IMPLEMENTATION OF MINDFULNESS-BASED COGNITIVE BEHAVIOR THERAPY (MB-CBT) TOWARDS SELF-ESTEEM IMPROVEMENT IN PATIENTS WITH POST-TRAUMATIC STRESS DISORDER (PTSD) AT ARDIMULYO SINGOSARI PUBLIC HEALTH CENTER, MALANG REGENCY

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ABSTRAK

Background : Post-Traumatic Stress Disorder (PTSD) is a contributing factor in patients experiencing a self-concept disturbance known as chronic low self-esteem. To address this issue, an adaptation model approach was employed by implementing Mindfulness-Based Cognitive Behavioral Therapy (MB-CBT) to manage self-esteem among patients with chronic low self-esteem in the working area of the Ardimulyo Community Health Center (Puskesmas) in Singosari, Malang Regency. **Objective** : This study aimed to examine the implementation of MB-CBT in improving self-esteem among patients with PTSD in the working area of the Ardimulyo Community Health Center, Singosari, Malang Regency. **Methods** : This study utilized a qualitative case study design incorporating a pre-test and post-test approach for a specific patient group selected via purposive sampling. **Results** : Assessments and observations using the General Self-Efficacy Scale (GSES) showed an increase from the first to the third day of implementation, with total daily scores rising from 8/24 (33.33%) to 21/24 (87.5%). Similarly, the Rosenberg Self-Esteem Scale (RSES) indicated an increase from 20% on the first day to 76.67% on the third day following the administration of MB-CBT to manage the patients' self-esteem. **Conclusion** : Significant improvements were observed in both GSES and RSES scores between the pre-test and post-test during the MB-CBT implementation period (days one through three). These findings indicate that cognitive therapy—specifically the adaptation model approach using MB-CBT—is effective in improving self-esteem among patients with PTSD.

Keywords : hronic low self-esteem, Post-traumatic stress disorder (PTSD), Mindfulness-based cognitive behavior therapy (MB-CBT), MB-CBT Standard Operating Procedure (SOP)