

ABSTRACT

Living in the prison lead to difficulties not only during the prison time but also life after it. The fact that, most of prisoners are unemployed during the recharges, many of them also experience some interpersonal conflict that lead to high risk of depression and feeling rejected by the community. Further prisoners described that, they have a lot of psychological problems and very much in need for support and positive energy to life well in prison as well as to plan a better life after leaving prison. One of the method can be use to enhance resilience among prisoner is using the model described by Seligman and addressed in detail in Reivich and Shatté, the ABCDE model allows people to deconstruct a specific “problem” and understand how their “beliefs about what happened” caused them to feel a certain way, not the event itself. With coaching in building resilience activities in Salemba prison, prisoners can find positive experiences of their current conditions, positive hopes for going through the future and a positive attitude in facing various obstacles and inequalities between wants and reality faced.

Keyword : Building Resilience, psychology, Prisoner