



Cognitive Behavior Therapy To Overcome Anxiety Symptoms In Adolescent Victims Of Incest

¹ **Sitti Rojiyah Nur Insyirah Puhi**

Universitas Muhammadiyah Gorontalo, Gorontalo, Indonesia

sittirojiyah@umgo.ac.id (Corresponding author)

² **Rahmawaty Parman**

Universitas Muhammadiyah Gorontalo, Gorontalo, Indonesia

rahmawatyparman@umgo.ac.id

Abstract. During adolescence, the home should be a safe place and parents a loving figure. However, in reality there are cases where the home becomes an unsafe place and the father who is supposed to be the protector of the family becomes the perpetrator of rape on his own biological child (incest). Not only do incest victims face the psychological impact, but they also deal with the fear that when their identity as a victim of incest is known to many people, the victim will face stigma and discrimination, which can lead to various anxiety symptoms that interfere with their lives. This case study aims to determine the effect of cognitive behavior therapy to overcome anxiety symptoms in adolescent victims of incest. The assessment methods used are interviews, observations, the Beck Anxiety Inventory (BAI), and personality test (graphic test). The results of the intervention show that cognitive behavior therapy can reduce anxiety symptoms which are known from the reduction of cognitive distortions and the decrease in BAI scores from 26 to 18.

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