

## Abstract

**Anisah Chairani, 111414153028, The Effectiveness of CBT To Reduce Depression and Improve the Quality of Life of Adult Breast Cancer Patients After Mastectomy, Thesis, Faculty of Psychology Airlangga University, 2017.**

Breast cancer is a disease in the breast organ due to the growth of abnormal cells thus forming lumps and capable to spread into several areas of the body that affect the functioning of the body. Surgical removal of the breast (mastectomy) is one of the cure for breast cancer patients, however it has a psychological impact such as depression for patients thus affecting *the quality of life* of patients. One of the interventions used to provide positively impact referred to the *Cognitive Behavioral Therapy* (CBT). This study used four research subjects by using *purposive sampling* techniques for the sample collection. Furthermore, the design of the study used is a quasi-experimental of one group pretest posttest types that measures depression and quality of life of the breast cancer patients. Researcher used *Beck Depression Inventory II* (BDI II) to measure the change depression levels and WHOQOL-BREF to measure the change *quality of life*. Interventions were performed through 7 sessions with time duration around 90-120 minutes per session. After getting the data, the researcher conducted an assumptions test using *Wilcoxon* technique assisted by SPSS 23. The results showed sig.> 0,05 or  $H_0$  accepted, which means there is no significant difference CBT to reduce depression and improve quality of life for the middle adulthood breast cancer patients after mastectomy. However, the effectiveness of the test results showed the effect size of 0.645 which means CBT gives a great effect to reduce depression and improve quality of life middle adulthood breast cancer patients after mastectomy.

Key word: CBT, depression, quality of life, breast cancer, middle adulthood, mastectomy.