

Application of Cognitive Restructuring Techniques for Career Women with Anxiety

NORSURAYA HASSAN ^{1,*}, SYED MOHAMAD SYED ABDULLAH ², NIZUWAN AZMAN ³

¹Centre of Nursing Studies, Faculty of Health Sciences, Universiti Teknologi MARA, Bertam, Pulau Pinang, Malaysia

²School of Education Studies, Universiti Sains Malaysia, Pulau Pinang, Malaysia

³Division of Research and Networking, Advanced Medical and Dental Institute, Universiti Sains Malaysia, Bertam, Pulau Pinang, Malaysia

* Correspondence: norsurayahassan@uitm.edu.my

ABSTRACT

Background:

Anxiety is a common mental health disorder that significantly affects individuals and imposes a strain on society. This study aims to identify the level and symptoms of anxiety experienced by the subject and to determine the impact of cognitive restructuring approaches on reducing anxiety levels.

Method:

The study uses a mixed-methods approach, integrating qualitative and quantitative methodologies, focusing on a single case study. The sample was obtained using purposive sampling, where the subject was chosen based on specific qualities for the investigation. The Beck Anxiety Inventory-Malay (BAI-Malay) was used to assess the subject's anxiety levels during the pre-test, post-test I, post-test II, and post-test III. Qualitative data analysis included observation, transcription, and document analysis, while quantitative data was analyzed using descriptive analysis (percentage).

Results:

The findings showed a 30.16% change in the BAI-Malay score (the difference between Pre-test and Post-Test III), and after the counselling session, the subject's anxiety was at a minimal level. Analysis of observations and transcripts revealed a positive reduction in anxiety symptoms by the end of the session.

Conclusion:

This suggests that cognitive restructuring approaches are effective in alleviating the subject's anxiety and promoting positivity in daily life.

Keywords: Cognitive Restructuring Techniques; Career Woman; Anxiety



3RD-4TH NOVEMBER 2024, IDCC IDEAL CONVENTION CENTRE, SHAH ALAM, SELANGOR, MALAYSIA

Biodata:

Mrs. Norsuraya Hassan is presently a nursing lecturer and a certified counselor. She has vast competence in nursing, particularly in mental health and counseling. She has practiced nursing for 15 years and is involved in the treatment of cancer patients, as well as conducting counseling sessions for persons in need of support.