ABSTRACT

FATMA YUSUF. *The Effect of Assertive Training Therapy on Reducing Anxiety in Elderly with Chronic Diseases in the Limboto Health Center, Gorontalo Regency, Gorontalo Province. Supervised by* ***ROSMIN ILHAM*** *as chair and* ***HAMNA VONNY LASANUDDIN*** *as member.*

The older a person is, the more susceptible they are to chronic diseases, which affects the limitations that can cause anxiety. This study aims to determine the Effect of Assertive Training Therapy on Reducing Anxiety in Elderly with Chronic Diseases in the Limboto Health Center, Gorontalo Regency, Gorontalo Province. The design of this study used a pre-experiment with a pre-post test design. The sample was selected through a purposive sampling method and 30 elderly samples were obtained. Data analysis used a paired t-test. The results of the study showed that the average level of anxiety in elderly people with chronic diseases before assertive training was given was severe anxiety of 29 people (96.7%) and the level of anxiety in elderly people with chronic diseases after assertive training was given was moderate anxiety of 22 people (73.3%). Conclusion: There is an Effect of Assertive Training Therapy on Reducing Anxiety in Elderly People with Chronic Diseases in the Limboto Health Center Area, Gorontalo Regency. Suggestion: Assertive training can be done routinely to prevent anxiety in the elderly.

Keywords: *Assertive Training, Elderly, Chronic Disease.*