Cognitive Behavioral Therapy to Reducing Anxiety in Middle Adult Women Patients with Type II Diabetes

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Abstract

This research aims to examine the effectiveness of cognitive behavioral therapy (CBT) in reducing anxiety in middle adult women patients with type II diabetes. Anxiety is a state of discomfort or tension. Anxiety is an indication of unconformity to the experience that makes a person is in an unpleasant feeling. This study uses participants as much as one person using a sampling technique that is purposive sampling. The level of anxiety was tested by using the Beck Anxiety Inventory. This study also uses intelligence tests and personality tests SPM graphics as supporting data. From the research, it can be concluded that cognitive behavior therapy was effective for reducing anxiety in middle adult women patients with type II diabetes. This was reflected by the decline of anxiety levels of participants based on the BAI that was post-test after the intervention.

Key words: anxiety, middle adult women, type II diabetes, cognitive behavior therapy