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THE INFLUENCE OF GROUP PSYCHOTHERAPY TO CRISIS FRANGIBILITY AND COPING STYLE IN COMMUNITY RESIDENTS

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Objective: To understand the influence of group psychotherapy to crisis frangibility and coping style in community residents, seek the methods and value of community psychological coping intervention, and provide the basis of psychological theory and practice for the work of community mental health.

Methods: The scale of crisis frangibility and BCQ were employed to evaluate and compare the mental state before and after intervention.

Results: 1) Crisis frangibility of residents was negatively correlated with positive coping, positively correlated with negative coping.

2) After group psychotherapy, scores of scale for crisis vulnerability and negative coping dropped.

3) Through the regression model analysis, the linear relationship between positive coping factor and the crisis vulnerable is closest.

Conclusion: Group psychotherapy in community is an effective method to reduce resident's crisis frangibility, and the setup of experimental model has provided the theory and the practice basis for development psychology counseling in community.