

ANALYSIS OF COGNITIVE BEHAVIOR THERAPY (CBT) TO REDUCE AGGRESSIVE BEHAVIOR IN ADOLESCENTS: LITERATURE STUDY

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Abstract

The surge in aggressive conduct among Indonesian teenagers is becoming more alarming, as highlighted by statistics from the National Commission on Violence Against Women in 2020, showing a 75% rise compared to the previous year (Press Release from the National Commission on Violence Against Women, 2020). The goal of this literature review is to discover prior research investigating the efficacy of Cognitive Behavior Therapy (CBT) in diminishing aggressive conduct. The method used is literature study by searching for articles in databases such as Google Scholar, Science Direct and Bantu AI Connected Paper, with keywords in English. There were 6 articles that met the inclusion criteria, all of which had an effect on reducing aggressive behavior in adolescents.

Keywords: Cognitive Behaviour Therapy ; Aggression, Counseling

1. Introduction

Aggressive behavior consists of actions aimed at hurting oneself or others, either physically or verbally. thus disrupting adolescents' social functioning (Otto et al., 2021) and academics (Hess, 2022)

Moreover, data from (Bettinger-López, 2019) revealed 13,293 reported instances of aggressive behavior in Indonesia. This data explains that the majority of victims were women and children. This data also shows that there has been a significant increase of 75% compared to 2019. (According to the press release from the National Commission on Violence Against Women in 2020, aggressive behavior is not only a concern in Indonesia but has also emerged as a global issue, as highlighted by the World Health Organization (WHO) in the same year.

Thus, there needs to be attention from teachers, especially school counselors, to overcome the problem of aggression in students (Wiretna et al., 2020) because their duties do not only focus on the academic scope, but also pay attention to psychosocial issues. One of them is teenagers who often carry out aggressive actions mentally and physically, which also have an influence on students' academic results and lead to aggressive behavior as the root of the problem.

Aggressive behavior is an action that deliberately threatens other people or objects, either verbally or in physical form and can present a dangerous situation, causing difficulties, damage, pain, and including damage to property (Townsend, 2019), which is divided above 4 characteristics according to (Gallagher & Ashford, 2019) namely physical aggression, verbal hostility and anger.

Based on research that has been carried out, aggressive behavior cannot be reduced by itself without appropriate efforts, so from a series of existing treatments the most appropriate intervention to use is CBT counseling, through behavioral and cognitive techniques consisting of education related to physical and emotional symptoms. and thoughts when behaving aggressively,

and try to compare it with the actions you should do as a teenager. With the hope that a series of intervention activities carried out by the teenager will no longer display this behavior.

Therefore, based on the available theory, it can be seen the importance of conducting research regarding aggressive behavior in adolescents caused by experiences of domestic violence and using Cognitive Behavior Therapy (CBT) to reduce this behavior.

2. Method

The method used is a literature study by searching for articles using search engine data literature sources such as Google Scholar, Science Direct and Bantu AI Connected Paper , with the keywords CBT, aggression, aggression in adolescents . The inclusion criteria in this study were full text articles published between 2018-2023, both national and international articles. In the initial stage of the search, 47 articles were obtained, then selected until 6 articles were selected that met the inclusion criteria and then analyzed.

3. Results and Discussion

The results of the literature review study are as follows:

No	Writer	Intervention variables	Data analysis	Note
1.	(Ahmad, 2019)	anger at the perpetrators of bullying at school	<ul style="list-style-type: none"> This research emphasizes the importance of providing interventions to perpetrators to address their aggressive behavior and the negative consequences that may occur in the future. This research shows that CBT is an effective approach to changing negative thought patterns and perceptions that contribute to bullying behavior . CBT is suitable for the school environment because its structure and framework are in line with educational services. CBT can be used in individual, group, couple, or family formats. 	Effective
2.	(Sari et al., 2022)	Improving Self-Confidence of	<i>Cognitive Behavior Therapy</i> (CBT) with mindfulness	Effective

		Broken Home Students	techniques through group guidance is effective in increasing the self-confidence of high school students who experience <i>broken homes</i> .	
3.	(Linke et al., 2020)	Therapy for Disruptive Mood Dysregulation Disorder: An Evidence-Based Case Study	Exposure-based cognitive-behavioral therapy (EBCBT) may be effective in reducing symptom severity and improving overall functioning in an 11-year-old boy with Disruptive Mood Dysregulation Disorder (DMDD).	Effective
4.	(Sukhodolsky et al., 2004)	(CBT) for anger-related problems in children and adolescents.	<ul style="list-style-type: none"> • CBT is effective in reducing anger-related problems in children and adolescents. The overall effect of CBT on anger problems was 0.67 • There are differences in effects between different types of CBT interventions. Interventions that focus on skill development, affective education, problem-solving training, and multimodal interventions have varying effects 	Effective
5.		Anger and Aggression	<ul style="list-style-type: none"> • Identify the causes of aggression and anger. • Teaches the principles of CBT and how to apply them in real life situations. • Use CBT techniques, such as deep breathing, muscle relaxation, and cognitive restructuring, to manage emotional responses. 	Effective

			<ul style="list-style-type: none"> • Increase self-awareness and understanding of thoughts, emotions, and behaviors that contribute to aggression. • Replace negative and erroneous thoughts with more rational and adaptive ones. • Improve social skills, moral reasoning, and ability to manage anger. 	
6.	(Zahra Zanjani, 2020)	Reducing Aggression and Social Skills in Adolescents Affected by Domestic Violence	Shows significant differences between the intervention group and the no-intervention group in terms of decreased aggression, there is even an increase in social skills, with grades.	Effective

The review of the results of the literature carried out was intended to identify various studies that had been carried out regarding the analysis of CBT in reducing aggressive behavior in adolescents through the 6 selected articles.

Aggressive behavior is an action that deliberately threatens other people or objects, either verbally or in physical form and can present a dangerous situation, causing difficulties, damage, pain, and including damage to property (Townsend, 2019), which is divided into 4 characteristics according to (Gallagher & Ashford, 2019), namely physical aggression, verbal hostility and anger.

Aggressive behavior stems from cognitive distortions in oneself, where the behavior carried out is a normal thing to do to other people, because this behavior is something that one usually experiences, so these thoughts are what triggers one to continue carrying out this behavior.

Apart from cognitive distortions, another thing that needs to be considered is the wrong understanding of experiences that have been encountered, which leads to aggressive behavior. Then the subjects of this research were teenagers, because aggressive behavior is often found in teenagers (Hardoni & Neherta, nd) because during their teenage years they encounter a series of new experiences that require them to continue to exist. This design departs from empirical findings regarding the increase in domestic violence and its relevance to aggressive behavior in teenagers. Data shows that there is an increase in cases every year (Press Release, National Commission on Violence Against Women, 2020) which then has a negative impact in the form of feelings of depression, traumatic stress, and even feelings of low self-esteem, and leads to disruption in learning (Ayuningtyas, 2018) and leads to aggressive behavior (Putri & Musrifah, 2022)

Based on research that has been carried out, aggressive behavior cannot be reduced by itself without appropriate efforts, so from a series of existing treatments the most appropriate

intervention to use is CBT counseling, through behavioral and cognitive techniques consisting of education related to physical and emotional symptoms. and thoughts when behaving aggressively, and try to compare them with the actions you should do as a teenager. With the hope that a series of intervention activities carried out by the teenager will no longer display this behavior.

Thus, based on the findings of the literature review conducted, it can be concluded that the utilization of Cognitive Behavior Therapy (CBT) is efficacious in mitigating aggressive behavior.

4. Conclusion

Creativity is a trait possessed by someone who has creativity. This is because only creative people have creative and original ideas. People will become creative if stimulated early on. Children are said to be creative if they can produce products creatively and do not depend on others, which means that in satisfying themselves not because of external pressure. language is different in content and function the choice of words used in speaking will be different from those used in writing. Facial expressions, body language, and voice intonation in speaking can change the meaning of the language conveyed.

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