

# GIVING A MUSIC THERAPY AS AN EFFORT TO DECREASE ANXIETY BY BOOKLET MEDIA

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## *ABSTRACT*

**Background :** Anxiety is respond of an individual for an unpleasantness which used to be experienced by the whole creatures within their daily life. An examination frequently triggers mostly student's anxiety who are going to confront the examination. The upcoming situation of examination put the students usually be faced by some kind of pressure and heavily thoughts. This kinda distortion could interrupts the process of learning by loosing student's concentrate, less memories and distract their abilities to connect thing to each other. **Method :** Giving education about how to decrease level of anxiety before examination by classical music therapy by means of booklet media. **Results :** The media which is used for giving information is by booklet media. By using booklet media, the reader could observe the following pictures on the booklet which is corresponding to the material content with the result that the reader could be more clearly and understanding as well about the given information. **Conclusion:** Booklet is a media that can be used to provide knowledges among public that giving classical music therapy quitely helping within decrease the level of anxiety.

**Keywords :** *Anxiety, Music Therapy, Booklet*