

ABSTRACT

Nathasa, S.Psi. "Brief Cognitive Therapy in Handling Anxiety of A Mother Who Has A Mild Mentally Retarded Child"
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Mentor: Henny E. Wirawan, M.Hum., Psi., QIA
Widya Risnawaty, M.Psi.

Mild mental retardation is a condition which is indicated by significantly subnormal intellectual functioning (IQ level 50-55 to approximately 70 Wechsler scale). A person who has mild mental retardation experiences decreased or impairment in at least two areas of adaptive functioning. Such condition normally appears before the age of 18. A mother who has a mild mentally retarded kid will generally feel anxious with the child's life. Anxiety that occurs intensively will cause many problems in daily life. *Brief cognitive therapy* is one of the therapeutic methods that could change someone's way of thinking to be positive so that the anxiety symptoms can be reduced or even erased entirely. The subjects of this research were two persons, but only one followed the intervention until the process was completed. The result concludes that *brief cognitive therapy* decreases anxiety of a mother who has a mild mentally retarded child.

Keywords: mild mental retardation, anxiety, brief cognitive therapy.

References: 34 (1981-2008)