

## ABSTRACT

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**Cognitive Therapy to Decrease Anxiety in Woman with Lupus. (Henny E. Wirawan, M.Hum., Psi., QIA, Psikoterapis); Magistre Degree , in Psychology, Tarumanagara University (69 pages).**

Lupus is an autoimmune disease that is harmful to humans. In lupus, the body overreact to foreign stimuli and produce more antibodies which then turned against its own cells and tissues. Currently, there are more than 5 millions peoples who suffer from lupus disease each year and an increase of more than 100,000 peoples, both on the age of the child and the adult, or the men and women. In 2010 recorded 10,100 peoples diagnostic with lupus in Indonesia. Lupus tends to be suffered by many women. More than 90% of patients with lupus are women of reproductive age. Lupus disease that strikes women in young adulthood can bring a big change in her life. These changes can cause anxiety. Anxiety can activate symptoms of lupus and make it worse. Cognitive therapy aims to help individuals reduce the anxiety. Cognitive therapy focused on negative automatic thoughts that experienced by the individual. This research aims to help patients with lupus to reduce anxiety experienced. The type of sampling used in this research was purposive sampling. There is 1 (one) of participant who participated in this research. The results of this research indicate that cognitive therapy can decrease the anxiety experienced by patients with lupus when followed by a good commitment between client and therapist.

Key Words: Lupus, Anxiety, Young Adulthood, Cognitive Therapy