

TRAINING OF RATIONAL EMOTIVE BEHAVIOUR TO REDUCE LEVEL OF COMMUNICATION APPREHENSION

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ABSTRACT

This research aimed to understand the effect training of rational emotive behaviour to reduce the level of Communication Apprehension. The quasi experiment design used in this research is one group pretest-posttest design, with the subject were 4 students of Psychology Universitas Islam Indonesia experiencing communication apprehension.

Modules are used for training is based on components of REB according Ellis (2009) and Forggat (2005). Data were collected using scale of communication apprehension which referred aspects by Greenberg and Padesky (2004). The result of quantitative analysis using statistic descriptive with comparison mean-score are there was different level of communication apprehension between pretest and posttest, the mean score of posttest is lower than mean score of pretest ($M_{\text{pretest}}=76,25$; $M_{\text{posttest}}=64,00$; $M_{\text{pretest}} \neq M_{\text{posttest}}$)

The training of rational emotive behaviour was effective to reduce the level of communication apprehension. So, it was matched with the hypothesis of this research.

Key word : *Communication Apprehension, Rational Emotive Behaviour*

PELATIHAN *RATIONAL EMOTIVE BEHAVIOUR* UNTUK MENURUNKAN TINGKAT *COMMUNICATION APPREHENSION*

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INTISARI

Pelatihan ini bertujuan mengetahui efek pelatihan *rational emotive behaviour* untuk menurunkan tingkat *communication apprehension*. Desain Quasi Eksperimen yang digunakan dalam penelitian ini adalah *one group pretest-posttest desing*, dengan subjek 4 orang mahasiswa psikologi Universitas Islam Indonesia yang mengalami *communicatin apprehension*.

Modul yang digunakan dalam pelatihan berdasarkan komponen REB menurut Ellis (2009) dan Forggat (2005). Pengumpulan data menggunakan skala *communication apprehension* mengacu pada aspek-aspek dari Greenberg dan Padesky (2004). Hasil analisis kuantitatif menggunakan perbandingan skor mean antar pengukuran menunjukkan adanya perbedaan yang tingkat *communication apprehension* antara pretest dan posttest, skor rata-rata subjek pada pretest lebih besar dari skor rata-rata subjek saat posttest. ($M_{pretest}=76,25$; $M_{posttest}=64,00$; $M_{pretest} \neq M_{posttest}$)

Pelatihan *rational emotive behaviour* efektif menurunkan tingkat *communication apprehension*. Hal ini sesuai dengan hipotesis penelitian ini.

Kata kunci : *Communication Apprehension, Rational Emotive Behaviour.*

