

***Cognitive Behavior Therapy* untuk Menurunkan Kecemasan Anak kelas 6
SD terhadap Ulangan Matematika**

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Abstract

Mathematic test anxiety is unpleasant emotional condition and create a strong somatic, cognitive and behavior experience when Mathematic test. Unsolved Mathematic test anxiety can increase the anxiety and affect child academic performance. This research was conducted to decreasing the Mathematic test anxiety in 6th grade children using the Cognitive Behavior Therapy. Research carried out on two 6th grade children, 11 years old from an A accreditation private school in Jakarta. Interview and therapy conducted by researcher from August to November 2011. Researcher using Mathematic Test Anxiety Measurement before and after therapy to measure participant's level of Mathematic test anxiety. 6th Grade children should be able to realize the emergence and to overcome the Mathematic test anxiety. After Cognitive Behavior Therapy is given, participant could realize the emergence process of Mathematic test anxiety, and could use the techniques given to decreasing Mathematic test anxiety. Cognitive behavior therapy looks effective to decrease participant's Mathematic test anxiety with decreased scores on participant's Mathematic test anxiety using Mathematic Test Anxiety Measurement that given after therapy than before therapy, and the increasing Mathematic test scores.

Keywords: Cognitive Behavior Therapy, Mathematic test anxiety, 6th grade children.