

## Efektivitas acceptance commitment therapy dalam menurunkan experiential avoidance pada dewasa muda dengan pengalaman negatif terhadap figur ayah = The effectivity of acceptance commitment therapy to reduce experiential avoidance in young adulthood's with negative event of father

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### Abstrak

Penelitian ini bertujuan untuk melihat sejauh mana pemberian teknik Acceptance And Commitment Therapy (ACT) yaitu Acceptance, Cognitive Defusion, Mindfulness, Observing Self, Values, dan Commitment dalam menurunkan experiential avoidance pada dewasa muda. Penelitian ini melibatkan tiga partisipan yang memenuhi kriteria penelitian dan bersedia mengikuti lima kali sesi ACT yaitu dua orang perempuan dan satu orang laki-laki. Desain penelitian yang digunakan adalah one group pretest and posttest, dimana peneliti akan melihat perubahan melalui hasil wawancara dan observasi serta skor partisipan saat pretest dan posttest menggunakan The Acceptance And Action Questionnaire (AAQ-2R) dan White Bear Suppression Inventory (WBSI). Hasil kuantitatif dan kualitatif dari penelitian ini menunjukkan bahwa ACT terbukti efektif dalam menurunkan tingkat experiential avoidance dan thought suppression pada dewasa muda dengan pengalaman negatif terhadap figur ayah.

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This study is aim to evaluate the effectivity of Acceptance Commitment Therapy (ACT) that is Acceptance, Cognitive Defusion, Mindfulness, Observing Self, Values, and Commitment in reducing experiential avoidance in young adulthood?s with negative event of father. Researcer used The Acceptance And Action Questionnaire (AAQ-2R), White Bear Suppression Inventory (WBSI), and observation and brief interview in screening process. Through sreening process, researcher got three participants (1 man and 2 women) who was willing to attend five sessions of ACT. Researcher used before-after study design to find out if Acceptance Commitment Therapy could reduce experiential avoidance. Result suggest that ACT reduced experiential avoidance and thought suppression of young adulthood?s with negative event of father.