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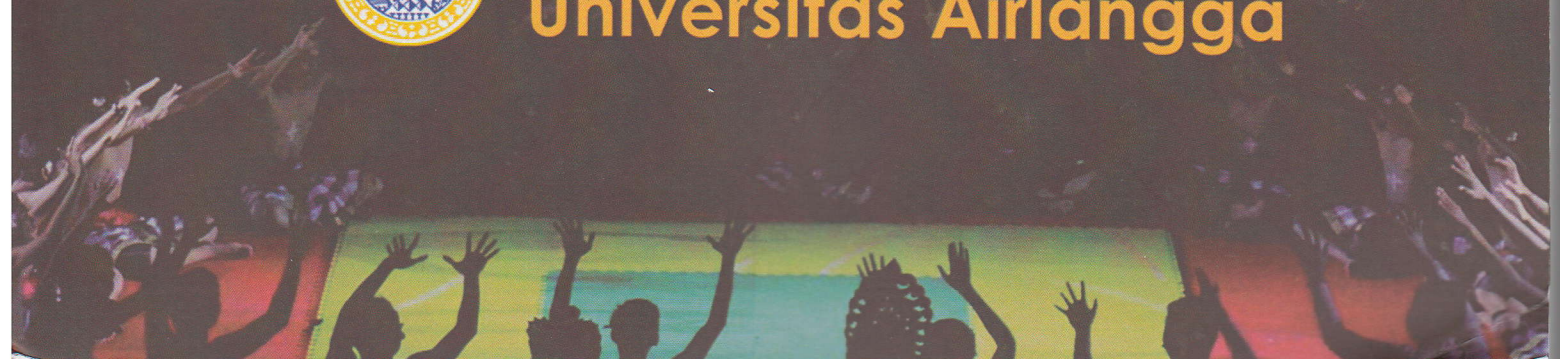
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- **Integrity and Moral Emotions** ..... 185  
(A Study on Elementary School Teachers of  
Kabupaten Sleman, Yogyakarta)  
Ika Widyarini, Kwartarini W. Yuniarti & Leo Aditya Nugraha  
*Universitas Gadjah Mada*
  
- **Proactive Coping Intervention To Promote Healthy:  
Evidence-Based Systematic Review** ..... 202  
Kartika Nur Fathiyah  
*Mahasiswa Program S3 Psikologi UGM*
  
- **Impact on Using Antiaging Product on  
Metaperception in Midlife Age** ..... 209  
Kun Anggiar Lanang Dwi Laksono  
*Islamic Online University*
  
- **Adolescent Parenting Belief:  
Reliability and Validity** ..... 215  
Missiliana Riasnugrahani & Vida Handayani  
*Maranatha Christian University, Bandung, West Java*
  
- **The Effectiveness of Cohesiveness  
Intervention Program to Deal with Conflict  
between Employee's Age Cohort** ..... 226  
Muhammad Ghazali Bagus Ani Putra  
*Faculty of Psychology, Universitas Airlangga*
  
- **Acculturation Model of Minority Group  
in Maintaining the Cultural Tradition  
(A Case Study on Taboot Community in Bengkulu)** ..... 231  
Nelly Marhayati  
*Faculty of Psychology, Universitas Airlangga*
  
- **Locus of Control and Stress to  
Students Who Is Resolving Their Thesis** ..... 239  
Nur Syamsu Ismail  
*Faculty of Psychology, Universitas Airlangga*
  
- **Social Identity Change  
in Pentalungan Community** ..... 244  
Prakrisno Satrio  
*Faculty of Psychology, Universitas Airlangga*
  
- **Developing Teachers' Knowledge about  
Autism and Teachers' Attitude toward the Inclusion  
of Students with Autism in an Inclusive School** ..... 250  
Pramesti Pradna Paramita & Astra Bella Flamboyan  
*Faculty of Psychology, Universitas Airlangga*





# Proactive Coping Intervention To Promote Healthy: Evidence-Based Systematic Review

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## Abstract

**Objective:** This article describes a variety of healthy promotion interventions by applying proactive coping concept sourced from various journals. Health is 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 by various stressors and obstacles. The strategy chosen by individuals in facing various stressors and barriers is called coping. Traditionally, coping done by one when obstacles arise, this is called reactive coping. It tends to be passive because people just cope the problems when obstacles or problems come. Currently there is a shift in views on coping that emphasize anticipation before the problem arises. It is called proactive coping. Proactive coping tends cope the future problems or obstacles and the obstacles are viewed more positively as a challenge.

**Methods:** The literature search is performed by tracing electronic journals with proactive coping, proactive coping intervention or proactive coping treatment keywords through EBSCOhost, Proquest, Science Direct, Oxford, Cambridge and SAGEpub accessed through www.ugm.lib.ac.id of the period 2005 to 2015.

**Results:** There are 10 studies obtained from various studies. It is known that proactive coping interventions can improve individual's health, physically and psychologically.

**Key words:** proactive coping interventions, promote, healthy

## Preliminary

Health is very meaningful for individual's optimal role in life various aspects. Healthy means a balance between internal and environmental condition making one getting the best out of life, whatever the conditions (Sartorius, 2006). To achieve optimal health, someone has to face a number of demands that need many efforts (Taylor, 1995). Promotion of healthy include comprehensive, individual, social, and political process to strengthen individual and community capacities and skills in realizing health and reduce negative impact on health (World Health Organisation, 1998). It involves individuals' active roles to improve health literacy, take decisions, and perform self management (Couter, Parsons, and Askham, 2008).

In practice, many individuals find some difficulties to start or maintain healthy behaviors in the long term. Often individuals live without consistent healthy behavior. They often can not resist to perform health risk behavior such as smoking, alcohol consumption, poor diet, lack of exercise, or stressful live (Taylor, 1995). Therefore, we need a strong motivation to change unhealthy behavior to be healthy.

Having healthy lifestyles need consisten habit and individual capacity to anticipate and confront stressors. It is called coping. Coping consists individual' thoughts, feelings, and actions to confront problematic situations (Frydenberg, 1997).





## Proactive coping concept

During this time, stress and coping researchs tended focusing on person's adaptation to stressful situations in the past and present, or to replace any damage or loss (Schwarzer and Knoll, 2003). However, researchs to understand stress and coping are growing with their views on proactive coping (Aspinwall & Taylor, 1997; Greenglass, 2002; Schwarzer, 2001; Schwarzer & Knoll, 2003; Schwarzer & Taubert, 2002). This concept come up with the shift in views on the stress initially be seen as result of negative, turns the focus on the understanding that stress have positive impact, for example post-traumatic growth (Schaefer & Moos, 1998; Tedeschi, Park, & Calhoun, 1998), meaning making (Davis, Nolen-Hoeksema, & Larson, 1998; Park & Folkman, 1997; Tennen & Affleck, 1998), and stress-related growth (Aldwin & Levenson, 2004; Aldwin, Sutton, & Lachman, 1996; Park, Cohen, & Murch, 1996; Park & Fenster, 2004).

According to Aspinwall & Taylor (1997) proactive coping is someone's efforts to prevent or reduce impact of potential stressor before its appears. It is based on belief that changes can be done through self-improvement. Behavior is called proactive when individuals anticipate potential difficult situations to face and act earnestly to prevent. Proactive coping take much efforts to gather more resources, maximize profits, and establish the factors strengthening the resilience to face a crisis in the future. Schwarzer and Taubert (2002) explained that proactive coping facilitates increasing of challenges to achieve goals and personal development. Individual who performing proactive coping believes that opportunities and risks are personal challenges to set goals and strive in order to develop themselves achieving these goals.

## Proactive Coping Interventions for Health Promotion

Numerous studies in various settings have been done to test the concept of proactive coping theoretically and practically. Some studies include a study conducted Sougleris and Ranzijn (2011) which showed that coping proactive predictors significant at all measuring well-being (life goals, personal growth, and life satisfaction) of the elderly living in nursing homes with control age and health status.

Schwarzer and Taubert (2002) also found that proactive coping is positively related to general self-efficacy and negatively associated with depression and behavioral self-blame. Cantor et al (1987) found that individuals using coping strategies proactively more optimistic in assessing positive achievements of prestativ tasks and improve his or her motivations and succeed.

Proactive coping itself actually rooted from health studies. They had long history to test variety of things in effort to promote health, prevent disease and pain, as well as coping with chronic disorders. For example the benefits of prenatal classes birthing as a mechanism for reducing pain during childbirth (Doering & Entwisle, 1975; Timm, 1979), preventative dental care to reduce chronic dental disease (Crowson, 1974), impact of changes in intake, risk of work, and termination of negative health behaviors and the prevention of cancer (Hataway & Bragg, 1984). In general, the findings indicated that positive coping behaviors lead to positive health outcomes (Aldwin & Yancura, 2004; Coyne & Racioppo, 2000).

Future time perspective on coping proactively open the idea to develop new research and helps to overcome traditional coping models that were too stressed reactive coping (Greenglass, 2002). Thus through proactive coping, early anticipation can be done as early as possible so that health problems can be prevented early appearance.

The importance of self-management to encourage the development of healthy behaviors manifest a variety of interventions to promote healthy behaviors through self-management activities (Couter, Parsons, and Askham, 2008). Along with the development of proactive coping concept since 1997 (Aspinwall and Taylor, 1997), started many interventions carried out by applying proactive coping concept on a variety subjects, goals, and setting.





**Methods**

Based on literature search that performed from tracing electronic journals of proactive coping, proactive coping intervention, proactive coping treatment keywords through EBSCOhost, Proquest, Science Direct, Oxford, Cambridge and SAGEpub accessed through www.ugm.lib.ac.id of the period 2005 to 2015, I looked for a variety of intervention programs to promote healthy by implementing proactive coping. It was obtained from 10 journals which according to the author can be studied to see healthy promotion interventions that apply the concept of proactive coping.

**Results**

Judging of the year, the specific objectives, the subject and the result of intervention by implementing a proactive approach to the promotion of healthy coping can be seen in Table 1 below.

Table 1. Summary of Proactive Coping Interventions for Health Promotion

No	Researchers (Year)	The name of Intervention	Purpose	Health Promotion Style	Research Subject
1.	Thoolena et all (2009)	Beyond good Intentions interventions	improve self care behavior on type 2 diabetic patient (diet, physical activity, and medication)	Physical	227 DM-2 patients, 50-70 years old in Nederland
2.	Kadhiravan and Kumar (2012)	Stress Coping Programme.	decrease stress and improve proactive attitude toward stress,	Psychologic al	88 undergraduate students of computer science program in Achariya Arts and Science College Pudhuchery Tamil Indian
3.	Tieleman et all (2014)	The Restore4Strok e Self Management Intervention	Improve self management of stroke patient and his or her partner	Physical	4 stroke patients, 65 year up with her or his partner in Dutch.
4.	Berk et. all (2012)	The Prevention of Weight Regain in Diabetes type 2 (Power) Study with Combined Psychological Intervention (CPI)	Prevention weight regain of DM-2 patient's	Physical	140 obese DM tipe 2 patient, 18-75 years old in Erasmus Medical Centre Nederland
5.	Sturkenboom et.all (2013)	Occupational therapy	improve daily functioning on Parkinson patients	Physical	192 parkinson patients in Nederland





6.	Earles et.all (2015)	Equine Partnering Naturally Approach	Reduce anxiety and PTSD symptoms	Psychological	16 persons who have anxiety symptoms and PTSD, 33 – 62 years old in Florida US
7.	Craig et.all (2014)	Affirmative and supportive save & Empowering talk on school group counseling	Improve self esteem, social connectedness and proactive coping on stress among sexual minority adolescence (Lesbian, Gay, Bisexual, and Queer)	Psychological	263 seksual minority youth of junior high school students in new York.
8.	Bode et.all (2007)	Brief educational intervention program to improve proactive coping competence	Improve proactive coping competence toward stress	Psychological	158 adults, 55-65 years in Nederland
9.	Kroese et.all (2014)	Self Management on obese patients to develop proactive coping skill	Improve proactive coping skill on longterm psychological, behavioral, dan medical self management	Physical	141 DM-2 patients in Nederland
10.	Vinkers et.all (2015)	Brief self management Intervention to	improve self manajement and reduce weight among obese patients weight reduce among patients of obese and overweight without DM	Physical	119 obese patients in Germany di Jerman

According to the table 1 by tracing the last 10 years ( from 2005 to 2015 ) from various sources , there are 10 journals found that using the concept of proactive coping with diverse subjects. Subjects ranging from juvenile to adult subjects . The purpose of the application of the concept of proactive coping interventions also varied . In detail the purpose of intervention in these studies are 1) improve self care behavior on type 2 diabetic patient (diet, physical activity, and medication decrease stress and improve proactive attitude toward stress, 2). Improve self management of stroke patient and his or her partner, 3) Prevention weight regain of DM-2 patient's, 4). improve daily functioning on Parkinson patients, 5). reduce anxiety and PTSD symptoms 6). improve self esteem, 7). social connectedness and 8). proactive coping on stress among sexual minority adolescence (Lesbian, Gay, Bisexual, and Queer) 9). *Improve proactive coping competence toward stress* and improve proactive coping skill on longterm psychological, behavioral, dan medical self management, and 10). improve self manajement and reduce weight among obese patients weight reduce among patients of obese and overweight without DM.





The majority of research setting conducted in the Netherlands by 6 intervention , while a small part was conducted in Tamil by 1 intervention , in Florida US by 1 intervention , in New York by 1 intervention , and Germany by 1 intervention.

Judging from the application of the proactive coping concept, interventions to promote healthy by applying coping proactively implement diverse. There are 4 forms of application, these are :

1. The concept of proactive is applied fully in the process of intervention. These were done in the interventions those held by Thoolena et al (2009), Tieleman et al (2014), Kroese et al (2014), and Vinkers (2015) which use the concept of Aspinwall & Taylor (1997) regarding self-regulatory model that explains the stages of the individual to achieve goals long-term. In this case the concept of proactive coping is fully utilized in interventional procedures with emphasis on the important role of anticipation and planning.
2. The concept of proactive coping was used in combination concept proposed by Aspinwall and Taylor (1997), Schwarzer & Taubert (2002), as well as Schwarzer & Knoll (2003). It is contained in the Interventions made by Kadiravan and Kumar (2012) and Berk et al (2012).
3. The concept of proactive combined with other approaches to intervention. It is located on the Intervention. Berk et al (2012), which combines the concept of coping proactive (Aspinwall & Taylor, 1997, Schwarzer & Taubert, 2002) with cognitive behavioral therapy and problem solving therapy and Bode et al (2007) which uses the concept of coping proactive Aspinwall and Taylor (1997) with a combination of self-management technique.
4. The concept of proactive coping applied in intervention as a companion concept or main tritmen. It is found in treatments performed by Sturkenboom et al (2013) that implement occupational performance by adding coping proactive in training to support and improve self-management, and Earles et al (2015) in Equine Partnering Naturally Approach to cope with anxiety and symptoms of PTSD by providing main interventions in activities with horses and proactive coping used as a combination of intervention given at the end of the training session to focused facing challenges and distractions.

Based on subjects, mostly located in adulthood, both beginning middle and end. Interventions for adolescents by implementing proactive coping concept is still very limited because there were only two interventions , they were interventions made by Berg et al (2012) and Craig et al (2014). No interventions were applied to children. Proactive coping interventions also could enhance health promotion, both physically and mentally.

## Discussions

Searching results of various journals showed that the concept of proactive coping can promote healthy effectively, either in the form of healthy behaviors increase or decrease unhealthy behaviors. Healthy behavior in these contexts include both physically and mentally. These results further reinforced earlier studies which showed the role of proactive coping in many models , situations, conditions , and settings ( Sougleris and Ranzijn 2011 , Schwarzer and Taubert , 2002 , and Cantor et al ( 1987).

These systematic study results show that the concept of proactive coping strategies which used the individual in dealing with problems before the problem came early to anticipate in advance through the strengthening of internal and external are effective enough to improve physical and psychological health. By using proactive coping, early anticipation can be done as early as possible. So, the health problems can be prevented early appearance.

Unlike the traditional coping that see obstacles, stress, and problems as a threat that must be eliminated, proactive coping actually see obstacles, stress, and the problem positively as a challenge. The process of facing the challenges to the successful conduct of healthy behaviors are always interpreted in a positive way so that the sustainability of healthy behavior is maintained.





## Suggestions

Interventions by using proactive coping concepts are still very limited. From the results of this study, proactive coping interventions mostly done for adult subjects, while for groups of children and adolescents are still very limited. Therefore, these are needed to be expanded in various age and groups, particularly for groups of children and adolescents.

In a further development, proactive coping can be developed more extensively in a variety of problems and settings.

In the end, still needed testing proactive coping theoretically and practically so that the results can be used optimally for the benefit of humanity.

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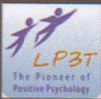
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