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RD Boyd



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web menurut sudut pandang evolusioner kecemasan merupakan efek dari proses berpikir dan merupakan efek yang muncul dari mekanisme tubuh untuk menanggulangi dari suatu bahaya yang akan muncul 8 dalam sudut pandang ini kecemasan muncul sebagai pertahanan pada suatu peristiwa yang dirasa akan membahayakan

bab ii 1 menghambat kesuksesan cemas berasal dari bahasa - Nov 25 2022

web menurut chaplin kecemasan adalah perasaan campuran berisikan ketakutan dan keprihatinan mengenai masa masa mendatang tanpa sebab khusus untuk ketakutan tersebut chaplin 2000 33 asosiasi psikiatri amerika american psychiatric association mendefinisikan kecemasan sebagai berikut anxiety is apprehension tension or