

Cognitive Behavior Therapy: Application of Intervention for Anorexia Nervosa

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Cognitive behavior therapy helps anorexia nervosa clients reduce their disorder by cognitive restructuring and learning new adaptive eating behavior. The aim of this study was to examine the effect of cognitive behavior therapy on anorexia sufferers. Single case experimental design was applied in this research with three anorexia nervosa sufferers as subjects. A scale that was adapted from The Eating Attitude Test (EAT), self monitoring, observation and interview was used to collect the data. Results reveal that cognitive behavior therapy affect the tendency of anorexia nervosa in female adolescents. The result of the study are discussed..

Keywords: cognitive behavior therapy, anorexia nervosa, adolescent

Terapi kognitif perilaku dapat membantu penderita *anorexia nervosa* mengatasi gangguan dengan restrukturisasi kognitif dan mempelajari perilaku yang lebih adaptif terkait dengan perilaku makan. Penelitian ini menguji pengaruh terapi kognitif perilaku terhadap penurunan kecenderungan *anorexia nervosa* pada remaja. Desain penelitian yang digunakan adalah desain eksperimen kasus tunggal dengan tiga subjek. Data diperoleh melalui skala adaptasi dari *The Eating Attitude Test* (EAT), pemantauan diri sendiri, observasi, dan wawancara. Hasil analisis menunjukkan ada pengaruh terapi kognitif perilaku terhadap kecenderungan *anorexia nervosa* pada remaja perempuan. Hasil penelitian didiskusikan lebih lanjut.

Kata kunci: terapi kognitif perilaku, *anorexia nervosa*, remaja

I am beautiful. No matter what they say. The sentence may be a sentence that does not exist in the minds of people with anorexia nervosa. Others judge them to have a thin body and obviously their bodies are thin, but their view of themselves is not. They do not feel thin enough, so they are trying to lose weight by means of hunger. According to Rice (cited in Sukamto, 2006), this condition is included in an unhealthy or negative body image, which are marked by an inaccurate mental picture of the body and feelings, assessment, and a negative relationship with the body and not confident.

Body image is the mental image one has of his/her body that includes thoughts, feelings, judgments, sensations, awareness, and behavior associated with her/him (Rice, as in Sukamto, 2006). Body image is a subjective psychological concept and is actually not dependent on physical appearance. Someone who has lost weight may still have a negative body image (Rosen, as cited in Sukamto, 2006). More specifically Littleton and Ollendick (cited in Skemp-

Arlt, Rees, Mikat, & Seebach, 2006) states that negative body image is defined as an individual's subjective feelings related to dissatisfaction with the physical body. Negative body image disturbance is one of the originators of anorexia nervosa (Davison, Neale, & Kring, 2004). People with anorexia nervosa have cognitive distortions about weight and eating behavior (Halmi, 1974).

Negative body image can be caused by various factors. One of them is a measure to assess women's beauty. Size of beauty that got much attention is the body shape. The ideal body shape according to the media is tall and thin (Sukamto, 2006). Standard thin body ideal are promoted through mass media advertising artist and thin model. This makes the message that the ideal body type for women is high and thin. This makes a lot of women have the notion that the ideal body shape is tall and skinny. This assumption led to women trying to have a thin body shape, and those who already have a thin body wants to have a more thinner body shape with a variety of ways, for example on a strict diet, taking weight loss products, and resist eating (Sukamto, 2006). Women who want to look skinny like a model of women in the media, tend to be more concerned about her weight (Field, as cited in Santrock, 2003). The ideal body

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