

**Application of Cognitive Behavior Therapy  
to Reduce Mathematics Anxiety in Young Adult Women**

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**Abstract**

The present study investigated the application of Cognitive Behavior Therapy (CBT) to reduce mathematics anxiety in young adult women. Mathematics anxiety is a feeling of tension and anxiety interfere with manipulation and solving of mathematical problems in a wide variety of ordinary life and academic situations. CBT is one of the psychological interventions which can be used to overcome or reduce anxiety. CBT combines the cognitive and learning paradigms. Participants included two young adult women who have mathematics anxiety problems. The data analysis were using qualitative method and pre-test post-test Mathematics Anxiety Rating Scale-Revised (MARS-R). The two participants followed the intervention process. One of the participant were successfully reduce math anxiety. Meanwhile, another participant were failed because she is not willing to continue the last intervention session. The conclusion of this study is CBT can be applicated to reduce math anxiety in young adult women, while the participants are willing to cooperate and commit in achieving the therapy goal.

Keywords: cognitive behavior therapy, mathematics anxiety, young adult women