

CONVINGERILE DESPRE SINE ȘI LUME ȘI ADAPTAREA LA MEDIU ÎN CAZUL DEȚINUȚILOR

Ioan Tia *

Penitenciarul Aiud, România

Abstract

Within the social-cognitive framework we set out to study the relationship between beliefs regarding the self and the world and various coping strategies that subjects use in problem situations. For this purpose two samples were used. The total number of subjects used was 84. The highest scores were obtained for the following scales: positive reinterpretation, planning, acceptance, active coping, and orientation towards religion. The lowest scores were obtained for the denial and emotional discharge scales. The obtained results suggest that an intervention aimed at reducing the incongruence between the cognitive schemas regarding self and the world can lead to a significant improvement in the persons behavior.

Keywords: *beliefs, self, world, coping, behavior*

* Psiholog, Penitenciarul Aiud, jud. Alba, România