

Coping Strategy of Member of Special Detachment 88: Anti-Terror Police Force

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ABSTRACT

Densus 88 is a unit of the Special Detachment of the Indonesian National Police which deals with acts of terror in Indonesia. In carrying out their duties, Densus 88 officers face many challenges such as living away from their families and assuming new identities, which could cause a family discord and cognitive dissonance. They also received death threats against themselves and their families. The purpose of this study was to find out how Densus 88 officers coped with the stresses they experienced while carrying out their duties. The research method used in this study is a qualitative descriptive approach. All 3 subjects were using problem-focused coping in dealing with work stress, with standard procedures were being used for planful problem solving, and 2 subjects used confrontive problem solving for unexpected situation. Emotion-focused coping used to deal with work stress were seeking social support, avoidance and positive appraisal. For non-work-related stresses, 2 subjects were using confrontive problem solving when dealing with family situation while 1 was using self-control. 2 subjects with cognitive dissonance used different approaches which were distancing and accepting responsibility. There is no previous research on coping strategies in anti-terror troops so it is hoped that this research can provide an overview of how they deal with stress.

Keywords: Densus 88, Coping, Stress