

**Cognitive Behavioral Therapy to Alleviate Symptoms of Panic Disorder
Without Agoraphobia in Young Adult Women**

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Abstract

This study aims to examine the effectiveness of cognitive behavioral therapy in helping young adult women whom are suffering from panic disorder without agoraphobia. Panic disorder is one of several anxiety disorders that is characterized by unforeseen recurrence of panic attacks. Panic attack is a sudden attack of intense worry, feeling of impending doom that is accompanied by physical symptoms such as: shortness of breath, palpitation, nausea, chest pain or discomfort, feeling of choking, dizziness, sweating, and trembling or shaking. This research was conducted in Jakarta by interviewing and administering therapy to participants since September to October 2011 and the sampling technique that was used in this research was purposive sampling involving three participants. The severity of panic disorder was tested using Panic Disorder Severity Scale-Self Report Form. As supporting evidence, projection test and Weschler Adult Intelligence Scale were employed for personality and intelligence test respectively. The result of this research concluded that CBT was effective to alleviate symptoms of panic disorder without agoraphobia in young adult women and this was reflected by the decline of severity scale on each participant based on PDSS-SR that was tested again after the intervention.

Key words: panic disorder, panic attack, young adult women, cognitive behavioral therapy