

**The Application of Reality Therapy to Reduce Anxiety in Women Young
Adult with HIV Infection.**

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Abstract

HIV is a virus that attack the human immune system, depleting the body's ability to fight infection, so that the infection causes chronic illness. Today, HIV has been spreaded to whole world without regard to sex. However, research shows that women have a higher chance to get HIV. HIV infection does not only have an impacted on physical impact but also psychological. One of the psychological factors that often arises is anxiety. Uncured of anxiety feelings can impact the other area of psychological problems and also psysical of the person who are infected. The aim of this study is to detemine the effect of reality therapy to reduce anxiety in women young adult with HIV infection. This study involved two partisipants. The reality therapy was applied within 60-90 minutes per session. The results shows that the reality therapy be able to reduce anxiety. This study also involving relaxation technique and counseling process as a media to relief the anxiety immediatly.

Key Words: HIV, Reality Therapy, Anxiety