

## ANALYSIS OF COPING BEHAVIOR AMONG FEMALE PRISONERS IN PENITENTIARY CLASS IIA OF PAREPARE SOUTH SULAWESI, INDONESIA

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### ABSTRACT

Women in the prison population are a minority and thus vulnerable to various pressures of life. This requires coping efforts in order to handle stress. This study aims to analyze coping behavior in female prisoners. This research is qualitative research with a phenomenological approach. Data were obtained by in-depth interviews, focus group discussions and participatory observation on 23 informants consisting of female prisoners, prisoners' families, health workers at penitentiary, and penitentiary officers in Class IIA Parepare, South Sulawesi, Indonesia. Content analysis is used to identify topics or categories in the data. The results showed that to overcome psychological health problems, several coping behaviors were carried out, namely worship, self-control, distance, avoidance, seeking support, confrontative coping and problem-solving planning. Coping behavior to overcome physical health problems in the form of taking medicine either with the help of health workers or contacting family. To support coping efforts, prisoners get support from family, fellow prisoners and friends outside of the prison and prison staff. It is recommended to Parepare Class IIA Prisoners to carry out a series of promotive and preventive efforts, establish cooperation with health centers and create conducive environmental conditions to maintain the health of prisoners.

**Keywords:** Physical, coping behavior, health problem, female prisoners, psychic.