

**EFEKTIVITAS *BRIEF COGNITIVE BEHAVIOR THERAPY* UNTUK  
MENURUNKAN KECEMASAN SOSIAL PADA WARGA BINAAN  
PEMASYARAKATAN MENJELANG BEBAS  
DI LAPAS KELAS IIA YOGYAKARTA**

**RINGKASAN**

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**Latar Belakang:**

Warga binaan menjelang bebas kerap mengalami kecemasan sosial akibat stigma, ketidakpastian penerimaan masyarakat, dan kekhawatiran beradaptasi kembali. Kondisi ini menghambat reintegrasi sosial dan menurunkan kepercayaan diri. *Brief Cognitive Behavioral Therapy* (B-CBT) diperlukan untuk membantu mengubah pikiran negatif, meningkatkan keterampilan sosial, dan memperkuat rasa percaya diri.

**Tujuan Penelitian:**

Mengukur efektivitas B-CBT dalam menurunkan kecemasan sosial pada warga binaan laki-laki dewasa di Lapas Kelas IIA Yogyakarta menjelang bebas.

**Metode Penelitian:**

Menggunakan desain kuasi-eksperimen *one-group pretest-posttest* dengan 15 subjek yang dipilih secara purposive. Tingkat kecemasan sosial diukur menggunakan skala adaptasi La Greca & Lopez (1998) sebelum dan sesudah intervensi, kemudian dianalisis dengan uji *paired sample t-test*.

**Hasil Penelitian:**

Terdapat penurunan kecemasan sosial pasca intervensi, namun tidak signifikan secara statistik ( $p > 0,05$ ). Secara kualitatif, peserta menunjukkan peningkatan keterampilan restrukturisasi kognitif dan keberanian berinteraksi

**Kata Kunci:** *Brief Cognitive Behavioral Therapy*, Kecemasan Sosial, Warga Binaan, Reintegrasi Sosial

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**THE EFFECTIVENESS OF BRIEF COGNITIVE BEHAVIORAL  
THERAPY (B-CBT) IN REDUCING SOCIAL ANXIETY AMONG  
INMATES APPROACHING RELEASE AT  
LAPAS KELAS IIA YOGYAKARTA**

**ABSTRACT**

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***Background:***

*Inmates approaching release often experience high social anxiety due to stigma, uncertainty about societal acceptance, and concerns about readjustment. This condition hinders social reintegration and reduces self-confidence. Brief Cognitive Behavioral Therapy (B-CBT) is needed to help modify negative thoughts, improve social skills, and enhance self-confidence.*

***Research Objective:***

*To examine the effectiveness of B-CBT in reducing social anxiety among adult male inmates at Lapas Kelas IIA Yogyakarta who are approaching release.*

***Research Method:***

*This study employed a quasi-experimental one-group pretest-posttest design with 15 purposively selected participants. Social anxiety levels were measured using an adapted version of the La Greca & Lopez (1998) scale before and after the intervention, and analyzed using a paired sample t-test.*

***Research Results:***

*Findings showed a decrease in social anxiety scores after the intervention, but the reduction was not statistically significant ( $p > 0.05$ ). Qualitative observations indicated improvements in cognitive restructuring skills and social interaction confidence.*

***Conclusion:***

*B-CBT was not statistically proven to significantly reduce social anxiety; however, it provided psychological benefits by enhancing inmates' self-confidence and social skills prior to release.*

***Keywords:*** *Brief Cognitive Behavioral Therapy, Social Anxiety, Inmates, Social Reintegration*

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