

ABSTRACT

Carissa Liviany (705070038)

Overview of Stress Management in Middle Adulthood Women Patient of Diabetes Melitus Type II (Henny E. Wirawan, M. Hum., Psi., QIA). Undergraduate Program in Psychology, Tarumanagara University, (79 pages; R1-R4; Appdx 1-19).

This research is concerned with the stress management of middle adulthood women that have diabetes melitus type II. Stress management is an effort to reduce the effect of stress. The overview of stress management related to intrapersonal, interpersonal, perception, and spiritual areas. The research used a qualitative method and in-depth interview, over a period from February 11th 2011 until April 21th 2011 with four persons who were diagnosed with diabetes melitus type II. The subjects in this research were middle adulthood women between 51-59 years of age. Middle adulthood women in this research who have diabetes melitus type II did stress management better in intrapersonal aspect than the other aspects.

Keywords: *stress management, diabetes melitus type II, and middle adulthood women.*