

# Penerapan prinsip-prinsip Dialectical Behavior Therapy (DBT) untuk menurunkan gejala Major Depressive Disorder (MDD) pada remaja perempuan: single case study = The Application of Dialectical Behavior Therapy (DBT) principles to Decrease Major Depressive Disorder (MDD) symptom in female adolescent: single case study

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## Abstrak

Beberapa remaja mengalami kesulitan untuk meregulasi emosi. Regulasi emosi yang buruk berhubungan dengan munculnya gangguan psikologis, salah satunya adalah gejala depresi. Ciri khas dari gangguan depresi atau *Major Depressive Disorder* (MDD) adalah kesulitan untuk meregulasi emosi, yaitu perasaan negatif yang cenderung menetap dan sulit memiliki perasaan positif. Oleh karena itu diperlukan intervensi yang tepat, yaitu *Dialectical Behavior Therapy* (DBT), yang bertujuan untuk membantu klien mengatur emosi negatif yang dirasakan dengan menggunakan prinsip dasar *dialectical* (menerima dan mengubah suatu masalah).

Penelitian ini bertujuan untuk melihat penerapan prinsip *Dialectical Behavior Therapy* (DBT) dalam menurunkan gejala *Major Depressive Disorder* (MDD) pada remaja. Intervensi dilakukan dalam 12 sesi dengan memberikan lima keterampilan dasar DBT dan melibatkan orang tua pada sesi intervensi. Instrumen penelitian ini adalah kuesioner *Hopelessness Scale of Children* (HSC), *Child Depression Inventory* (CDI), dan kriteria depresi pada DSM-5.

Hasil penelitian menunjukkan bahwa penerapan prinsip *Dialectical Behavior Therapy* (DBT) dapat menurunkan gejala *Major Depressive Disorder* (MDD) pada remaja perempuan.

Penurunan gejala depresi terlihat melalui menurunnya kriteria MDD pada DSM-5, kuesioner *self-report* (HSC dan CDI), dan pikiran atau percobaan bunuh diri yang dimiliki, pada saat sebelum (*pre-*) dan sesudah (*post-test* dan *follow-up*) intervensi.

.....Some adolescents have difficulty in regulating emotions. Poor emotional regulation associated with psychological disorders, one of them is depression symptoms. The hallmark of Major Depressive Disorder (MDD) is the difficulty in regulating emotions, such as difficult to resolve the negative feelings and difficult to have positive feelings. Therefore, an appropriate intervention is needed. One of effective intervention is Dialectical Behavior Therapy (DBT), which aims to help clients regulate perceived negative emotions by using basic dialectical principles (accepting and changing a problem).

This study aims to see the effectiveness of the application Dialectical Behavior Therapy (DBT) principles in reducing depressive symptoms in adolescents with Major Depressive Disorder (MDD). This intervention was conducted in 12 sessions by providing five basic DBT skills and involving parents in the intervention session. The instruments of this research are *Hopelessness Scale of Children* (HSC), *Child Depression Inventory* (CDI), and depression criteria on DSM-5.

The result of this study indicate that the application of the Dialectical Behavior Therapy (DBT) principles has proven to be effective in reducing depressive symptoms in adolescent girl with Major Depressive Disorder (MDD). A decrease in depressive symptoms is seen through decreasing MDD criteria on DSM-5, self-report questionnaires (HSC and CDI), and thoughts or suicide attempts, before (*pre-*) and after (*post-test*)

and follow-up) intervention.