

**APPLICATION OF REALITY THERAPY TO COPE WITH ACADEMIC ANXIETY
AMONG YOUNG ADULTS**

DINAH

**Ibu Henny E. Wirawan, M.Hum., Psi., QIA, Psikoterapis
Bp. Sandi Kartasasmita, M. Psi.**

Tarumanagara University

The aim of this research is to know the good of using Reality Therapy to reduce academic anxiety among college students. Academic anxiety is one of the predictor to evaluate performance when the students completing education. Students with academic anxiety have poor performance when they have to deal with evaluation. Their ability hampered by continuous attention to failures and consequences of these failures. One form of anxiety experienced by college students, the Faculty of Psychology, Tarumanagara University is academic anxiety towards subjects X. This research consists of two participants (I and L) and both of them followed the intervention process. I managed to overcome anxiety by evaluating behavior, arrange schedule to learn, and review the schedule. Whereas, L did not manage to overcome anxiety because she was not willing to continue the intervention sessions.

Keywords: academic anxiety, Reality Therapy, young adulthood