

# **THE IMPACTS OF ANXIETY ON SOCIAL LIFE**

FINAL REPORT

BY

SARAH ELZATIANA

NIM 1806300029



UNIVERSITY OF MERDEKA MALANG

D3 ENGLISH PROGRAM

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This is to certify that the Final Report of SARAH ELZATIANA has been approved by the advisor for further approval by the Examining Committee.

Malang, July 16 , 2021

Advisor,

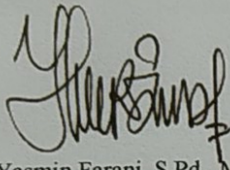
A handwritten signature in black ink, consisting of stylized, cursive letters that appear to read 'Prilla' followed by a surname.

Prilla Lukis Wediyantoro, S.Pd., M.Pd.

This is to certify that the Final Report presented by SARAH ELZATIANA on July 28, 2021 has been approved.

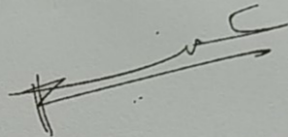
Malang, August 1, 2021

Examiner 1,



Yasmin Farani, S.Pd., M.Pd

Examiner 2,



Uning Musthofiyah, S.S., M.Pd

Acknowledge by  
Head of the Program



Drs. ~~Suaino Pantja Putra~~, M.Pd

## DECLARATION OF AUTHORSHIP

Herewith I,

Name : Sarah Elzatiana  
NIM : 18063000029  
Address : Sawahan Bawah St. Kav.B-1, Beji, Batu

declare that:

1. this final report is the sole work of mine and has not been written in collaboration with any other person, nor does it include, without due acknowledgement, the work of any other person.
2. if at later it is found that this Final Report is a product of plagiarism, I am willing to accept any legal consequences that may be imposed upon me.

Melana, August 1, 2021



Sarah Elzatiana  
NIM 18063000029

### **MOTTO AND DEDICATION**

“You may not end up where you thought you were going, but you will always end up where you were meant to be.”

(Time and the New Year – Kyla Richey)

This Final Report is dedicated to myself, who has worked really hard to finish this final report while pursuing my other dream as a makeup artist. I hope this small step will become a giant leap of progress in the future to make myself, my family, and everyone I love happy.

## **ABSTRACT**

Elzatiana, S. 2021. *The Impact of Anxiety on Social Life*. Final Report. D3 English Program, University of Merdeka Malang. Advisor: Prilla Lukis Wediyantoro, S.Pd., M.Pd.

**Key Words:** Final Report, Anxiety, Social Life.

As social beings, humans have a need to interact with other people. However, in social life, anxiety often appears. Anxiety is a natural response of the body when facing situations and conditions that are considered dangerous or threatening. It can also be defined as a feeling of fear that is unpredictable, difficult to explain, and usually accompanied by excessive feelings of fear. In fact, anxiety is a normal and natural thing. It is considered normal when anxiety can motivate individuals to pursue desired goals and to work harder. However, when the anxiety occurs at its highest stage, it can have a negative impacts on the individual. The negative impacts of anxiety are less confident, difficulty in concentrating, insomnia, nightmare, and any physical conditions such as sweating, dizziness, nausea, headaches, and other conditions. Several factors that can cause anxiety are environment, physical condition, genetic, and psychological condition.

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