

The Effort of Self-adjustment, and Coping Stress  
(Case Study in Indonesia's female military officers  
who were assigned as military observers  
in the Democratic Republic of Congo).

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Abstract

This objective of this study is to portray the effort of self-adjustment, and coping stress in the female military officers who were assigned as military observers in the DRC. The study methodology was qualitative method and the number of subjects are 3 (three) persons. The data collection techniques were interview and observation. The study result showed that those three subjects performed self-adjustment, they experienced stress, and they successfully completed their duties. The sources of stress that they experienced came from the environment, the job and the family. While the source of the stress that came from self was only experienced by one subject. The coping stress was conducted by applying the problem - focused coping, emotion - focused coping and the religious - focused coping strategies. The success of the three subjects in carrying out their duties as military observers is drawn on the characteristics of self-adjustment such as: "are accepted in a group", "are able to respond to the demands that organization places upon them", and "are able to accept their own greatness and weakness.

Key words: Adjustment, Coping Stress.