

**STRESS, SUICIDE BEHAVIOR AND COPING STRATEGIES AMONG
INMATES OF TARLAC PROVINCIAL JAIL**

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ABSTRACT

ESPEJO, MA.CAMILLE SAMANIEGO. , Bachelor of Arts in Psychology, Department of Psychology, College of Arts and Sciences, Central Luzon State University, Nueva Ecija, Philippines, **STRESS, SUICIDE BEHAVIOR AND COPING STRATEGIES AMONG INMATES OF TPJ**

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This quantitative descriptive-correlation study generally aimed to know to measure the level and relationship of stress, suicide behavior and coping strategies among inmates. This also includes the relationship of the inmates SDC's (age, sex, length of time spent in prison, length of sentence and contact with family) with the three variables. The researcher used Perceived Stress Scale (PSS)(Cohen, S., Kamarck, T., and Mermelstein, R. 1983), which measured the degree to which situations in one's life are appraised as stressful. Also, the Carver COPE (Carver, Scheier, and Weintraub, 2013) was used to assess each prisoner overall coping style. Lastly, the Suicide Behavior Questionnaire-Revised (SBQ-R) (Osman 1999) that will help to identify the suicide attempt and suicide ideation of the inmates. Generally, result reported that stress were significantly high among inmates while suicide behavior of inmates is indicated below the significant risk. Inmates always used spirituality to cope with their life inside prison. Moreover, stress and suicide behavior showed a moderate correlation which mean that stress level of inmates may influence their suicide behavior. However, only denial shows a moderate relationship with stress which means that inmates tend to be denial to deal with their stress inside prison. While coping and suicide behavior has no significant

relationship. In terms of SDC's it appears that stress and suicide behavior has a moderate association with sex and contact with family but no significant relationship with age, length of time spent and length of sentence. Lastly, SDC's showed a weak to moderate relationship and association with some coping strategies.

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