as those with disabilities at STPL Bekasi. The general cause based on the assessment results is due to thinking about the future, uncertainty and anxiety about the future. Continuous anxiety can certainly affect activities and have a negative impact on psychological and social conditions. Persons with disabilities who are at Sentra Pangudi Luhur Bekasi as beneficiaries certainly have problems that must be overcome. The condition of the disability, the family's lack of support when the person

with a disability is at the Center, and how life is after leaving the Center, can be a source of anxiety in itself. The anxiety that arises in some people with physical disabilities at STPL appears to have begun to interfere with their thoughts and daily activities. As a result, distorted thoughts appear that actually aggravate the condition of anxiety. It appears in behaviors such as not being able to focus on activities and laziness to participate in rehabilitation activities, irritability and irritability that interfere with interactions and relationships. Anxiety disorders cannot be ignored because they can interfere with activities, have an impact on mental health disorders, and reduce the social functioning of persons with physical disabilities. The social work profession, which is the main profession in the social rehabilitation process at STPL Bekasi, has an important role in helping persons with physical disabilities to improve their social functioning. RHR Andayani (2019), states that social workers can help improve the social functioning of persons with disabilities so that they can have a better quality of life. The results of the study showed that the use of psychosocial therapy which is part of clinical social work practice can reduce alienating behavior and irritability. Zastrow (2002), in RHR Andayani (2019), Problems that can be resolved through the use of psychosocial therapy include issues of stigma, group behavior, environmental influences, the need for personal space, and personal and social change. The use of REBT as a psychosocial therapy that combines cognitive, emotive and behavioral approaches is a complete therapy that can be used for people with physical disabilities who have problems in the mind that have an impact on their psychological, social and behavioral conditions.

The application of REBT in this research is specifically for people with disabilities who are in government rehabilitation center services and uses a combination of techniques that are different from other research in the formulation of cognitive, emotive and behavioral therapy techniques. Broader application for other people with physical disabilities who have similar problems is expected to reduce unproductivity and improve the quality of life for people with physical disabilities.

2. LITERATURE REVIEW

Etiologically, the description of someone who is identified as having a physical disability, namely someone who has difficulty in optimizing the function of the limbs due to injury, disease, malformed growth, and as a result the ability to perform certain body movements has decreased, according to Efendi, 2006 (in Lailatul Izzah, 2016). People with physical disabilities can face various problems both physically, psychologically and socially, (Luhpuri, D., & Andayani, R., 2019). One of the psychological disorders due to feelings of concern about disability and life conditions is anxiety disorder. Nevid et al (2005: 163) say that anxiety is an emotional state characterized by physiological arousal, unpleasant feelings of tension, and worries that something bad will happen. Priest in Safaria and Nofrans (2012: 49) states that anxiety or feelings of anxiety is a condition experienced when thinking about something unpleasant happening. Gunarso in Wahyudi, Bahri and Handayani (2019), anxiety or *anxiety* is a sense of worry, fear that is not clear why. Anxiety is a great force in driving, both normal behavior and deviant, disturbing behavior, both of which are statements, appearances, manifestations of defense against anxiety. It is clear that in emotional disorders and behavioral disorders,

anxiety is a complex problem. Social work practice has specific methods that can be used with individuals, groups and communities. In individual interventions, it is known as the case work method using several individual techniques in the cognitive, affective and behavioral domains. Intervention against anxiety disorders in individuals can be done with several cognitive, affective and behavioral approaches. I Wayan Dharmayana, et al. (2017), from the results of research consistently show that REBT Counseling has an influence in reducing anxiety which is indicated by a change in the client's mindset to be rational, so that the client's feelings and behavior can develop properly and optimally. The research findings of Widya Kartika Sari & Winda Ade Ariani (2021), that after analyzing the results of the results with the implementation of two cycles of group counseling using REBT techniques, it was proven that there was a decrease in the level of social anxiety in adolescents.

3. METHOD

This research uses a quantitative approach with a *single subject design*. The research design that will be applied is SSD (Single Subject Design) with A-B-A reversal design. Borg and Gall in Sugiyono (2010), state that SSD is research involving a single subject, but if there is more than one subject, they are treated as a group, although it is still treated as a single subject experiment. The research design model used in this study is the A1-B1-A2 model. With this model, researchers can see changes through observations and interviews, the anxiety of research subjects before intervention which is baseline data (A1), during intervention using REBT therapy (B) and after intervention (A2). Researchers can evaluate the effectiveness of the intervention in reducing anxiety disorders in research subjects. This study has two variables 1) independent variable: namely the independent variable in the form of

REBT implementation. 2) dependent variable: the dependent variable is anxiety disorders of people with physical disabilities.

The characteristics of the subjects of this study are people with physical disabilities at productive age who have at least three symptoms of the same anxiety disorder based on anxiety measurements using the HARS instrument. The research subjects were found to be two people with physical disabilities who had anxiety symptoms indicated by anxiety behaviors that appeared, namely 1) irritable / irritable behavior, 2) restless behavior difficult to relax and 3) behavior difficult to concentrate or unfocused.

Measurement of validity in a single subject research approach according to Sugiyono (2012), valid shows the degree of accuracy between the data that actually occurs in the subject under study and the data collected by the researcher. Therefore, researchers apply individualized treatment to each research subject systematically. Observation involves direct observation by the researcher or using audio or video recordings for further analysis.

The validity test used in this study is *expert judgment* or *expert judgment*. Reliability measurement in an experimental research approach with a single subject according to Sunanto (2005: 25) is carried out by involving two observers of the behavior of the research subject, the two observers record whether or not a target behavior occurs during the observation period. In this study, observations were made by researchers and involved research assistants who came from local social workers. In this study, the purpose of data analysis is to determine the application of REBT to reduce anxiety disorders in people with physical disabilities. The components of visual analysis in Juang Sunanto (2005) consist of condition length, change for one variable, level, tendency. The components of data analysis in this study use analysis within conditions and analysis between conditions.

4. RESULT AND DISCUSSION

4.1 Characteristics of Respondents

The respondents of this study consisted of two people with physical disabilities who were known to experience anxiety disorders based on an assessment using anxiety measurements from the Hamilton Rating Scale. This study focuses on target behaviors that indicate anxiety disorders, namely 1) irritable behavior, 2) restless behavior is difficult to relax and 3) behavior is difficult to concentrate or unfocused. Other characteristics can be seen in the following table:

The characteristics of the research subjects in more detail can be seen in the following table:

Table 1: Characteristics of research subject

No	Initial	JK	Age	Disability condition	Reason for entering STPL	Length of time at STPL
1	NL	L	35	Left leg pain is difficult to move, still able to do ADLs	Want to have skills that can be used for work	1 Year
2	NB	L	22	Both legs are paralyzed, still able to do ADLs	Want to get therapy for legs, have provision of work skills and job distribution	1 Year

The characteristics of the two research subjects are seen from the condition of their disability in impaired leg movement function. However, they are still able to perform activities of daily living. The reason why the subjects entered STPL was because they wanted to have skills to work in the future and get job distribution. The two subjects have been at STPL for one year and will end in the near future. An increased anxiety condition can be caused by having to leave STPL and still confused about the future. The researcher's intervention used REBT to reduce anxiety disorders in the two research subjects. REBT intervention used with a combined technique of dispute irrational belief, reframing, catharsis, emotional freedom technique and positive reinforcement which is carried out continuously in six-day intervention sessions. The following are the results of research on each target behavior and changes in each phase A1-B-A2.

4.2 Research Result and Discussion

The following are the results of the research in the form of measurements at baseline A1, intervention using REBT and measurements at A2 for both subjects.

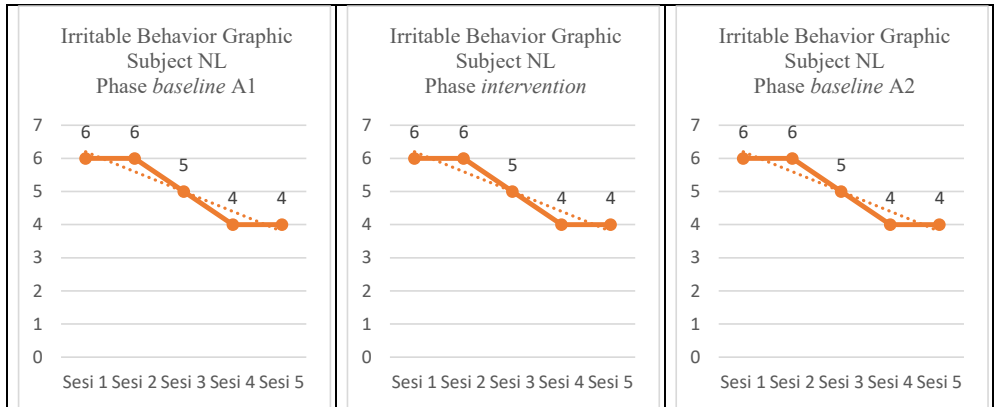


Fig. 1. NL subject's irritable behavior in phase A1-B-A2

The results showed changes that can be seen in the graph there is a decrease in irritable or irritable behavior, from six frequency of occurrence, to two times the frequency of occurrence in phase B2 and one time the frequency of occurrence in session A2. The decrease can be said to be stable and significant, which means that there is a decrease in irritable or irritable behavior in the research subject.

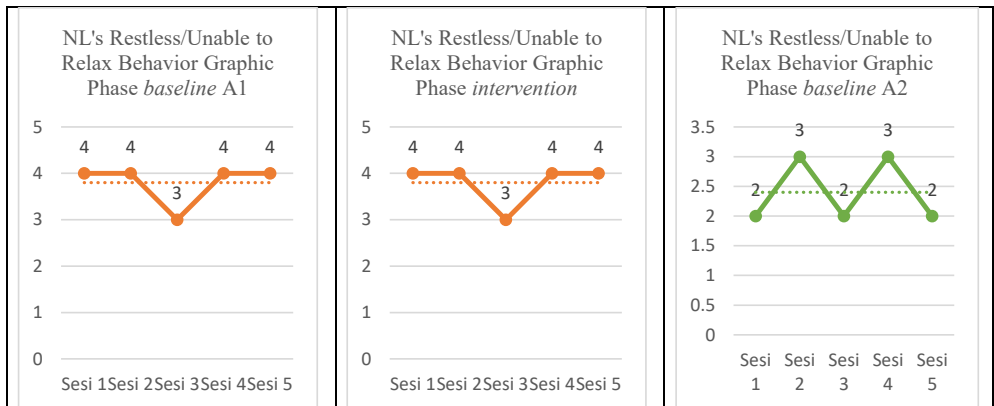


Fig. 2. NL's Restless/Unable to Relax Behavior in phase A1-B-A2

The results of the study show changes that can be seen in the graph, there is a decrease in the frequency of being anxious and unable to relax from four frequency of events, to three times the frequency of events during the intervention and at the end to two times the frequency of events in the B2 phase after the intervention. The reduction can be recommended to be stable, namely at a frequency of two events, meaning that there is a decrease in the recommendation for the research subject.

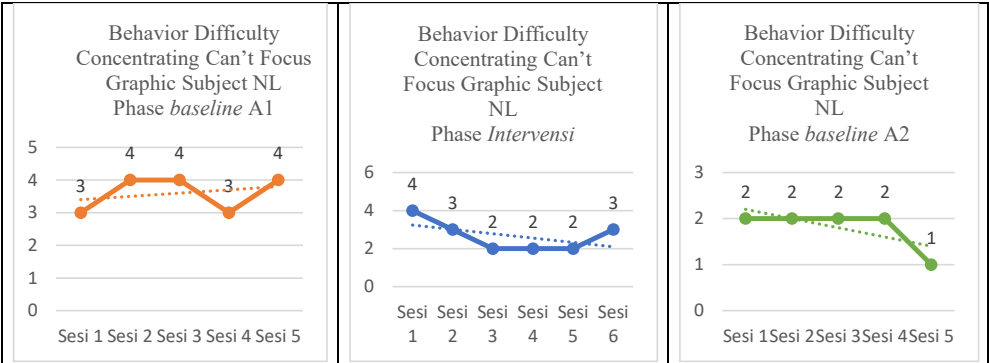


Fig. 3. Behavior Difficulty Concentrating Can't Focus NL in phase A1-B-A2

The results showed unstable changes can be seen in the graph in the baseline phase 1 and Intervention there are still unstable conditions for the frequency of difficulty concentrating / unable to focus. But overall there is still a significant decrease from four frequency of occurrence, to one frequency of occurrence and at the end of phase B2. The decrease can be categorized as stable in the final phase, meaning that there is a decrease in difficulty concentrating / unable to focus on the research subject.

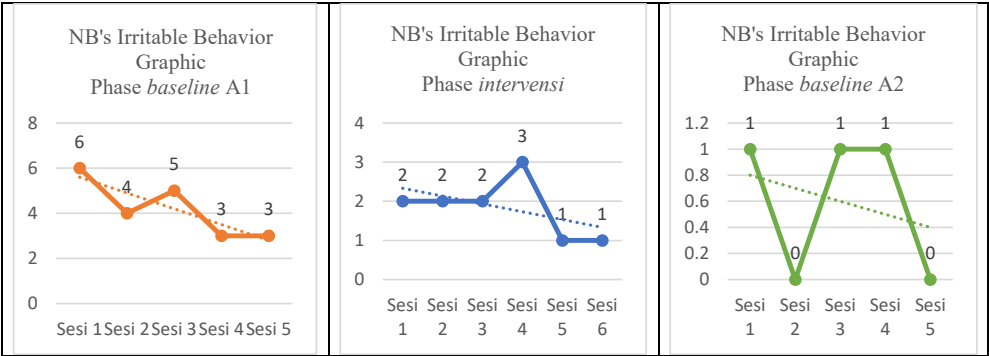


Fig. 4. NB's irritable behavior in phase A1-B-A2

The results showed changes that can be seen in the graph, there was a decrease in irritable or irritable behavior, from a frequency of six occurrences, to one frequency of occurrence in phase B2 and the decline can be said to be stable, which means that there is a very significant decrease in irritable or irritable behavior in the research subject.

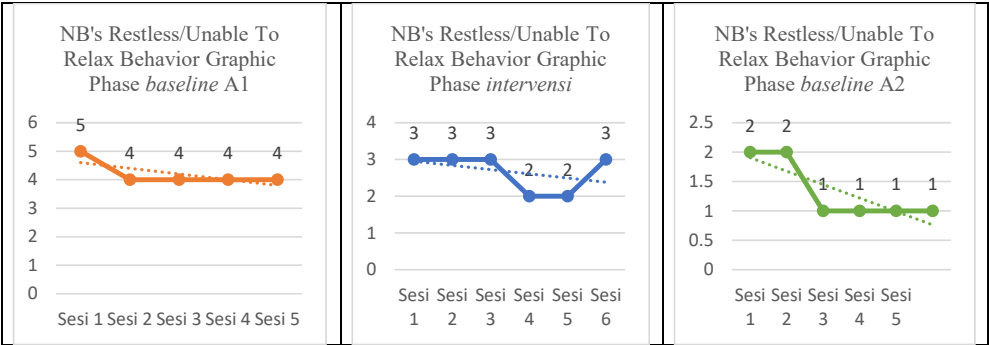


Fig. 5. NB's restless/unable to relax behavior in phase A1-B-A2

The results of the research show that the changes that can be seen in the graph are a decrease in the frequency of being anxious and unable to relax from five occurrence frequencies, to one occurrence frequency in the final phase of B2. The decrease can be categorized as stable, namely at a frequency of one event, meaning that there is a very significant decrease in anxiety in the research subjects.

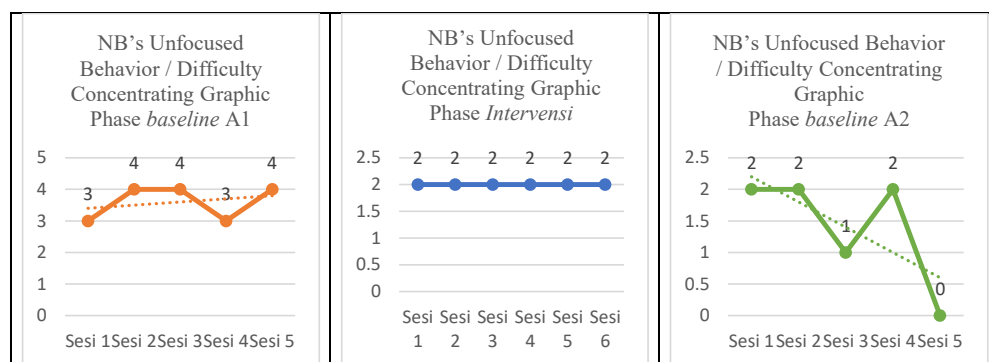


Fig. 6. NB's Unfocused Behavior / Difficulty Concentrating

The results showed unstable changes can be seen in the graph in the baseline phase 1 and in the Intervention phase it was stable at two frequencies of occurrence of difficulty concentrating/unable to focus. However, in phase B2 there was a significant decrease from two frequencies of occurrence, to zero frequency of occurrence and at the end of the phase. The decrease can be categorized as stable in the final phase, meaning that there is a decrease in difficulty concentrating / unable to focus on the research subject. The results of the analysis within conditions and between conditions can be explained as follows:

1. The directional trend in all conditions is marked with a negative sign (-), which means that there is a decrease in the subject's target behavior, namely behavior that shows anxiety disorders.
2. The tendency of stability shows that generally in each condition it is stable both in conditions A1, B and A2, although there are a few that are unstable. Conditions show consistency in reducing anxiety. Unstable conditions can be influenced by various aspects such as internal and external factors during the intervention process. Mood changes and emotional disturbances can occur in the therapy process. External disturbances can be more controlled because the therapist prepares the environment first before the intervention process.
3. Trace tendency is also negative (-) in all conditions, supporting that there is continuous improvement in the subject's behavior.
4. Level changes also showed significant results, from no significant change, to consistent improvement, with a decrease of one or two levels. This indicates that the subject's behavior improved over time, and this decrease in anxiety level is reflected in better behavioral stability on average in conditions B and A2.
5. The smaller the overlap between data at *baseline* and intervention indicates that the intervention is more effective and influential.

From the analysis within conditions and between conditions, it can be concluded that H1 is accepted, meaning that there is an effect of the application of REBT on reducing anxiety disorders in people with physical disabilities consistently. Overall the results of the analysis show that the decrease in anxiety that occurs results in behavioral stability, namely new behaviors that do not show anxiety.

These results are in line with other research proposed by Wayan (2017) that *Rational Emotive Behaviour Therapy* (REBT) techniques have an effect on overcoming anxiety resulting from irrational patterns of thinking, feeling, and behavior. REBT targets destructive thoughts that usually affect anxiety conditions by overthinking. Improved thoughts will change feelings and behavior, so that REBT becomes a complete therapy to improve thoughts, feelings and behavior. REBT is a therapeutic method that uses cognitive and behavioral approaches to understand and overcome negative emotional and behavioral problems that stem from irrational beliefs (Jensen, 2008). Schenk's (2020) research results show that REBT is very effective as a psychological intervention for those experiencing generalized anxiety disorder.

The application of REBT in this study involves disputing irrational beliefs first to logically reject or deny erroneous and harmful thoughts, followed by the reframing technique, which involves re-framing thoughts into logical, positive, or rational ones. The impact on the research subjects is that they become calmer, with reduced restlessness, irritability, and sensitivity. This condition is in line with the statement that REBT is an approach that emphasizes cognitive, emotional, and behavioral aspects, making it a suitable alternative for addressing anxiety (Fakhriyani, D.V., Sa'idah, I., & Annajih, M.Z, 2021). The results of the research by Oktapiani & Putri (2018) also support that the REBT technique is very effective in overcoming anxiety and can be said to be quite successful because after this therapy, the counselee has restored their thinking from previously irrational to more rational. The Rational Emotive Behavior Therapy (REBT) counseling technique aims to improve and change attitudes, perceptions, ways of thinking, beliefs, and the client's irrational views into rational ones so that they can develop themselves and achieve optimal self-realization. It eliminates emotional disturbances that can be self-destructive, such as hate, fear, guilt, anxiety, and anger, as a result of irrational thinking, and trains and educates clients to face life's realities rationally and to foster self-confidence, values, and self-ability. (Willis, 2013: 76).

The stability of behavior resulting from the application of REBT in this study may be due to the research subjects being able to independently carry out the therapy provided. For example, when feeling restless or anxious, and wanting to get angry, one can perform the emotional freedom technique therapy independently, which was taught during the intervention. In line with Dewi Eka's (2023) opinion, REBT teaches how to change irrational beliefs into more rational ones through learning and practice of cognition, emotions, and behavior, thereby enabling a person to cope over a long period. This study shows that the practice of social work intervention through the application of REBT psychosocial therapy, which is part of micro-intervention, can improve attitudes and behaviors. (Luhpuri, D., & Andayani, R., 2019). The use of intervention in small groups of 2 or 3 people can be a recommendation to help the effectiveness of therapy results, such as the results of research by Misdeni, Syahniar, Marjohan (2019) that the use of REBT using a group setting is effective in dealing with student anxiety.

5. CONCLUSION AND RECOMMENDATIONS

5.1 CONCLUSION

Referring to the research results in the form of data and single subject design analysis, several points can be concluded as follows:

1. The application of REBT has a significant impact on reducing anxiety in individuals with physical disabilities at STPL Bekasi.
2. REBT therapy which combines interventions on the client's thought, emotions and behavior, provides a comprehensive intervention by understanding the relationship between thoughts, feelings and behaviors.
3. some unstable data may be influenced by the short duration of the intervention conducted
4. However, overall, there was a significant decrease in the intervention phase and baseline phase 2 (A2) for all three target behaviors.

5.2 REKOMENDATION

Some recommendations from the results of this study:

1. The importance of applying the REBT stages completely so that clients are fully engaged in their thought patterns, feelings and behaviors.
2. In the application of REBT, which is done in stages starting from changing thought patterns, it is easier to subsequently change the client's feelings and behaviors.
3. Continuation of therapy is recommended to further enhance the changes that have occurred. The option can use REBT again as a stage of therapy or can also use behavioral modification therapy.
4. Recommendations for using group therapy with small numbers can be considered to increase the enthusiasm of people with physical disabilities in carrying out therapy with support from other people

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