

DAFTAR SINGKATAN DAN SIMBOL

WHO	: <i>World Health Organization</i>
DAS-42	: <i>Despression Anxiety And Stres Scale</i>
PMR	: <i>Progressive Muscle Relaxation</i>
FGD	: <i>Focussed Group Discussion</i>
BK	: Bimbingan dan Konseling
DHEA	: <i>Dehidroepiandrosteron</i>
SOP	: Standart Operasional Prosedur
SPSS	: <i>Statistical Program For Social Sciences</i>

DAFTAR SIMBOL

n	: Sampel minimum
N	: Ukuran populasi
e	: Presentase batas toleransi
%	: Persen