

ABSTRACT

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The anxieties of women with Systemic Lupus Erythematosus (Henny E Wirawan, M. Hum., Psi., QIA). Undergraduate Program In Psychology, University of Tarumanagara (62 pages; R1-R2; Appdx.1-14).

This study aims to investigate an illustration of initial anxiety with *Systemic Lupus Erythematosus (SLE)*. *Systemic Lupus Erythematosus* is a kind of diseases that attacks the immune system and quite lethal. Unlike women in general who are actively engaged doing activities at their productive age, women who suffer from lupus disease have limitations. They cannot do daily activities as energetic as most people do. Consequently, this can create anxiety. Anxiety is insecure or worried feeling; the individual feels unable to control the situation around. There are three dimensions of anxiety; a psychological dimension, cognition dimension, and psychological dimension. There are three different subjects in this study whose age 20, 27 and 28 year old. Based on the data analysis, it shows different and various anxiety that experienced by three subjects. The anxiety emerges when the subject feels inferior because of her changed physical condition to a striking daily changes. The common reduction of anxiety which used by the subjects is *accept responsibility*. It is applied in subjects' daily life to reduce the anxiety.

Keywords: anxiety, systemic lupus erythematosus, and young adult woman.