

APPLICATION OF EXPRESSIVE WRITING THERAPY INTERVENTION
ON CLIENT NY. W WITH CHRONIC LOW SELF-ESTEEM IN KRAJAN
BANTUR HEALTH CENTER WORKING AREA

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ABSTRACT

Background: Clients with mental illness have various mental health problems, one of which is low self-esteem which can affect functional behavior. Clients with low self-esteem will affect aspects of their lives resulting in a deterioration in social function due to feelings of low self-esteem. Low self-esteem gets management, one of which is psychotherapy with expressive writing therapy. **Research Objectives:** To implement and analyze changes in chronic self-esteem symptoms after applying expressive writing therapy to clients with chronic low self-esteem. **Research Methods:** The method used in the preparation of this final scientific work is a case study that focuses on interventions provided to clients with chronic low self-esteem. The client who was given the application of expressive writing therapy intervention was Mrs. W with chronic low self-esteem disorder. **Research Results:** Signs and symptoms in clients are often crying because they are embarrassed due to past problems and embarrassed if they meet neighbors or other people. After being given the intervention of expressive writing therapy for 5 days and 5 stages of evaluation carried out to the client and getting the results of shyness decreased, the posture of the body bowed down decreased, less eye contact decreased, looking lethargic and not passionate decreased, speaking softly and slowly decreased, and reluctance to try new things decreased. **Conclusion:** Implementation of expressive writing therapy intervention

Keywords: Expressive writing therapy, Chronic low self-esteem