

TABLE OF CONTENTS

TITLE PAGE	i
AUTHENTICITY STATEMENT	iii
ACKNOWLEDGEMENT	iv
TABLE OF CONTENTS	v
LIST OF ABBREVIATIONS	viii
LIST OF FIGURES	ix
LIST OF TABLES	ix
ABSTRACT	x
ABSTRAK	xi
CHAPTER 1	1
A. Background	1
B. Problem Formulation	5
C. Study Objective	5
D. Study Originality	7
E. Study Benefits	8
CHAPTER 2	9
A. Literature Review	9
1. Anxiety	9
2. Help seeking behavior	20
3. Medical students	25
4. Correlation between anxiety, help seeking behavior and medical students	30
B. Basis of Theory	31
C. Theoretical Framework	32
D. Conceptual Framework	32
E. Hypothesis	33
CHAPTER 3	34

A. Study Type and Design	34
B. Study Time and Setting	34
C. Population and Study Sample	34
D. Study Variable	36
E. Operational Definition	36
F. Study Instruments	37
1. Generalized Anxiety Disorder Scale-7 (GAD-7)	37
2. Help Seeking Behavior scale	38
G. Data Collection Technique	39
H. Study Plan	40
I. Data Analysis	41
J. Study Ethics	41
CHAPTER 4	43
A. Result	43
1. Data normality test	44
2. Sociodemographic characteristics of the subjects	45
3. Distribution of anxiety	46
4. Distribution of help seeking behavior	47
5. Relationship between students' demographic characteristics and anxiety level	48
6. Relationship between students' demographic characteristics and help seeking behavior	49
7. Correlation between anxiety and help seeking behavior	49
B. Discussion	50
1. Distribution of anxiety	50
2. Relationship between students' demographic characteristics and anxiety level	52
3. Distribution of help seeking behavior	62

4. Relationship between students' demographic characteristics and help seeking behavior	64
5. Correlation between anxiety and help seeking behavior	70
C. Limitation of the Study	73
CHAPTER 5	74
A. Conclusion	74
B. Recommendation	74
REFERENCES	75
ATTACHMENTS	97