

**ABSTRAK**

Nurul Husna, 110941004, Pengaruh *Cognitive Behaviour Therapy* (CBT) untuk Menurunkan Depresi dan Meningkatkan *Psychological Well-Being* Penderita Diabetes Mellitus Tipe 2, *Tesis*, Fakultas Psikologi Universitas Airlangga Surabaya, 2013.

XV + 120 Halaman, 12 Lampiran.

Penelitian ini bertujuan untuk mengetahui pengaruh *cognitive behaviour Therapy* untuk menurunkan depresi dan meningkatkan *psychological well-being* penderita diabetes mellitus tipe 2. *International Diabetes Federation* (IDF) (2012) menyatakan bahwa diabetes mellitus telah menacapai tingkat epidemi global. Penderita diabetes mellitus memiliki resiko minimal dua kali lipat untuk terkena depresi dibandingkan orang yang tidak menderita diabetes mellitus. Depresi dapat meningkatkan resiko berkembangnya diabetes mellitus tipe 2 di dalam tubuh seseorang yang masih belum ataupun sudah terdeteksi diabetes mellitus tipe 2. Penelitian ini merupakan penelitian *true experiment* atau eksperimen sungguhan dengan bentuk rancangan *pretest posttest with control group design*. Penelitian ini menggunakan skala *Beck Depression Inventory* (BDI) untuk mengukur simtom depresi dan *Psychological Well Being Scale* (PWBS) untuk mengukur *psychological well being* penderita diabetes mellitus tipe 2. Pengukuran *pretest posttest* dilakukan terhadap kedua kelompok yaitu kelompok kontrol dan kelompok eksperimen untuk kemudian dilakukan perhitungan selisih skor *pretest posttest*. Selisih skor antara kedua kelompok kemudian dibandingkan. Teknik analisis data menggunakan uji statistik parametrik *independent t-test*. Tiap kelompok beranggotakan 5 orang subjek penderita diabetes mellitus tipe 2 yang berusia antara 30 hingga 60 tahun. Teknik analisis data penelitian ini menggunakan uji statistik *independent t-test* dengan bantuan program SPSS.16.00.

Hasil analisis data menunjukkan bahwa terdapat perbedaan rerata yang bermaksa dari skor depresi antara kelompok eksperimen dan kelompok kontrol ( $p = 0,008 < \alpha = 0,05$ ), dan tidak terdapat perbedaan rerata yang bermakna dari skor *psychological well being* antara kelompok eksperimen dan kelompok kontrol ( $p = 0,095 > \alpha = 0,05$ ). Hal ini menunjukkan bahwa *cognitive behaviour therapy* (CBT) berpengaruh dalam menurunkan depresi, namun tidak berpengaruh meningkatkan *psychological well being* penderita diabetes mellitus tipe 2.

**Kata kunci:** *cognitive behaviour therapy*, depresi, *psychological well being*.

**ABSTRACT**

Nurul Husna, 110941004, *Effect of Cognitive Behaviour Therapy (CBT) to Reduce Depression and Enhancing Psychological Well-Being Patients with Diabetes Mellitus Type 2, Thesis, Department of Psychology Airlangga University, 2013.*  
*XV + 120 pages, 12 appendixes.*

*This study aimed to determine the effect of cognitive behavior therapy to reduce depression and improve psychological well-being of patients with type 2 diabetes mellitus. International Diabetes Federation (IDF) (2012) states that diabetes mellitus has reached epidemic levels globally. Patients with diabetes mellitus have at least doubled the risk of developing depression than those who do not have diabetes mellitus. Depression may increase the risk of developing type 2 diabetes mellitus in the body of a person who has not been detected or type 2 diabetes mellitus. This study is a true experiment with design pretest posttest control group design. This study uses a scale Beck Depression Inventory (BDI) to measure symptoms of depression and Psychological Well Being Scale (PWBS) to measure psychological well being of patients with type 2 diabetes mellitus. Pretest posttest measurements carried out on two groups: the control group and the experimental group to then calculate the difference in pretest posttest scores. Difference in scores between the two groups were then compared using Analysis statistical parametric independent t-test. Each group consists of 5 subjects with type 2 diabetes mellitus, aged 30 to 60 years. The research data analysis techniques using statistical tests independent t-test with the help of SPSS.16.00 program.*

*Results of data analysis showed that there were differences in the mean scores bermaksa of depression between the experimental group and the control group ( $p = 0.008 < \alpha = 0.05$ ), and there were no significant differences in the mean scores of psychological well-being between the experimental group and the control group ( $p = 0,095 > \alpha = 0,05$ ). This suggests that cognitive behavior therapy (CBT) effect in reducing depression, but had no effect increases the psychological well being of people with diabetes mellitus type 2.*

*Keywords: cognitive behavior therapy, depression, psychological well being.*