

Abstract

Social anxiety is a mental health disorder that makes sufferers feel threatened by their social environment or worry that something bad will happen when it is not certain. According to psychologists this causes a person to become stressed and depressed when the disease is acute. Social anxiety disorder itself can begin in adolescence between 12-18 years of age and is a top problem in their age group. The main factor that causes anxiety disorders is negative thoughts that often arise and are not realized by teenagers. Therefore, early awareness is needed about reducing negative thoughts because it can prevent adolescents from developing social anxiety. In conducting this research, the research method used is qualitative. The purpose of conducting the research is to invite adolescents to reduce their negative thoughts in a way that they can easily understand and can apply to themselves through holding health campaigns with the final results of posters, videos, ambient media, banners, merchandise and others.

Key Words: Adolescent, Social Anxiety, Negative Thoughts, Health Campaigns