

**Efektivitas cognitive behavior therapy (CBT) untuk menurunkan interpersonal dependency pada mahasiswa Universitas Indonesia (UI) dengan ciri kepribadian dependen = The effectiveness of cognitive behavior therapy (CBT) for reducing interpersonal dependency among Universitas Indonesia's student college with dependent personality feature**

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**Abstrak**

Penelitian bertujuan melihat efektivitas Cognitive Behavioral Therapy (CBT) untuk menurunkan interpersonal dependency pada mahasiswa dengan ciri kepribadian dependen. Subjek berjumlah 3 orang mahasiswa Strata-1 (S1), tiga perempuan, rentang usia 20 sampai 22 tahun. Semua partisipan mengisi kuesioner Interpersonal Dependency Inventory (IDI) (Hirschfield, Klerman, Gough, Barrett, Korchin, & Chodoff, 1977) pada pra dan pasca intervensi. Ciri kepribadian dependen diukur dengan Personality Diagnostic Questionnaire 4th Edition Plus (PDQ-4+) untuk Dependent Personality (Hyler, 1994). Pasca intervensi, semua subjek menunjukkan penurunan skor interpersonal dependency pada IDI, baik secara kuantitatif maupun kualitatif.

.....Study aims to investigate the treatment outcome of Cognitive Behavioral Therapy (CBT) for interpersonal dependency in college student with dependent personality feature. Subjects were 3 undergraduate, 3 female, age 20 to 22. All subjects completed Interpersonal Dependency Inventory (IDI) (Hirschfield, Klerman, Gough, Barrett, Korchin, & Chodoff, 1977) at pre and post treatment. Dependent personality feature were assessed with Personality Diagnostic Questionnaire 4th Edition Plus (PDQ-4+) for Dependent Personality (Hyler, 1994). Post treatment assessment revealed efficacy of CBT, all subjects show decrease in interpersonal dependency, quantitatively and qualitatively.