

Analysis factors related to prisoner's resiliency in Rutan Perempuan kelas IIA Surabaya

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ABSTRACT

Introduction: Staying in prison as a female prisoner will affect her physical and psychological conditions. Psychologically, the emotional state and mental health of women are different from men, and the prevalence of poor mentality among female prisoners is higher. Such a situation can be avoided if the prisoners have good resilience. One of the efforts to increase resilience is to know the factors related to resilience through this research.

Methods: This is a correlational study with cross-sectional approach. The population was all prisoners and detainees in Rutan Perempuan Kelas IIA Surabaya with a sample size of 115 respondents. The variables of this study are individual factors (detention status, recidivism, length of detention, latest education, previous employment, and criminal acts committed), emotional regulation, social support, stigma, and resilience. The data were collected using a questionnaire and analyzed using multiple linear regression.

Results: There is a relationship which shows that emotional regulation ($p = 0.012$; $r = 1.223$), social support ($p = 0.003$; $r = 1.363$) can increase resilience while stigma ($p = 0.010$; $r = -1.383$) can reduce the level of resilience in prisoners and prisoners. Meanwhile, individual factors were not associated with resilience ($p = 0.596$; 0.627 ; 0.298 ; 0.170 ; 0.857 ; 0.457).

Conclusions: Increasing resilience in prisoners and detainees can be achieved by increasing emotional regulation and social support as well as reducing stigma against prisoners and detainees by doing the active participation of prisoners and detainees, detention center officers, and families or people closest to inmates and holding a positive activity within the prison.

Keywords: emotional regulation; prisoner; resiliency; social support; stigma

Introduction

Crime is a form of behavior that violates social rules applied by legal entities. Anyone can commit crimes. Both men and women can occur at the age of children, adolescents, adults, and even the elderly (Raisa & Edianti, 2016). A person forced to stay in prison because he is serving a sentence will affect his physical and psychological condition (Tomar, 2013). They will find it difficult to adjust their lives and follow the rules, be separated from their families, lose goods and services, lose the freedom to live outside, or lose their sexual patterns. That will cause a person to get pressure from living in a detention center which causes them to

become stressed (Fajarani & Ariani, 2017). Female prisoners and detainees have the same rights and obligations as male prisoners and detainees. However, female prisoners and detainees' psychological, emotional, and mental health differ from male prisoners and detainees (Ardilla & Herdiana, 2013). The prevalence of poor mental well-being among female prisoners is higher among the general prison population (WHO, 2014). In addition, Fajarani & Ariani (2017) shows that as many as 80% of female prisoners experience mild stress.

The pilot study was conducted at Rutan Perempuan Kelas IIA Surabaya by interviewing two detainees who

said that most of the residents usually cried a lot in the first week of detention because they had never faced a situation like this before. However, as time goes on with the activities held in the detention center, they will become more accustomed to the state of the detention center. Prison officials said that in the first one to two months of detention, the prisoners usually did not accept the situation and showed several negative responses, such as excessive sad behavior. They facilitated counseling with a psychiatrist so that prisoners could accept the situation and could continue to live their lives well inside the detention center. This situation can be avoided if the prisoners have an excellent resilience level. Resilience can affect mental health. People with high levels of resilience tend to have better mental conditions (Kowalkowska et al., 2017). Knowing the factors related to resilience is an effort to increase resilience and prevent a decrease in mental welfare in prisoners and detainees.

Materials and Methods

This research is quantitative with a correlational design and a cross-sectional approach. This study assessed the independent and dependent variables only once at a time, with no follow-up. The sampling technique is the probability sampling method with a simple random sampling technique. The number of respondents in this study was 115 with criteria, namely prisoners and detainees at Rutan Perempuan Kelas IIA Surabaya who were detained for more than three months. The independent variables in this study are demographic factors (detention status, recidivism, length of detention, latest education, previous employment, and criminal acts committed), emotional regulation, social support, and stigma, while the dependent variable in the study is the resiliency of prisoners and detainees. Data collection in this study used a demographic questionnaire, the Emotion Regulation Questionnaire (ERQ) to measure emotional regulation, the ENRICH Social Support Inventory (ESSI) to measure social support, the Self-Stigma Scale-Short (SSS-S) to measure stigma, and Connor Davidson Resilience Scale (CD-RISC) to measure resilience. The instrument used in this study has been tested for validity and reliability by the researcher and has asked the owner permission to use their questionnaire as an instrument in this study.

Before collecting the data, prospective respondents were selected according to predetermined criteria. Then the prospective respondents were collected to listen to an explanation of the purpose and benefits of doing this

research. If the prospective respondents were willing to participate, then the respondents would be given informed consent to become research respondents. Respondents filled out the questionnaire in the room provided. During filling out the questionnaire, the respondent was accompanied by the researcher so the respondent could ask if there was a question that was not understood. Before the respondent leaves the room, the researcher will re-check the completeness of filling out the questionnaire so that if there is incomplete data, the respondent can immediately complete it.

This research has gone through an ethical test and was declared ethically worthy by the Health Research Ethics Committee of the Faculty of Nursing, Universitas Airlangga (certificate number 1878-KEPK). This research took place at Rutan Perempuan Kelas IIA Surabaya from

Table 1 Characteristics of prisoners and prisoners' respondents

Characteristic	Frequency	Percentage (%)
Age		
< 25 years	25	21,7
26-35 years	47	40,9
36-45 years	26	22,6
46-55 years	15	13,0
> 56 years	2	1,7
	115	100,0
Detention status		
Detainee	67	58,3
Prisoner	48	41,7
	115	100,0
Recidivism		
Been detained	6	5,2
Never been detained	109	94,8
	115	100,0
Length of detention		
3-6 months	63	54,8
> 6 months	52	45,2
	115	100,0
Latest education		
Uneducated	0	0
Primary school	13	11,3
Secondary school	19	16,5
High school	55	47,8
Diploma/College	28	24,3
	115	100,0
Previous employment		
Unemployed	16	13,9
Student	5	4,3
Entrepreneur	31	27,0
Employees	48	41,7
Civil Servants	0	0
Labor	1	0,9
Etc.	14	12,2
	115	100,0
Criminal acts committed		
Narcotics	55	47,8
Theft	11	9,6
Embezzlement	29	25,2
Fraud	3	2,6
Child human rights violations	4	3,5
Etc.	13	11,5
	115	100,0

Table 2 Distribution of resilience indicators among respondents

Parameters of Resiliency	Category		Σ
	High	Low	
Personal competence, high standards, and tenacity	64 (55,7%)	51 (44,3%)	115
Tolerance of negative affect and strengthening effects of stress	62 (53,9%)	53 (46,1%)	115
Positive acceptance of change and secure relationships	77 (67%)	38 (33%)	115
Control	81 (70,4%)	34 (29,6%)	115
Spiritual influences	79 (68,7%)	36 (31,3%)	115

November 2019 – January 2020. The data analysis used in this study was a logistic regression statistical test ($p \leq 0.05$).

Results

47 respondents in the age range 26-35 years old took the highest proportion (40.9%) compare to other range and most of the respondents were detainee (58.3%). In addition, almost all respondents had never been detained before (94, 8%) and they lived in the remand center for less than six months (54.8%). Furthermore, 47.8% respondents (n = 55) just graduated from high school, 48 respondents (41.7%) were previously private workers, and as many as 55 respondents (47.8%) detain because of a narcotics case (Table 1).

Out of 5 parameters of resiliency, control ability was the highest with 70.4% respondent showed high control abilities. In contrast, almost half of the respondents have low ability to tolerate the adverse effects of stress and low in personal competence, high standard and tenacity (Table 2).

The logistic regression test results on individual factors showed that the detention status variable was $p = 0.596$; recidivism variable $p = 0.627$; length of detention variable $p = 0.298$; education variable $p = 0.170$; previous employment $p = 0.857$; and the variable of criminal acts committed $p = 0.453$ not related to the resilience of prisoners and detainees at Rutan Perempuan Kelas IIA Surabaya with a significant p -value < 0.05 . The results of the logistic regression test showed that the emotional regulation variable was associated with a value ($p = 0.012$) and value ($r = 1.223$), which means that the higher the emotional regulation, the higher the level of resilience in prisoners and detainees. The social support variable has a value ($p = 0.03$) and a value ($r = 1.363$), which means that the higher the social support, the higher the level of resilience of prisoners and detainees. The stigma variable is related to value ($p = 0.010$) and value ($r = -1.383$), which means that the lower the stigma, the higher the level of resilience of prisoners and detainees

Discussions

Individual Factors

The analysis of this research shows no relationship between detention status and the resilience of prisoners and detainees. That occurs because the treatment and facilities available to prisoners and detainees are not differentiated, so neither the status of prisoners nor detainees affects the prisoners' resilience level. This study also shows no relationship between recidivism and resilience in prisoners and detainees. According to the researchers, recidivists should have better resilience than non-recidivists because they already have experience dealing with the same stressors. Research conducted by Anggraini, Hadiati, and A.S. (2019) said that non-recidivists had a higher stress level than recidivists but had low resilience.

The results showed no relationship between the length of detention and the resilience of prisoners and detainees. According to Anggraini, Hadiati, and A.S. (2019), length of detention is related to resilience due to the duration of prisoners and detainees exposed to stressors and time to adjust. The absence of a relationship between the length of detention and resilience in this study may be because the length of detention in this study is less specific, so there is no difference. This research also shows no relationship between education and work with the resiliency of prisoners and detainees. This statement contradicts the research of Anggraini et al. (2019), which states that education affects an individual's ability to absorb new information and the learning process so that higher resilience can be obtained for prisoners and detainees with a higher education level. This study is different because many respondents dropped out of school, so there is bias in the research results.

Based on the analysis, this research also shows no relationship between criminal acts and the resilience of prisoners and detainees. According to the researcher, the criminal acts committed are not related to resilience because all types of criminal acts can be a stressor for prisoners and detainees. Meanwhile, according to

Table 2 The results of the analysis on the factors that influence the resilience

Variable	B (r)	Sig. (p)	Exp (B)
Detention status	0,258	0,596	1,294
Recidivism	0,525	0,627	1,690
Length of detention	-0,524	0,298	0,592
Latest education	-0,373	0,170	0,689
Previous employment	-0,025	0,857	0,975
Criminal acts committed	-0,124	0,457	0,884
Emotion regulation	1,223	0,012	3,397
Social support	1,363	0,003	3,909
Stigma	-1,383	0,010	0,251

research conducted by Anggraini, Hadiati, and A.S. (2019), the level of resilience of prisoners and detainees with narcotics cases is lower due to the absence of a detoxification process. That is different from the research conducted by researchers because in this research place, if some prisoners or detainees need detoxification, they will be transferred to the rehabilitation center.

Emotion Regulation

Based on the analysis of this study shows that there is a relationship between emotional regulation and resilience in prisoners and detainees. This statement is in line with previous studies which show that the higher a person's emotional regulation ability, the higher the level of resilience (Widuri, 2012; Rizki, 2016; Sukmaningpraja & Santhoso, 2016). Research conducted by Marsha et al. (2019) said that prisoners and detainees who cannot control their negative emotions and accept the fact that they have to stay in prison tend to be alone and have difficulties solving problems.

According to researchers, the ability to regulate emotions is crucial for prisoners and detainees to be resilient because resilience means they must be able to control their emotions when faced with a stressor or problem. This opinion is in line with the opinion of Kay (2016), which states that by understanding an effective emotional regulation strategy, an individual can reduce negative emotions and increase positive emotions, which is essential in increasing resilience. According to research by Britt et al. (2016), all definitions of resilience involve emotionally tricky experiences and the ability to bounce back. To be able to bounce back from this challenging experience, the person must be able to control their emotions. Thus, it can be concluded that there is a relationship between the ability to regulate emotions with the resilience level.

The results showed that more than half of the respondents used an emotional regulation strategy to suppress their emotional expression by not showing their true feelings. This finding is in line with research conducted by Rizki (2016), which also shows that prisoners and detainees tend to hide sadness or disappointment and other emotions they feel. So that we need a media or place to help prisoners and detainees so that they can positively express their emotions. In this case, the detention center officers can provide and monitor empowerment activities and free time as a forum for inmates and detainees who, whether they realize it or not, have helped them to vent their emotions.

Social Support

This study shows a relationship between social support and the resilience of prisoners and detainees. This statement is in line with research conducted by (Raisa & Ediati, 2016; Tunliu, Aipipidely, and Ratu, 2019; Hafidah & Margaretha, 2020), which states that the higher social support, the higher a person's level of resilience. Research by Marsha, Erlyani & Fauzia (2019) also states that subjects whose families rarely visit have not handled their problems and negative emotions optimally. That is in line with research by Riza & Herdiana (2012), which states that social support from family or closest people also helps build resilience.

Researchers believe that prisoners and detainees need social support to become resilient because social support can create an environment that makes prisoners and detainees feel understood. It can help them deal with stressors or their problems and adapt and make it a motivation to get back up and carry out daily activities in the detention center. The researcher's opinion is in line with the statement of Hidayat and Nurhayati (2019), which states that with social support, individuals will feel support and hope that makes them able to deal with stress, adjust themselves, and rise again.

The study results indicate that the social support most prisoners and detainees feel is emotional support obtained from family and relatives who visit prisoners and detainees. Research by Meyers et al. (2017) suggests that there are two types of visitors, supportive visitors, and unsupportive visitors. Prisoners and detainees who are met by supportive visitors are less likely to commit offenses in the detention center, have good mental health, and have high expectations for social support when they are released so as not to become recidivists. The visitation program at the detention center is significant for prisoners and detainees. The detention center can organize the visitation program properly so that the detention center can become a healthier and safer community

Stigma

Based on the analysis, this study shows the relationship between stigma and resilience in prisoners and detainees. This statement is in line with the research by Crowe, Averett, and Glass (2016), which states that the higher the stigma a person feels, the lower the level of resilience. Fitriyasaki et al. (2018), stated that stigma is a risk factor if it is not regulated correctly to achieve a resilient condition. According to researchers, the more prisoners and detainees feel a high stigma, the lower their resilience level because stigma can cause prisoners

and detainees to close themselves or be isolated by the environment so that they cannot seek or get help in overcoming stressors or problems they are experiencing. This opinion is in line with the research of Corrigan and Rao (2013), which states that stigma can lead to a state of social isolation. According to Caie (2012), stigma makes it difficult for prisoners and detainees to build meaningful relationships that can help them return to their communities as active and productive people. Crowe, Averett, and Glass (2016), in their research, stated that stigma could cause an individual to refuse someone's presence or help, resulting in them being unable to achieve a resilient state.

The results showed that behavior was the highest indicator of stigma felt by prisoners and detainees. Self-stigmatizing behavior is an advanced stage that leads to self-insult and withdrawal from social interactions that are negatively associated with self-esteem (Mak & Cheung, 2010). In this case, reducing the level of self-stigmatizing behavior could increase the self-esteem of prisoners and detainees. One of the activities to increase self-esteem in prisoners and detainees is activity group therapy activities. Yusuf et al. (2007) showed an increase in self-confidence, which is shown by the ability to identify positive aspects of self, solve problems, and accept situations. Of course, that must be done with the active participation of prisoners and detainees, family and relatives, and prison officials so that self-stigmatizing behavior does not continue and makes prisoners and detainees resilient.

Conclusions

Based on the results and discussion, it is known that to be resilient, prisoners and detainees must be able to control their emotions in facing problems and get sufficient social support because social support can create an environment where prisoners and detainees feel helped to adjust. Besides, to increase resilience, the stigma on prisoners and detainees must be lowered so that prisoners and detainees do not close themselves and can seek help in overcoming the problems they are experiencing. In this case, the detention center is essential in improving emotional regulation and social support and reducing stigma on control and detainees. The detention center can carry out empowerment activities, help the prisoners and detainees to release the energy through exercise, increase the visit quota, and provide group activity therapy.

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