

# CHAPTER I

## INTRODUCTION

### **1.1 Background of Final Report**

As social beings, humans have a need to interact with others, whether it is making friends, working together, or having a family. If these needs are fulfilled properly, it will make humans function optimally. However, in social interactions anxiety such as nervousness when making presentations, stage fright, anxiety during exams, or fear when meeting new people, often appears in everyday life. According to Nevid et. al. (2014), anxiety is a common response of fear or certain uncomfortable situations (p. 183). While according to Diferiansyah et. al. (2016), anxiety is a feeling of fear that is difficult to explain, unpredictable, accompanied by the appearance of certain behaviors and excessive fear, or repeated action (p. 63).

In 2017, World Health Organization (WHO) explained that depression and anxiety are the most common mental disorders with high prevalence. More than 200 million people in the world, or about 3.6% of the world's population, experience anxiety (WHO, 2017). The Indonesian Ministry of Health recorded that until June 2020 there were 277 thousand cases of mental health problems in Indonesia. Siti Khalimah, as Director of Prevention and Control of Mental Health Problems and Drugs, Directorate General of P2PL of the Ministry of Health, explained that the increasing number of mental health disorders is largely influenced by depression and anxiety (Susanto, 2020).

Adwas, Jbireal, and Azab (2019) said that environment, physical condition, genetic, and psychological problems are the factors that can contribute to anxiety. At a certain stage, anxiety has a good impact because it can encourage individuals to increase productivity and performance. However, if anxiety is too high it will cause negative impacts, such as difficulty in concentrating, hindered productivity, less confident, and physical conditions such as headache, excessive sweating, rapid heart rate, and nausea.

Based on the reason above and the data obtained from WHO and The Indonesian Ministry of Health, as well as other supporting literature sources, the writer is interested in writing the final report entitled “The Impacts of Anxiety on Social Life”.

## **1.2 Objective of Final Report**

This final report is intended to provide information to readers about the impacts of anxiety, especially on social life. By knowing information about the impacts of anxiety on social life, hopefully readers will become more aware of mental health. Because mental health is as important as physical health.

## **1.3 Significances of Final Report**

This final report has two significances. First, it is expected that this final report can be a source of information to readers about the impacts of anxiety on social

life. Second, it is expected that this final report can make readers more aware about mental health especially anxiety.