

STRATEGI ADAPTASI PSIKOLOGIS DALAM MENGHADAPI STRES KERJA PADA ANGGOTA KEPOLISIAN

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Abstract

Job stress is a common phenomenon faced by police officers due to high job demands and a work environment that is often dangerous. Psychological adaptation strategies are important to help them manage this stress effectively. This research examines various psychological adaptation strategies used by police officers in dealing with work stress. The method used is a qualitative method using a literature review. This research identifies main strategies such as the use of social support, development of effective coping skills, and application of relaxation and mindfulness techniques. Social support from family, coworkers, and superiors has been shown to play an important role in providing a sense of security and emotional recovery. In addition, developing skills such as time management, problem solving, and priority setting helps police officers reduce stress. Relaxation techniques such as meditation, breathing exercises and exercise have also been found to be effective in reducing stress levels. The results of this research provide in-depth insight into the importance of psychological adaptation strategies in maintaining the mental health of police officers, as well as the implications for the development of intervention programs that can support their well-being in the long term.

Keywords: Work Stress, Psychological Adaptation, Police Officers, Adaptation Strategies

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