

The Experience of Patient Alcohol Addictions in Cognitive Behavior Therapy

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Abstract: Cognitive Behavior Therapy (CBT) was behavior modification techniques and changing maladaptive beliefs. This study aims to obtain a comprehensive picture of the application of Cognitive Behavior Therapy in helping individuals overcome alcohol addiction. This study uses a study case qualitative research method. The study patient was an alcoholic during 23 year. Data collection was done by triangulation method, namely in-depth interviews (depth interviews) face to face with observations and interview. The research procedure was carried out in three stages, namely the research preparation stage, the research implementation stage, and finally the research result evaluation stage. The results of the study showed that the application of Cognitive Behavior Therapy to individuals who experienced alcohol addiction showed significant changes in patient cognition, emotion and behavior. Through cognitive restructuring techniques, patient distorted cognitions become more rational. Patient were able to manage a good lifestyle, were independent in their work, respect the people around them. Changes in cognition in patient led to reduced alcohol consumption behavior.

Keywords: Cognitive Behavior Therapy, Alcoholics, Addiction

1 INTRODUCTION

At this time, the level of alcohol consumption is not only carried out by adults, but has occurred in adolescents and is included in the category of concern and this situation has occurred in several areas in Indonesia. Alcohol has now become a lifestyle for some Indonesians. Although it has benefits if consumed in the right levels, alcohol can cause health side effects but many teenagers and older adults consume excessive alcohol so that it has an impact on their health.

In the current era, the habit of consuming alcohol in alcoholics is not a new phenomenon, but a routine that is difficult to break. Alcohol is a chemical compound that can cause effects on the human body. Alcohol is a liquid containing elements of ethanol and carbohydrate substances obtained through the process of fermentation and distillation (Lestari, 2016) in Fahrurrazi & Nurjannah, 2021. These symptoms can result in mild, moderate to severe symptoms. Alcoholics can feel the effects on their body health, ranging from short-term to long-term (Fahrurrazi, Nurjannah, 2021). Meanwhile, alcoholism is defined as a disorder and damage to the individual's soul caused by forcing oneself to consume alcohol on an ongoing basis. So that patients who consume it excessively can make it a habit (Chaplin, 2002). According to research in the United States which states that approximately 30 to 45 percent of all adults have experienced at least one brief episode of alcohol-related problems, generally an alcohol-induced amnesic episode such as blackouts or even driving a motor vehicle while intoxicated (DWI), and about 10 percent women and 20 percent of men meet the criteria for a diagnosis of alcohol abuse during their lifetime, and 3 to 5 percent of women and 10 percent of men meet the criteria for a diagnosis of more serious alcohol dependence during their lifetime (Kaplan, 2004).

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The Central Statistics Agency (BPS) noted that alcohol consumption by people aged 15 years and over in Indonesia has decreased since 2017-2021. In 2021, alcohol consumption in Indonesia will be recorded at 0.36 liters per capita, down 7.7% from the previous year of 0.39 liters per capita. Viewed by region, alcohol consumption by rural residents will reach 0.6 liters per capita in 2021. This number is slightly down from the previous year which reached 0.61 liters per capita. Meanwhile, alcohol consumption in urban areas was recorded at 0.18 liters per capita last year. That number is down compared to 2020 which was 0.22 liters per capita. Alcohol consumption by population on 15 years old and over (2017-2021). Although there is a decrease in the number of alcohol consumption in Indonesia. The author interested in analyzing and knowing the impact of individuals who consume alcohol for 23 years and the author wants to highlight the current state of alcohol use/consumption, what causes it and how it impacts, especially on health problems using CBT techniques.

CBT is counseling that can be done to improve and treat mental health. At this stage the subject is directed to modifying the function of thinking, feeling and acting, by emphasizing the brain as an analyzer, decision maker, asking, acting, and deciding again. Meanwhile, the approach to the behavioral aspect is focused on building a good relationship between problem situations and the habit of reacting to problems. A person must be able to change his own way of thinking and behavior in order to achieve the future he wants (Cherry & Rachel, 2022). The other research from Kasandra (2003) use cognitive behavior modification, is a behavior modification therapy that uses cognition as the "key" of behavior change. The therapist helps the client by removing the client's bad thoughts and beliefs, and then replacing it with a better thought pattern construction (Kasandra, 2003). Bush revealed that Cognitive Behavior counseling is a combination of two approaches in psychotherapy, namely Cognitive Therapy and Behavior Therapy. Cognitive therapy focuses on thoughts, assumptions and beliefs. Cognitive therapy facilitates individuals learn to recognize and change errors in thinking or irrational thoughts into rational ones. While behavior therapy helps individuals to form new behaviors in solving problems. The Cognitive Behavior approach does not focus on the past life of the individual but focuses on current problems by not ignoring the past. In general, the Cognitive Behavior Counseling process is opening, core stages and termination (Kasandra, 2003).

Spiegler & Guevremont (2003) stated that CBT is a psychotherapy that focuses on directly modified cognition, that is, when individuals change their maladaptive thoughts (maladaptive thoughts), they also indirectly change their apparent behavior (overt action). Beck (in Spiegler & Guevremont, 2003) states that one of the main goals of CBT is to assist individuals in changing irrational thoughts or cognitions into more rational thoughts.

The previous studies have shown that the recommended treatment method in dealing with alcohol addicted patients is to use CBT such as the research from Fahrurrazi & Nurjannah (2021) that the results of the study showed that the application of cognitive behavior therapy-based Islam on individuals who experience addiction to alcohol showed significant changes in cognition, emotions and behavior of patient. Through the technique of cognitive restructuring, cognition patient who distorted changed to be more rational. Patient are able to set a good lifestyle, independent in work, respect people around and back to the right path in accordance with the teachings of Islam. a change in cognition in patient encourage the reduction behavior of consuming alcohol. And research studied from Julia D. Buckner, & Deborah Roth Ledley, & Richard G. Heimberg, & Norman B. Schmidt (2008) that Treating Comorbid Social Anxiety and Alcohol Use Disorders and Combining Motivation Enhancement Therapy With Cognitive-Behavioral Therapy and the results that Social anxiety disorder (SAD) and alcohol use disorders (AUD) co-occur at particularly high rates, resulting in greater impairment than either disorder alone. Thus, the development of effective treatments for patients with SAD and comorbid AUD is an important clinical and research aim. Yet little work has examined treatments for SAD with comorbid AUD. Given the efficacy of motivation enhancement therapy (MET) for AUD and cognitive-behavioral therapy (CBT) for SAD, combining MET with CBT may decrease symptoms of both AUD and SAD. The present case study outlines the successful use of combined MET-CBT to treat a 33-year-old man with a long history of generalized SAD with AUD. Following 19 sessions of MET-CBT, the patient was considered in remission for both disorders, with notable decreases in social anxiety and alcohol-related problems (with continued gains at 6-month follow-up). Although these data are preliminary, they indicate that the combination of MET and CBT may be a viable approach to the treatment for patients with SAD and comorbid AUD.

In this study, there were research subjects, namely men aged 36 years who were addicted to alcoholic beverages. According to Kaplan (2004) repeated use resulting in failure to fulfill main role obligations, repeated use in dangerous situations, repeated alcohol-related legal problems. For example: being arrested while driving

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under the influence of alcohol. Continued use despite social or interpersonal problems caused or exacerbated by alcohol. In this case the subject also experiences alcohol dependence, namely events that occur within a year for example, in terms of tolerance, increasing the amount to achieve the effect, decreasing the effect of the same amount, withdrawal state, spending a lot of time getting alcohol, using or recovering from its effects, giving up or reducing essential activities because of alcohol, drinking more or for longer than intended, persistent desire or unsuccessful attempts to reduce or control alcohol use, continue to use despite knowledge of psychological problems caused or exacerbated by alcohol (Fiellin DA, Reid C , O. Connor PG, 2000).

The patient's condition is a young adult which is the beginning of a new life, after individual through adolescence, the individual will be faced with various kinds of challenges and changing roles, the many demands and tasks that must be fulfilled, making this period colored with emotional tension that make individuals seek outlet and pleasure with consuming alcohol (Hurlock, 2012).

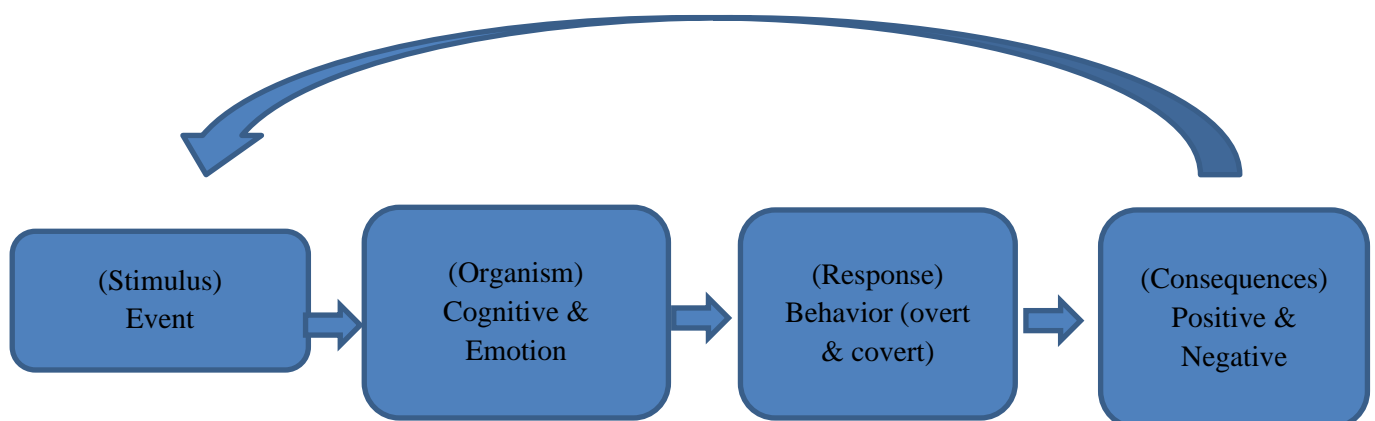
The health effects of consuming alcoholic beverages excess, among others, organic mental disorders. This will result in changes in behavior such as acting violently so that it has problems with the family, society and growth of that person alone. Physiological changes, such as crossed eyes, red face, walking staggers, then psychological changes, such as difficulty concentrating, talking rambling, irritable, then the dose taken will be even greater because of addiction. This condition creates a negative effect on the individual's life, on the family and the environment.

In this study using the theory from Spiegler and Guevremont (2003) which aims to carry out CBT techniques on alcoholic patients so that patients are able to carry out normal and happy activities without alcohol. In this study, the author also acts as a counselor.

The authors using the basic principle of CBT based on studies expressed by (Beck, 1964):

The first principle: Cognitive-Behavior Therapy is based on the ever-evolving formulation of the counselee's problems and the counselee's cognitive conceptualization. The counseling formulation continues to be improved along with the development of the evaluation of each counseling session. The second principle: Cognitive-Behavior Therapy is based on a common understanding between the counselor and the counselee on the problems faced by the counselee. Third principle: Cognitive-Behavior Therapy requires collaboration and active participation. Fourth principle: Cognitive-Behavior Therapy is goal-oriented and problem-focused. Fifth principle: Cognitive-Behavior Therapy focuses on current events. The sixth principle: Cognitive-Behavior Therapy is education, aims to teach the counselee to become a therapist for himself, and emphasizes prevention. Seventh principle: Cognitive-Behavior Therapy lasts for a limited time. Eighth principle: Structured Cognitive-Behavior Therapy sessions. The ninth principle: Cognitive-Behavior Therapy teaches clients to identify, evaluate and respond to their dysfunctional thoughts and beliefs. Tenth principle: Cognitive-Behavior Therapy uses a variety of techniques to change thoughts, feelings, and behavior. Socratic questions make it easier for counselors to conduct cognitive-behavior counseling.

To understand the problems experienced by clients more precisely based on a cognitive behavior approach, it is necessary to do a functional analysis or problem analysis based on the S-O-R-C principle (stimulus, organism, response, consequences) (Spiegler & Guevremont, 2003). To make it easier for readers to understand, the following is presented in the form of an S-O-R-C . analysis diagram:



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Note:

1. Stimulus (S) : Events that occur before the individual shows a certain behavior.
2. Organism (O) : Patient with cognitive and emotional aspects in it.
3. Response (R) : What is done by an individual or organism, often also called behavior, whether visible or not.
4. Consequences (C) : Events that occur after or as a result of behavior.

The clarifying the client's problem as functional analysis of SORC behavior on case XYZ and etiology is alcohol addiction.

S	O	R	C
1. When many1. <u>Thinking :</u> problems, anxiety, or stress the subject drinks alcoholic beverages. The subject thinks that byweek	<u>Thinking :</u>	Frequency: the subject drinks alcoholic beverages 2-5 times a week	Positive : 1. Complimented by friends who are drinking.
2. When hisdrinking alcohol, he can friends invite them tocontrol his anxiety or stress hang out, they must drink alcoholic beverages,2. <u>Feeling :</u> sometimes the drinks are mixed or mixed with other mixtures By drinking alcohol, heheavily.	<u>Feeling :</u>	Duration: until drunk, don't finish drinking if you haven't been drunk heavily.	2. Feeling in the same circle with friends who are drinking.
3. If there is nofeels calmer and is activity the subject doesappreciated by others.a) Latency (distance more drinking activities Subjects will feel satisfiedbetween stimulus and		b) Length of time: > 4-5 hours daily	3. Feel satisfied and proud when you get a relaxed and comfortable sensation after drinking.
4. If whilethat they can get pleasure orfirst response): 2 hours working as a beveragesensation in drinkingb) Length of time: > 4-5 hours daily seller during the event,alcoholic beverages. invited by his professional friends to drink alcoholic beverages.		c) Interval between response (distance between first and next drink, next to next): 2 hours	4. After drinking the subject felt himself useful and cared for by his family and others.
			1. Drunk
			2. Lost control
			3. Arrogant
			4. Easily angry
			5. Sensitive
			6. The talk is rude
			7. Tremor
			8. It's hard to think

S	O	R	C
			9. Doesn't care about his family
			10. Difficult to socialize with the surrounding community

Based on the explanation that has been stated above, researchers are interested in seeing how the results of applying cognitive behavior therapy in individuals who are addicted to alcoholic beverages are. The goal of treatment is to help individuals who are addicted to alcohol gain insight to reduce alcohol consumption by at least half the time they usually consume alcohol and the author show the experience of patients alcohol addiction using CBT (Cognitive Behavior Therapy).

2 MATERIALS AND METHODS

This study uses a qualitative approach. According to Bogdan and Tylor (Moleong, 2007: 4) define qualitative methodology as research procedures that produce descriptive data in the form of words written or spoken of people and observable behavior. According to them, this approach is directed at the setting and the individual holistic (whole). So, in this case, it is not permissible to isolate individuals or organization in variables or hypotheses, but it is necessary to view them as part of something whole (Ikhasanudini, shidiq, 2020).

In this study used case study research or field study (field study) is intended to study intensively about the background of the problem situation and the position of an event that is currently taking place, as well as environmental interactions certain social units that are given. Research subjects can be: individual, group, institution or society. Case study research is in-depth study of a particular social unit and the results of that research provide a broad and in-depth picture of a particular social unit. Subject researched is relatively limited, but the variables and the focus under study are very wide dimensions (Danim, 2002).

In this context alcoholics. As a sole informant who is addicted to alcohol, the subject is 36 years old, currently he works as a beverage seller during events. The subject consumed alcohol for the first time when he was in high school until now. His addiction to alcohol is shown by his attitude in consuming alcohol, which is at least 2-5 times a week. The method of data collection is done by triangulation method, namely in-depth interviews (depth interviews) face to face with observation and scale. This research procedure is grouped into three stages. The first is the research preparation stage, the second is the research implementation stage, and the third is the research result evaluation stage. Treatment will be carried out flexibly depending on the availability or readiness of the subject. The total number of meetings for the implementation of the intervention was 3 meetings with the time of each intervention being 60 minutes. The time and number of meetings will be adjusted based on the treatment needs in the counseling process. So, the amount of time needed for the implementation of therapy is 2 weeks.

In this research, XYZ is a man who already has a wife and has 3 children from his 2nd wife. Previously the subject had 2 children from his first wife but divorced, the divorce was triggered because the subject had an affair with his ex-girlfriend so that she became pregnant and had twins. The subject is a male alcoholic in the category of alcoholism based on the results of a questionnaire using the Michigan Alcohol Screening Test (MAST) measuring instrument. So that currently an intervention is carried out that aims to change the behavior of alcoholics to alcohol-free behavior.

DESIGNING A TREATMENT PLAN TO CHANGE THE MAINAINING BEHAVIOR

1. Form/Type of Intervention

The application of Cognitive Behavior Therapy (CBT) through cognitive restructuring techniques which emphasizes the subject's wrong way of thinking that self-esteem is only obtained from consuming alcoholic beverages which ultimately reduces addictive behavior. (Young, 2007) suggests cognitive restructuring to change these distorted thoughts into more rational thoughts. Therefore, one form of treatment applied is CBT which is

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intended to help individuals gain insight into their problems so that they can replace distorted thoughts into rational thoughts.

2. Intervention Stage Design

The intervention will be carried out in 2 weeks with a total of 3 meetings divided into broad activities, namely the introduction of the intervention, implementation of the intervention and follow-up activities related to the intervention process. Each meeting is 90 minutes long.

IDENTIFYING THE MAINTAINING CONDITIONS OF THE TARGET BEHAVIOR

1. Maintaining Antecedents

XYZ's daily activity is working as a drink seller at events, so XYZ has a lot of free time. In addition, XYZ also lives with his family, his wife works every day with a duration of 9 hours at the company so there is no activity to help his family while at home. Then, his wife also works as an employee in a private company which requires her to work every day to meet her daily needs. To be able to fill her spare time and to be happy because of the reflection of drinking alcoholic beverages and being triggered to drink with a duration of 4-5 hours a day for 5 days a week.

2. Maintaining Consequences

Positive :

- a. Complimented by his drinking friends.
- b. Feels in the same circle with his friends who are drinking.
- c. Feel satisfied and proud when you get a relaxed and comfortable sensation after drinking.
- d. After drinking the subject felt himself useful and cared for by his family and others.

Negative:

- a. Heavily drunk
- b. Lost control
- c. Arrogant
- d. Easy to get angry
- e. sensitive
- f. Rude talk
- g. Tremor
- h. It's hard to think
- i. Doesn't care about his family
- j. Difficult to socialize with the surrounding community

3 RESULTS

The results of this study indicate that the application of Cognitive Behavior Therapy (CBT) to individuals who are addicted to alcoholic beverages shows a distorted cognitive change to become more rational so that the behavior of drinking alcoholic beverages is reduced. In the implementation of CBT, patient experienced the same cognitive distortion as jumping to a conclusion, namely negative conclusions obtained from irrelevant evidence and magnification, namely seeing something further or more important than the truth. Subject considers that drinking alcoholic beverages can make him feel useful and cared for. After the treatment is given to the subject, there is a distorted cognitive change that becomes more rational through cognitive restructuring techniques combined with behavior modification to strengthen the desired behavior. (see below table 1).

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Table 1.

Meeting I: Thursday, July 16, 2022; 17:00-18:30 WIB					
Time	Step	Activity	Method	The Goals	Success Indicator
5 minutes	Opening	Greet the subject and his family, then ask for time to have a private chat with the subject and ask what activities have been done in the last 1 week	Casual chatting	Establish report cards with the subject.	The subject feels comfortable and open with the conditions that have occurred in the last 1 week.
15 minutes		<p>Explain the purpose and process of the intervention to be carried out, including it</p> <ul style="list-style-type: none"> - Number of encounters - Agenda/session -Activity -Goals and Goals 	Exposure	Subjects gain an understanding of the CBT interventions for alcoholics.	The subject understands the purpose and process of the intervention to be carried out.
40 minutes	Explanation of the Impact of Addiction Drinking liquor/alcohol	<p>Psychoeducation regarding the impact of alcoholism and Schedule activities</p> <ul style="list-style-type: none"> - Explaining the impact of alcohol addiction by watching the video https://www.youtube.com/watch?v=HhmXo_t47hI - Make a schedule of daily activities so far in tabular form. - Researchers share self-records. 	<p>Video Watch Demonstration</p> <ul style="list-style-type: none"> -Discussion Negotiating the expected behavior after therapy <p>Before intervention: 3-4 hours per day After therapy: 1.5 hours per day</p> <p>Negotiation result: 1 hour per day</p>	<ul style="list-style-type: none"> - The subject understands the concept of the impact of alcohol addiction - Subjects can reflect the daily activity on the lessons learned from the video. <p>Subjects can schedule to write a daily activities based on a priority scale.</p>	<ul style="list-style-type: none"> - Subjects can apply and determine the priority scale. - Subjects can apply the daily activity schedule - The subject begins to write a daily journal in the form of a self record.
30 minutes	Significant person provides encouragement, advice and input on	<p>Invite to chat with his wife and parents about other subjects such as prospects or opportunities that the subject can do at this time</p> <ul style="list-style-type: none"> - Begins to help realize that a lot of time is wasted when the subject is drinking. 	Two-way communication with casual chat	Communicating with the subject and directing and providing emphasis on words so that the subject can understand the impact	The subject is aware that drinking is not the only place to show his functioning, to his family and the impact

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the subject	<ul style="list-style-type: none"> - Asking if you are not tired of drinking continuously, ranging from tired of health to money to buy liquor. - Wife and Parents give advice to the subject to think about the future of the subject 	of drinking alcohol surrounding beverages so that the environment subject can think rationally that many things can be lived in this life without drinking alcohol. Provide information to the subject that the surrounding environment including parents, wife and children are very supportive in their healing so that they stop drinking.
Meeting II: Sunday, June 19, 2022; 10:00-11:30 WIB		
45 minutes <i>Monitoring</i>	<ul style="list-style-type: none"> - This session discusses the schedule of activities and commitment to their implementation. - Reviewing the procedures for implementing the daily schedule of activities that have been made (period of 3 days). - Checking the daily journal (self record) that was given at the initial meeting 	<ul style="list-style-type: none"> - Subjects can begin to understand distorted thinking - Make the subject understand the importance of making a priority scale in his life.
45 minutes <i>Follow up</i>	<ul style="list-style-type: none"> -Identify the obstacles experienced during 1 week. -Determine solutions to overcome these obstacles 	<p style="text-align: center;">Discussion</p> <p>Helping the subject to complete the task given for the intervention and process. resolve the obstacles experienced.</p>
Meeting III: Sunday, June 26, 2022; 10:00-11:30 WIB		

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45 minutes Evaluation	<ul style="list-style-type: none"> - Reflecting on the intervention process that has been carried out. - Evaluation of activities that have been carried out for 1 week. <p>Evaluate the intervention process and perceived changes in carrying out daily activities.</p>	Discussion	-	<ul style="list-style-type: none"> - Subjects can evaluate and tell the changes that are felt. - Subjects gain insight from a series of intervention processes
45 minutes Closing	<ul style="list-style-type: none"> - Closing (making a commitment to continue to stop drinking alcohol independently). - Expressing hope that by teaching this CBT technique, subjects can apply it in everyday life, so that it can help them to follow lessons more effectively. - Researchers provide motivation to the subject. - The researcher would like to thank the subject and significant person for their contribution to the intervention. 	Discuss and make deals	<p>Helping the subject- realize that consuming alcohol has a negative impact rather than positive impact.</p> <p>Helping the subject to realize that the subject needs to control himself by making a priority scale to implement quitting alcoholic beverages.</p>	<p>Subjects can commit and consistently continue this CBT independently.</p> <p>- Subjects can be consistent to do the activity schedule for 1 week.</p>

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Daily Journal Sheet (Self Record).

When you want to consume alcoholic beverages, write down the reasons you did before, during and after consuming alcoholic beverages in the column below, and write down the hours you start consuming alcoholic beverages until you finish consuming alcoholic beverages for 1 week.

Date	STIMULUS	THINKING / FEELINGS WHEN CONSUMING ALCOHOLIC DRINK	START HOUR	END HOUR	DURATION	THINKING / FEELINGS SHOULD
June 2022	16, Alcohol drinks	Feelings are normal and there are no feelings of anxiety or confusion	9 PM	12.30 AM	3,5 hours	I shouldn't drink alcohol anymore because I want to quit
June 2022	19, Alcohol drinks with friends	Confused and feel guilty about yourself	11 PM	12 AM	1 hours	I shouldn't go with my friend drinking but I don't feel good if I refuse his invitation
June 2022	20, Alcohol drinks	Confused and can't sleep	10.30 PM	11 PM	30 minutes	I should be able to control myself so I don't drink and I go straight to sleep and close my eyes
June 2022	23, Alcohol drinks	Confused and heart pounding	10.30 PM	10.55 PM	20 minutes	I have to destroy this drink but it's hard to destroy it
June 2022	26, Alcohol drinks	Confused	9 PM	9.15 PM	15 minutes	I will finish this drink soon but gradually.
June 2022	30, Alcohol drinks	Guilty	9 PM	9.15 PM	3 minutes	I finished the rest of the drink in the bottle, after that I threw it away and didn't buy any more drinks

Priority scale sheet

Write down your activities that you usually do for 1 week in the column below and put a check mark (v) in the column that you think is in accordance with the situation / condition of the activity. Then rank all your activities from very urgent and important (give #1) to non-urgent and unimportant give #7)

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Before Intervention

No	Activity	Category				Rating #
		<i>Urgent</i>	<i>Not Urgent</i>	<i>Important</i>	<i>Not Important</i>	
1	Drinking alcoholic beverages	✓				1
2	Business working				✓	5
3	Sport				✓	6
4	Pray				✓	7
5	Smoking	✓				2
6	Food and beverages		✓			3
7	Communication with wife and children			✓		4

After Intervention

No	Activity	Category				Rating #
		<i>Urgent</i>	<i>Not Urgent</i>	<i>Important</i>	<i>Not Important</i>	
1	Drinking alcoholic beverages		✓			6
2	Business working			✓		2
3	Sport		✓			7
4	Pray			✓		4
5	Smoking		✓			5
6	Food and beverages		✓			3
7	Communication with wife and children	✓				1

4 DISCUSSIONS

Aaron Beck & Ellis revealed that cognitive behavior therapy can be applied if it is caused by distorted cognition, with the goal of therapy being to challenge the distorted cognition so that it can be modified to become more rational so as to lead to adaptive behavior (Spiegler & Guevremont, 2003). The behavior of individuals who become alcoholics has a negative effect, not only on the individual himself but also on the surrounding community. Alcoholics tend to make people around them feel insecure and comfortable. The behavior of consuming alcohol is carried out as an effort to overcome emotional problems such as depression, anger, anxiety, boredom, frustration and marital problems. However, continuous alcohol consumption results in memory loss, hangovers and numbness.

The results of this study indicate that CBT can be applied to reduce the individual's duration of consuming alcoholic beverages. This is also in line with research conducted by Young (2007) which shows that CBT can be applied to overcome alcohol addiction. Beck and Ellis (in Spiegler & Guevremont, 2003) state that CBT can be applied if it is caused by distorted cognition, with the aim of therapy is to challenge the distorted cognition so that it can be modified to become more rational so that it leads to adaptive behavior.

Another form of cognitive distortion found in both patient was jumping to a conclusion, namely making negative conclusions without clear facts or evidence to support their conclusions (Burns in Woolfe & Dryden & Strawbridge, 2003). King & Delfabro (2010) stated that one of the factors that can support a person to stop the behavior of consuming alcoholic beverages is the existence of social support from parents or the environment.

Data Recapitulation of CBT Implementation on the subject;

Note		Subject	
CBT Technique		Cognitive Restructuring	
Response before and after Therapy	drinking alcoholic beverages can make him feel useful and cared for, can feel happy all the time, the burden of life becomes lighter	Trying to convince myself to eliminate automatic thoughts	Alcohol addiction makes me a useless human being and makes me arrogant and have bad behavior in my family and society.
Changes experienced		Progressive	
Follow Up	Able to manage a good lifestyle, able to respect family and surrounding community, consume alcohol and the negative impact it has on people health, more responsibility towards his wife and children, able to work and actively earn money for the family		

Success in the process of implementing CBT is influenced by factors of reward & punishment and support from the environment. In the process of implementing CBT, the reward and punishment method is quite successful in reducing the hours of drinking alcoholic beverages.

5 CONCLUSIONS

This CBT treatment has been carried out on XYZ patients showing changes in distorted cognitive becomes more rational, especially when the client deal with encouraging situations himself to drink alcohol. This can be seen in clients who state that alcohol cannot make themselves become calmer, healthier.

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