The Conception of Pengawikan Pribadi in Javanese Local Culture as an Intervention of Pornography Addiction in Indonesia

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Pornography refers to written or visual material that describing or showing explicit images of sexual acts with the intention of increasing sexual arousal. Over the last decade, the term of pornography addiction which is compulsive or addiction disorder associated with exposure to pornographic contents, the disorder characterized by consequences, and psychological distress. Wider problem in society as a result of pornographic behavior such as promiscuity and prostitution, to a crime such as sexual violence. Seeing the pornographic addiction in Indonesia, the authors feel that it is necessary for some sort of psychologi- cally intervention for pornography addicts that their behavior does not lead to sexual violence. Review of the literature is about the studies of concepts from the local culture pornography addiction in Indonesia and its relation with the concepts of therapies such as mindfulness and Acceptance and Commitment Therapy (ACT) for pornography addiction who once studied in the West.

Keywords: Porn, Pornography Addiction, Javanese Culture, Pengawikan Pribadi or Introspective, Mindfulness and Acceptance and Commitment Therapy (ACT)

Proactive Coping Intervention to Promote Healthy: Evidence-Based Systematic Review

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This article is a study sourced from various journals to describe systematically a variety of healthy promotion interventions by applying the concept of proactive coping in the process of intervention. Exposure is motivated by the importance of health for the individual as a determinant of well-being. With healthy, both physically and mentally, one can play optimally in various aspects of life. However, in efforts to achieve optimal health, individuals are often exposed to various stressors and obstacles. The strategy chosen individuals in the face of various stressors and barriers called the coping. Individual coping traditionally done when obstacles arise, this is called reactive coping. Reactive coping tend to be passive because people just to cope when confronted with obstacles or problems. Currently there is a shift in views on coping emphasize anticipation before the problem arises, this is called proactive coping. In this proactive coping, obstacles in future be viewed more positively as a challenge and it was anticipated appearance through various coping done before so the likelihood is small. The literature search performed by tracing electronic journals by keyword or proactive coping or proactive coping intervention treatments through EBSCOhost, Proquest, Science Direct, Oxford, Cambridge and SAGEpub accessed through www.ugm.lib.id of the period 2005 to 2015. Obtained 10 studies considered for review. From various studies, it is known that proactive coping interventions can improve the health of individuals both physically and psychologically.

Keywords: Proactive Coping Interventions, to Promote, Healthy