

**PENERIMAAN DIRI PADA PRIA DEWASA AWAL YANG MEMILIKI  
GANGGUAN KECEMASAN-DEPRESI CAMPURAN (MADD)**

**Anisa Fitri**

**10520134**

***ABSTRACT***

*Nowadays, mental health problems such as anxiety disorders and depression are increasingly common. Usually, individuals only have one of the two disorders, with the dominant symptoms being anxiety or depression. However, there are clinical conditions characterized by a combination of anxiety and depression symptoms that are severe enough to justify a psychiatric diagnosis, with neither being dominant and when considered separately, do not meet the full diagnostic criteria for an anxiety syndrome. These clinical conditions can be diagnosed as mixed anxiety and depression disorders. This study aims to determine the description and factors that influence self-acceptance in early adult men with mixed anxiety-depression disorders. The research subjects were 30 years old. The research method used was qualitative, because the problem in this study requires clearer information regarding self-acceptance in early adult men with mixed anxiety-depression disorders, by collecting detailed and complete data using observation and interviews.*

*Keywords: Self Acceptance, Mixed Anxiety-Depressive Disorder, Early Adult*

(xi + 81 + Lampiran)

Daftar Pustaka (1949 – 2024)