

ABSTRACT

Moch. Saffrudin. Using constructive strategic coping stress intervention for recovering prisoners psychological condition in Pontjol Militari Prison, Cimahi, Bandung at Nopember 2011 to Pebruari 2012. Military prisoner is those who conflicted criminal action and have to undergo punishment. At the first week of their period of confinement they have cope with unfriendly changes in term of physical and psychological condition, moreover some of them showed some psychological breakdown, such as anxiety, cognitive distortion and stress. This research attempt to conduct constructive recovering process for those who encounter such hardship.

This research using STAI form 1 and 2 as a test battery to assess anxiety while cognitive distortion assessed by a questionnaire designed using Becks Theory of Cognitive Distortion. Stress scale used in this research derived from Lazarus nad Folkman. Research method applied is “two groups pre-post test”, one group as experimental group and the rest as control group. Test participants are 20 adults, divided into 2 groups, 14 participants into experimental while 6 participants into control group.

Statistical data analysis showed that experimental group experienced significant psychological recovery in term of anxiety (.644) and stress (.532) and insignificant process is cognitive distortion (.367). This showed that stress affected anxiety but not cognitive distortion.

Key Word : Psychoterapy, Coping stress, Forensic Psychology and Military Psychology.