

## ABSTRACT

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<b>THE APPLICATION OF GROUP ACTIVITY THERAPY AND COGNITIVE THERAPY TO REDUCE DEPRESSION TOWARDS ELDERLY WITH LOW SELF-ESTEEM</b>	
<b>ABSTRACT</b>	
<p><b>Background:</b> Depression is one of natural feeling disorder or emotion that followed with psychology's component like inconvenient, miserable, hopeless and unhappy feeling. The group activity therapy is therapy that aim to change patient's behavior with utilize of group dynamics. in the other hands, cognitive therapy is short-term therapy and conducted regularly to giving basic thinking towards patient to express their negative feeling, understanding their problem, capable to handle their negative feeling, and then capable to solve their problem. The goal of this therapy is to change the mind from irrational and negative become objective, rational, and positive. <b>The Purpose:</b> To know of group activity therapy and cognitive therapy to reduce depression toward elderly with low self-esteem. <b>Method:</b> This research designed with descriptive study. The data intake with preliminary study, interview, and observation. <b>Result:</b> from this research obtained data that after conducted group activity therapy and cognitive therapy to reduce depression towards the first patient i.e. depression scale in 12 become 10 and for the second patient i.e. Depression scale from 10 becomes 7. <b>Conclusion:</b> there is a decrease in depression scale after conducted group activity therapy and cognitive therapy against depression towards Mrs. J and Mrs. K in Wredha Dharma Bakti Institution, Surakarta.</p>	
<b>Key words:</b> <i>Group Activity Therapy, Cognitive Therapy, Depression.</i>	

