

**Cognitive Behavior Therapy (CBT) Intervention Design to Reduce Anxiety
on Woman in Pre-divorce Process**

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Abstract

The objective of this research is to design a psychological intervention with cognitive behavior therapy (CBT) to reduce anxiety on woman upon pre-divorce process. Anxiety upon pre-divorce process is an unpleasant feeling and apprehension as anticipation reaction over something unlikely to happen during the process and the impact after the divorce. CBT combines cognitive and behavior therapy. CBT is one of the method of psychological intervention which can be utilized to reduce anxiety effectively. Participant of this research is a young adult woman who is in pre-divorce process. Data analysis is using a qualitative method with phenomenology approach and pre-test instrument of Beck Anxiety Inventory (BAI). Anxiety upon pre-divorce process of the participant is described in her fear, such as: (a) fear of losing child custody, (b) fear of fall in love to the wrong person all over again, (c) fear of starting a new family, (d) fear of inability to support the child's need in the future, (e) fear of losing family, and (f) fear of losing friends. The anxiety also described in postponing to file the divorce to the court.

Keywords: cognitive behavior therapy, anxiety, anxiety of woman upon pre-divorce process