

ABSTRAK

Riblita Damayanti (7071111012)

(Henny E. Wirawan, M. Hum, Psi, Psikoterapis, CGI, QIA, CRMP., Denrich Suryadi, M. Psi); Program Studi Magister Psikologi, Tarumanagara University (54 pages; R1-R2; L1-L32)

This research is done to know the CBT application in reducing the *physical symptoms* in middle aged adult woman who experienced *hypochondriasis*. *Hypochondriasis* is *somatoform* disorder in which an individual being overwhelmed by the fear of having a serious illness. This happened repeatedly despite the medical term stated that the patient not have any physical problem. This disorder usually begins in early adolescence and likely to continue. *Hypochondriasis* often emerge together with anxiety and mood disorder. Especially in middle aged adult women, in that age generally they needs more attention. In middle aged woman often cause changes in social roles. This research uses one female participant who suffer from *hypochondriasis*. The research was conducted by interview psychological intervention since the beginning of April 2014 until June 2014. The result showed that CBT can reduce the intensity of the emerge of *physical symtomps* in patient with *hypochondriasis*.

Kata kunci: *Hypochondriasis, physical symptoms, Cognitive Behavior Therapy, Wanita Dewasa Madya*