

ABSTRACT

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This study aims to identify stress and coping stress on army aviators. Stress is a condition in which a person can not resolve the problems in life that makes him feel depressed. Stress occurs due to a stressor faced by individuals. Personality factors, environmental, and socio-cultural are stressors faced by an individual. Frequent air accidents in the world of military, personality factors, environmental, and socio-cultural can be causes of stress on the army aviators. The existence of stressors faced by army aviators must provide a physical, psychological, and behavior impact on himself. Preventing order to avoid a stressor and the effects of stress there, army aviators make coping stress. This study was conducted on five male subjects who worked as army aviators. Based on the results of this study concluded that the five subjects who work as army aviators experienced stress caused by personal factors, environmental, and sociocultural them. The impact of causing physiological, psychological, and behavior that can interfere with their performance. However, the five subjects can cope with their stress by coping strategies, namely problem focused coping, emotional focused coping, and religious coping well.

Key words: Stress, Coping stress, Army aviators.