

ABSTRACT

Existential Model Approach: Life Review Therapy for Client Mrs. T with Low Self Esteem in the Bantur Health Center Work Area. Rica Arayany Fitriamah. 2024. Nursing Professional Study Program Malang. Department of Nursing. Health Polytechnic of the Ministry of Health Malang. Supervisor Dr. Tri Anjaswarni, S.Kp., M.Kep.

Low self-esteem is a negative feeling towards oneself that causes loss of confidence, pessimism, and worthlessness in one's life. The purpose of the study to analyze the application and the results of the implementation of the existential model approach with life review therapy in the Bantur Health Center work area. The research design is a case study to explore low self-esteem with descriptive methods. The technique used The technique used is the existential model approach with life review therapy. The results of the implementation of life review therapy show the most meaningful experience client's most meaningful experience during 4 sessions, namely session 1 when he was a child 3rd place in the Koran competition, session 2 when teenagers had been on vacation to the beach with their friends, session 3 when an adult has become a cashier, and session 4 when the elderly has become a cashier. 4 when the elderly had recreation with his arisan friends. Evaluation of the results obtained self-esteem increased, as evidenced by the posture of the body showing an increased face, eye contact eye contact increases, confidence in speaking increases and feelings of shyness decreased. The existential model approach can increase self-confidence.

Keywords: *Low Self Esteem, Existential Model, Life Review Therapy*