

APPLICATION OF REALITY THERAPY TO IMPROVE SELF ESTEEM OF PERSONS WITH DISABILITIES AT SENTRA SOCIAL REHABILITATION BUDI PERKASA PELEMBANG

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ABSTRACT

This research aims to determine the application of reality therapy to increase the self-esteem of people with disabilities at the Budi Perkasa Social Rehabilitation Center in Palembang. The research method used is an experimental method with a pretest-posttest control group design. The research sample consisted of 20 people with disabilities who were divided into two groups, namely the experimental group and the control group. The experimental group was given reality therapy for eight sessions, while the control group was not given any treatment. The research instrument used was a self-esteem scale which was prepared based on Rosenberg's theory. The research results showed that there was a significant difference between the self-esteem of the experimental group and the control group after being given reality therapy. The experimental group's self-esteem increased significantly, while the control group's self-esteem did not change. This shows that reality therapy is effective in increasing the self-esteem of people with disabilities at the Budi Perkasa Social Rehabilitation Center in Palembang. It is hoped that this research can contribute to the development of psychological science, especially clinical psychology, as well as to practitioners and institutions working in the field of social rehabilitation.

Keywords: Self Esteem & Reality Therapy.