

DAFTAR SINGKATAN

SMA: Sekolah Menengah Atas
HARS: *Hamilton Anxiety Rating Scale*
WHO: *World Health Organization*
SOP: *Standard Operating Procedure*
ACTH: *Adrenocorticotrophic Hormone*
CRH: *Corticotropin Releasing Hormone*
TRH: *Thyrotropic Releasing Hormone*
TTH: *Thyrotropic Hormone*
LDR: *Long Distance Relationship*
EMDR: *Eye Movement Desensitization and Reprocessing*
GAI: *Geriatric Anxiety Inventory*
GAD: *Generalized Anxiety Disorder*