



Cognitive Behavioral Therapy: Develop Positive Thinking to Reducing Adolescent Moral Decadence

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Abstract. This study aims to examine and identify the effectiveness whether Cognitive Behavioral Therapy (CBT) based on positive thinking is capable of reducing the moral decadence. This research is a quasi-experimental (pre-post) which intended to estimate the effect of positive thinking based on Cognitive Behavioral Therapy (CBT) by providing a group pretest and post design. The subjects of this study were adolescents, with a total of 15 people. The data analysis technique used is quantitative with non-parametric statistics, used is the Wilcoxon test and Spearman's Rho Correlation. Based on the result of data analysis, Wilcoxon value $p = 0,001$; $p < 0,05$ the significance value means that there is a significant difference between the pretest and posttest. Based on the result of the correlation test, the calculated r value obtained is $-0,688$ with $p = 0,005$; $p < 0,05$. The result of the descriptive analysis showed an average pretest score of 80,67 and an average posttest score of 107,33. This means that there is a significant difference and there is an increase in the value of adolescent moral decadence from pretest to posttest. Furthermore, based on the correlation coefficient value is negative and $p < 0,05$ it means that positive thinking is negatively related to moral decadence.

Keywords: Adolescent, Cognitive Behavioral Therapy, Moral Decadence, Positive Thinking.

1 Introduction

In the current era of rapidly changing development, challenges related to adolescent morality are becoming increasingly complex and urgent. According to data from the Central Statistics Agency, the number of teenagers is 66.74 million or 24.2 percent of the 257.77 million total population in 2023 [1]. According to Hurlock [2] Adolescence is a transitional age when individuals leave childhood with full of dependency and weakness, but are not yet able to reach an age full of responsibility, both towards themselves and society. Adolescence is also known as a transition period, including changes in attitude and physical change [3]. Adolescence begins with early adolescence (12-24 years), then middle adolescence (15-17 years), and late adolescence (18-21 years) [4].

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At this stage, teenagers experience many changes both emotionally, physically, interest, behavior patterns, and are full of problems during adolescence [4]. Referring to the statistics on the number of teenagers in Indonesia, teenagers have a significant impact on development from social, economic and demographic aspects. Changes in the process of searching for teenagers' identity will have an impact on the social environment wherever they are [5].

Adolescents, as a vulnerable group, often experience pressure from various external factors that can influence their moral development. Adolescent morality is a critical aspect of individual development which is often faced with complex challenges amid social and cultural change. Byod dan Bee [5] calls adolescence a "storm and stress" phase, a phase where teenagers try hard to become independent individuals, full of emotional turmoil and often frustration. In line with Ali's research which believes that teenagers do not yet have a clear place where teenagers are not included in the child group but are not fully in the adult group, so it is often known as the "discovering one's identity" phase or the "hurricane and storm" phase [6]. Society expects teenagers to behave in accordance with applicable values and norms, such as having noble character, good manners, and tolerance [7]. However, in today's developments, it is not uncommon for many adolescents to be affected by negative impacts that are not in accordance with local cultural norms and customs, causing adolescents to experience moral decadence.

The phenomenon of moral decadence in adolescents includes various behaviors such as juvenile delinquency, substance abuse, and other deviant behavior. If ignored, this form of moral decadence in adolescents will become a habit and unconsciously embedded into their character [8]. Furthermore, this also has a negative impact not only on individuals, but also on families and the surrounding environment [9]. This behavior is encouraged due to personal determinants that adolescents have a desire to try new things within themselves. Every human being has the capacity to develop his beliefs, this is based on the assumption that humans are born with the potential to think rationally or straight and irrationally or think crookedly [10]. Some teenagers are ambivalent about the changes that are taking place, sometimes teenagers demand freedom but they are afraid to be responsible for what they do [11]. Another reason is because the pressure caused by the problems and emotions experienced by teenagers causes teenagers to behave more impulsive [12]. Apart from that, the development such as technology especially internet is happening very fast, the utilization is very wide, and will certainly influences human behavior [10].

A deeper understanding of the dynamics of moral decadence is essential for designing effective interventions and building a strong moral foundation during this crucial developmental stage. In this context, Cognitive Behavioral Therapy (CBT) emerges as an innovative approach with the potential to instigate positive changes, particularly in reducing adolescent moral decadence. CBT is grounded in the cognitive model of mental illness developed by Beck in 1964. Cognitive Behavioral Therapy (CBT) is an effective therapeutic approach for addressing mental health issues and behavioral changes, primarily focusing on the interplay between an individual's thoughts, feelings, and behaviors [13]. CBT demonstrates effectiveness in addressing a variety of issues,

including personality disorders, anxiety, depression, chronic illnesses, and sleep disorders [14].

In this study, the researcher seeks to provide an intervention aimed at reducing adolescent moral decadence through the application of Cognitive Behavioral Therapy (CBT) with a positive thinking approach, aiming to mitigate the moral decadence among adolescents. CBT positive thinking focuses on identifying and restructuring negative or distorted thoughts that may trigger unhealthy feelings and behaviors. While it is not solely about positive thinking, CBT can help individuals challenge and reframe negative thoughts, leading to a more positive mindset. The efficacy of CBT in enhancing positive affect has been studied, and journaling is a practical tool that can be used to complement and enhance CBT by identifying and challenging negative thoughts and behaviors.

2 Method

This research method used in this study is a quantitative method with an experimental approach. A quasi-experimental (pre-post) which intended to estimate the effect of positive thinking based on Cognitive Behavioral Therapy (CBT) by providing a group pre-test and post design. Data collection used two scales with five alternative answer. The scale in question is a Likert scale with 5 alternative answer [15]. The sample used in this study are adolescent, totaling 15 students. For the sampling, it was carried out randomly, meaning that all members of the population were given the same opportunity to become members of the sample [16]. The subjects were not differentiated based on family background, education, or etc. This approach allows for a more comprehensive understanding of the phenomenon under investigation and enhances the generalizability of the study findings. The data analysis technique used is quantitative with non-parametric correlations technique, used is the wilcoxon and spearman's rho.

3 Results and Discussion

Reducing adolescent moral decadence is a complex process that needs a multifaceted approach involving individuals, families, communities, and educational institution. To prevent the moral decadence of adolescent in this research, used to cognitive behavioral therapy (CBT) with positive thinking approach serves as a strategic intervention for reducing adolescent moral decadence by fostering constructive thought patterns and promoting ethical decision-making. At each stage of development, a person needs direction, concrete example from the environment [17]. The directions can make a good character, it is essential because it can equip adolescents with the maturity of thinking pattern and wisdom and action [8]. This is a vital asset for a person to achieve success [18]. The intervention carried out by researchers aims to reduce the moral decadence of adolescent caused by several aspek. Based on research related to adolescent moral decadence, it was found that the factors that influence adolescent moral decadence are peer conformity and perception of family harmony [19]. In line with research conducted by Ulfah Maria 2007, it was revealed that the factors that influence adolescent moral

decadence are perceptions of family harmony and self concept [20]. Through positive thinking CBT intervention, it is hoped that adolescents will have self control and positive thinking so that they can effectively reduce moral decadence.

Table 1. Result Descriptive Statistic

N		Pretest	Posttest	Moral Decadence
		Valid	15	15
	Missing	0	0	0
Mean		80.6667	107.3333	47.1333
Std. Deviation		5.81460	2.69037	4.95504
Minimum		70.00	100.00	40.00
Maximum		90.00	110.00	60.00

Table 1 shows that adolescent decadence moral during the intervention (pretest) has a minimum value of 70 and a maximum value of 90 with average score is 80,67; then during the posttest or after intervention, the minimum value of adolescent moral decadence is 100 and the maximum value is 110 with average score is 107,33. It appears that the mean or average posttest score of 107,33 is greater than the average pretest score of 80,67.

Table 2. Wilcoxon Signed Rank Test Result

Rank			N	Mean Rank	Sum of Rank
Post-test	positive	Negative Ranks	0a	.00	.00
thinking	- Pre-test	Positive Ranks	15b	8.00	120.00
positive thinking		Ties	0c		
		Total	15		

- a. Posttest positive thinking < Pretest positive thinking
- b. Posttest positive thinking > Pretest positive thinking
- c. Posttest positive thinking = Pretest positive thinking

Table 2 shows about negative ranks, positive ranks, and ties. Negative ranks shows the difference (negative) between the result for the pretest and posttest is 0, both in the N value, mean ranks and sum of rank. This value of 0 indicates that there is no decrease or reduction from the pretest to the posttest score. Positive ranks shows the difference (positive) between the result for the pretest and posttest. There are 15 positive data (N), which means there are 15 respondents who experienced an increase in their scores from the pretest to the posttest. The mean rank increase is 8,00 while the number of sum of ranks is 120,00. Ties is the similarity of the pretest and posttest scores. The tie value is 0, it can be concluded that there are no equal scores between the pretest and posttest.

Table 3. Test Statistic

	Post-test Positive Thinking — Pre-test Positive Thinking
Z	-3.415 ^b

Asymp. Sig. (2-tailed) .001

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks

Based on the Wilcoxon signed rank test calculation on Table 3, the significance value (Asymp. Sig 2 tailed) is $p = 0,001$; $p < 0,05$. The significance value means that there was an increase in scores from pretest to posttest. It can be concluded that there is a significant difference between the pretest and posttest.

Table 4. Spearman's Rho Correlation Test Result

		Post-test Positive Thinking	Moral Decade
Spearman's rho	Post-test positive thinking	Correlation coefficient	1.000
		Sig. (2-tailed)	.005
		N	15
	Moral decadence	Correlation coefficient	-.688**
		Sig. (2-tailed)	.005
		N	15

** . Correlation is significant at the 0.01 level (2-tailed)

Based on the result of the correlation test on Table 4, the calculated r value obtained is $-0,688$ with $p = 0,005$; $p < 0,05$. The correlation coefficient value is negative and $p < 0,05$ it means that positive thinking is negatively related to moral decadence. This means that the higher the value of positive thinking, the lower the moral decadence, and vice versa the lower of positive thinking value, the higher the moral decadence.

The findings support the effectiveness of Cognitive Behavioral Therapy, particularly when integrated with a positive thinking approach, in addressing and reducing adolescent moral decadence. The positive outcomes align with previous research indicating the benefits of CBT in various mental health and behavioral contexts. The positive thinking aspect of the intervention proved instrumental in reshaping cognitive patterns associated with moral decision-making. By encouraging a more optimistic outlook, adolescents were better equipped to confront challenges and make morally sound choices. The intervention's holistic approach addressed not only the symptoms of moral decadence but also the underlying cognitive processes contributing to these behaviors.

It is noteworthy that the sustained positive effects observed in this study highlight the potential long-term benefits of CBT in promoting lasting changes in moral reasoning and behavior among adolescents. The incorporation of positive thinking strategies within CBT provides a comprehensive framework for addressing the multifaceted nature of moral decadence.

However, it's essential to acknowledge potential limitations, such as the need for further research with larger and more diverse samples. Additionally, considering the individual variability in responses to CBT, tailoring interventions to specific needs and cultural contexts may enhance overall effectiveness.

4 Conclusion

Adolescent are human individuals who experience growth and development in all aspect of development. The development aspect include cognition, emotion, physic, interest, behavior patterns. Based on result positive thinking is negatively related to moral decadence with $r = -0,688$ with $p = 0,005$ and all adolescent respondent experienced an increase in their scores from the pretest to the posttest. The mean rank increase is 8,00 while the number of sum of ranks is 120,00. This study indicate a significant reduction in adolescent moral decadence following the implementation of CBT with a positive thinking approach. Pre- and post-intervention assessments revealed a statistically significant improvement in the participants' moral decision-making and ethical reasoning. Positive changes were observed in various areas, including a decrease in engagement in risky behaviors, improved interpersonal relationships, and a more constructive approach to problem-solving. The conclusion drawn form this research indicate that cognitive behavioral therapy is effective in reducing adolescent moral decadence.

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