

ABSTRACT

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STRESS AND COPING STRESS IN WOMAN PRISONER WITH MORE THAN 10 YEARS PUNISHMENT (Henny E. Wirawan, M. Hum., Psi.); Psychology Undergraduate Program, Tarumanagara University. (112 Pages, R1-R4)

In psychology, live in prison can produce stress. Especially if the punishment is a long term punishment. The purpose of this research is to obtain stress and coping stress image in woman prisoner with more than 10 years punishment while they serve they punishment in jail. This research used interviewed method, which held from end of July 2006 to end of March 2007. The theories that used in this research especially are deprivation theory from Sykes (1959) and Harsono (1995), and coping stress theory from Carver (cited by Shinta, 1995). There are four woman prisoners in this research, and all are woman prisoner with more than 10 years punishment. The result of the study shows that four subject feel that separation from their family and the deprivations that they experience in prison are the biggest stressor for them. All this subject turn to religion and seeking support from their friends in prison as the most common coping they used when they are under stress. They also do other copings like doing different kind of activies, focusing they disappointment about they experience, denial, acceptance and using medicine as coping methods for they stress.