

THE RELATIONSHIP BETWEEN *RESILIENCE* AND DEPRESSIVE TENDENCIES AMONG PRISONERS IN CORRECTIONAL INSTITUTION

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Abstract

Correctional Families to be aware of mistakes, improve themselves, and not repeat criminal acts so that they can be accepted again by the community and play an active role in development. During their time in prison, inmates are isolated from the outside world, far from those closest to them, they lose their privacy and freedom, so they have to obey the rules of LAPAS which can lead to psychological pressure. This study intends to analyze the relationship between resilience With the Tendency of Depression in Prisoners in Correctional Institutions. The population in this study were convicts in correctional institutions, namely around 1914 people and then as many as 200 respondents who were in LAPAS were deliberately involved in this study. Respondents were selected using techniques of convenience sampling, Respondents were selected based on predetermined characteristics and willingness to become respondents. This study uses a scale instrument resilience adapted from Reivich & Shatte and the depressive propensity scale instrument adapted from Schmitt. Research data were analyzed using correlational techniques Pearson's. The results show that there is a negative relationship between resilience and depressive tendencies. In dealing with the need for a positive response to unpleasant conditions so that they can strengthen themselves in adapting to change

Keywords:

Resilience; Tendency to Depression; Convicts.

INTRODUCTION

Fostered citizens are social creatures who often experience problems, stresses and shocks in their lives. In the face of problems is also part of life. The problems that are commonly faced by fostered residents are also diverse. Starting from financial, household, social factors, loss of friends or relatives, and much more. All of that has great potential to cause sadness or grief in us. However, of course fostered citizens in facing various problems should not need to drag on in sadness (Rahmi, 2018). With the responsibilities while in the Penitentiary, assisted citizens must undergo guidance and regulations in accordance with the applicable Law Number 22 of 2022 (Pangkalpinang, 2022).

Fostered citizens are social creatures who often experience problems, stresses and shocks in their lives. In the face of problems is also part of life. The problems that are commonly faced by fostered residents are also diverse. Starting from financial, household, social factors, loss of friends or relatives, and much more. All of that has great potential to cause sadness or grief in us. However, of course fostered citizens in facing various problems should not need to drag on in sadness (Rahmi, 2018). With various demands that must still be lived by fostered residents with one of them household needs that must be met, or maybe family members of fostered residents who are still responsible make us have to immediately rise from the sadness. That is the ideal condition because some people have a tendency to drown and linger in sadness so that it interferes with daily activities. Due to the influence of psychological pressure on prisoners, mental health greatly affects the process of serving sentences in prisons. A healthy mental state in each fostered citizen cannot be generalized. This condition further makes the urgency of discussing mental health

which leads to how to empower individuals, groups, and communities to be able to find, adapt, maintain, and optimize their mental health conditions in facing daily life (Sulistio & Anwar, 2022).

The pressure received both from within and from the outside environment is a challenge for the mental health of the fostered residents concerned. Mental health is also a major factor in the inmate coaching process. With a good and stable mental state, the inmates will be able to follow the entire coaching process well.

This is what needs to be anticipated because it can be a disorder, commonly referred to as stress. Actually, stress is necessary for human life, because with stress a person will be more motivated in his life. But what needs to be avoided so that stress does not increase into distress where distress occurs because of a person's inability to solve the problem at hand. The causes can also vary such as economic pressure, family, conflict and others. Distress is the beginning before the next stage, namely the tendency to depression (Rahmi, 2018).

Basically, prisoners or fostered citizens in the process experience difficulties and problems such as inner conflict, trauma, sexual deviation, closure, suspicion, unstable emotions, difficulty in adapting, longing for family, anxiety about life that will come after leaving LAPAS, loss of self-confidence, suicide, and rejection of family and social environments (Tunliu et al., 2019). Prisoners who experience loss of freedom, security, separation from family members need a calmer life, and better in building their self-confidence (Panjaitan & Kusmiyanti, 2021). According to Saputri and Indrawati (2012) unpleasant events that can cause anxiety, loneliness is caused by high stressors.

According to Caltabiano and Sarafino (2002) depressive tendencies are interactions between individuals with the environment that can cause an imbalance between situational demands and biopsychosocial resources. According to Sarfino and Swith in (Novitasari & Kurniasari, 2020), the tendency to depression is a pressure that exceeds the ability of fostered citizens with conditions that cause perceptions between demands derived from biological, psychological and social sources from a person. Fostered residents need welfare, health services, and mental services due to the conditions of prisons and detention centers, therefore there are impacts, namely stress, anxiety, depressive tendencies, and others (Yulianto, 2021).

According to Sholichah (2016), what can reduce the negative effects of depressive tendencies on prisoners is resilience. *Resilience* is the ability to adapt to stressful circumstances, *resilience* ability is needed by prisoners to deal with stressors so that new inmates can adapt well and prisoners who will soon be free have the readiness and confidence to return to society (Anggraini et al., 2019).

Depressive tendency is an individual emotional condition characterized by extreme sadness, feelings of meaninglessness and guilt (withdrawal, sleeplessness, loss of taste, interest in daily activities) (Dirgayunita, 2016). According to Caltabiano and Sarafino (2002), stress is the interaction between individuals and the environment that can cause an imbalance between situational demands and biopsychosocial resources. Depressive tendency is a mood disorder because there is no hope that occurs heartbreak, always feel tense, unable to make decisions to try suicide, the disorder starts from stress that cannot be overcome so that it becomes a phase of depressive tendency (Schmitt et al., 2003). Depressive tendency is a mood disorder whose

characteristics are found in sadness that lasts intensely for a very long time, and interferes with normal life for a person (Radityo, 2012).

According to Dianovinina (2018) the tendency to depression is a mental disorder usually characterized by loss of interest and pleasure, decreased energy, feeling inferior, difficulty sleeping, lack of appetite and lack of concentration. Elderly assisted citizens need welfare, health services, and mental services due to the conditions of prisons and detention centers, therefore there are impacts, namely stress, anxiety, depressive tendencies, and others (Yulianto, 2021) Depressive tendencies are phenomena in dealing with situations that make feelings of pressure in the face of life with mental tension, the response of individuals in facing threatening situations that are unable to cope the unpleasant situation he faced (Hidayati & Harsono, 2021).

According to (Schmitt et al., 2003) to measure the tendency of depression in this study using the Beck Depression Inventory- II (BDI-II) scale consists of 16 questions including the following:

1. Emotional aspects are psychological and biological states that regulate a feeling or mind characteristically;
2. Cognitive aspect is a mental related to perspective, memory and mindset;
3. Motivational aspect is a set of values that affect a person specifically with the goals of an individual;

Physical and vegetative aspects are visible things that are defined by the mind, occurring in individuals who have asexual needs.

Resilience is an individual's effort in adapting to pressure, so that they are able to function optimally in the difficulties they face (Missasi & Izzati, 2019). Efforts to overcome changes and challenges in prisoners are

closely related to *resilience* (Raisa & Ediati, 2016). *Resilience* is a capacity in individuals, groups that can prevent, or minimize an influence that can damage individuals when experiencing disasters and problems that occur in their lives (Uyun, 2012). *The resilience* that occurs in prisoners aims to adapt flexibly to the ever-changing demands of their experiences of problems (Ruswahyuningsi & Afiatin, 2015). The existence of *resilience* makes helplessness into a success and is able to turn mistakes that occur into a challenge, failure into a success in prisoners (Widuri, 2012).

According to Reivich & Shatte (2002) there are several aspects that are in *resilience*, including:

1. *Emotional Regulation* is the capacity to control and adjust emotions that occur at the intensity to be achieved at the goal;
2. *Impulse Control* is controlling oneself on a desire and pressure that arises;
3. *Self-efficacy* is the ability or competence carried out to achieve goals in overcoming obstacles from within;
4. *Optimism* is a person's belief in the best and pleasant terms, as an attitude that always expects good in anything.

According to Missasi & Izzati (2019), *resilience* is due to the influence of the following influencing factors: 1. Internal Factors: *Hardiness, Self Efficacy, Self Esteem*. 2. External Factors: Social Support.

Based on several existing theories, it can be concluded that reciprocity is an individual's effort in a state of pressure and emotionally the individual to be able to change the mistake by adapting to the demands full of pressure in the penitentiary.

So in this study the measurement tools needed in the scale found in aspects of *resilience* according to Reivich & Shatte (2002), as follows:

1. *Emotional Regulation* is the capacity to control and adjust emotions that occur at the intensity to be achieved at the goal;
2. *Impulse Control* is the ability to control desires and pressure that arises on oneself;
3. *Self-efficacy* is the ability or competence carried out to achieve goals in overcoming obstacles from within;
4. *Optimism* is a person's belief in the best and pleasant terms, as an attitude that always expects good in anything.

The point of view of the penitentiary, especially prisoners who experience *coping stress* in each individual. So to avoid stress, individuals in resistance are needed to build adaptation to the pressure that occurs in LAPAS. *Resilience* is a quality of life that can help a person to rise to face difficulties in himself. In the face of the need for a positive response with unpleasant conditions so that they can strengthen themselves in adapting to changes, demands, and disappointments that occur (Roellyana & Listiyandini, 2016).

There are some examples of cases of prisoners who require *resilience* and depressive tendencies are as follows: The first news came from antaranews.com 2013, regarding ten prisoners of Class IIA Pekanbaru Penitentiary, Riau Province, potentially experiencing mental disorders due to depression tendencies after being sentenced to death and life in prison for being involved in murder and drug cases. Ten inmates were shown to have severe depressive tendencies or mental disorders so there is a need for routine psychiatric examinations. (Muhardi, 2013).

The second news came from kompas.com 2022, assisted residents experienced domestic problems due to imprisonment, a drug inmate who committed suicide in the toilet hall of the Bandar Lampung Class IIA Narcotics

Penitentiary (LAPAS). Assisted citizens with the initials HNF are fostered citizens for narcotics trafficking cases with a prison sentence of 6 years and 6 months with the remaining sentence of 4 years 8 months (Jaya, 2022).

Then the researcher conducted interviews with 7 (seven) inmates in correctional institution X. The statement is as follows:

Table 1. Inmate Interviews

NO	NAME INITIALS	CASE	VERDICT	INFORMATION
1.	BSS	Drugs (112)	16 TH	- Have no appetite in carrying out coaching activities in LAPAS
2.	HIS	Drugs (112)	7 TH 6 BLN	- Change of appetite - Sleep disorders
3.	OF	Protection Children (81)	10 TH	- Crying for no reason - Comfortable solitude
4.	DD	Child Protection (81)	15 TH	- Significant weight loss - Screaming involuntarily in a crowd
5.	DW	Embezzlement	3 TH	- Hear strange noises - Talking to yourself (according to his roommate)
6.	ME	Deceit	3 TH 6 BLN	- Despair - Feeling guilty
7.	DS	Murder	Judge's Detention	- Drink soap in the room

Based on the results of the interview above, it shows that fostered residents experience various forms of depressive tendencies. This is

as explained by Tunliu et al. (2019) that what is experienced by fostered residents feels changes in appetite, sleep disorders, crying without cause, comfortable with loneliness, weight loss, self-talk, despair, *prolonged guilt* and lack of enthusiasm in participating in coaching activities in prisons.

Based on the background described above, this study is about the form of depressive tendencies in prisoners in prisons and also the extent of *resilience* possessed by fostered citizens when they have to follow the regulations in prisons that must be implemented by prisoners who experience depressive tendencies. Even after 7 (seven) days after conducting the interview, one of the prisoners in the penitentiary has died due to the tendency of depression tendencies. This also strengthens researchers to examine phenomena that occur in prisons. Therefore, based on the presentation of the various studies above, researchers are interested in raising this study with the title "The Relationship between *Resilience* and Depression Tendencies in Inmates in Bekasi Class IIA Correctional Institution". Based on the results of the interview above, it shows that fostered residents experience various forms of depressive tendencies. This is as outlined by Tunliu et al. (2019) that what is experienced by elderly fostered residents such as inner conflicts, trauma, sexual deviations, closure, suspicion, unstable emotions.

METHOD

The most used method in this study is quantitative research, with a correlational study research type. According to Azwar (2015), the quantitative approach carried out analyzes numerical data that can be processed through statistical methods. In addition, according to Sugiyono (2014), a quantitative research approach as a research method is the

key that needs to be considered, namely scientific methods, objectives, and uses. Researchers test established hypotheses using specific populations or samples, collecting data using research instruments.

1. Operational Variables and Definitions

In this study, the independent variable is *resilience* and the dependent variable is the tendency to depression.

a. Depression

Depression is an emotional condition that causes imbalance in dealing with threatening situations in the form of suicide attempts, closing down, easily suspicious, unstable emotions, difficulty in adapting. In this study, the scale of depressive tendency was measured using *the Beck Depression Inventory-II (BDI-II)* scale according to (Schmitt et al., 2003) namely, Emotional Aspects, Cognitive Aspects, Motivational Aspects, and Physical and Vegetative Aspects. The level of depressive tendency can be seen from the high score obtained from the scale of depressive tendency, the higher the tendency to depression of the individual. Conversely, the lower the score obtained from the scale of depressive propensity, the lower the individual's depressive tendency.

b. Resilience

Reciprocity is the individual's attempt to change the guilt by adapting to the stressful demands of the penitentiary. In this study, *the resilience* scale was measured using behavioral aspects according to Reivich & Shatte (2002), namely, emotion regulation, impulse control, self-efficacy, optimism. Resilience can be seen from the high score obtained from the resilience scale, the higher the individual *resilience*. Conversely, the lower the score obtained from the resilience scale, the lower the individual *resilience*.

2. Research Sample/Research Subject

The population in this study was inmates, aged 18-30 years and not limited to characteristics such as education level, gender, and length of time being an inmate less than 6 months or more. The number of samples in this study greatly affects the success and strength of a study. The population in this study was inmates in the penitentiary, which was around 1914 people. However, to find the number of samples, researchers used gpower with results of at least 105 respondents. Because of the psychological importance of fostered citizens in the institution, the researchers set a sample of 200 respondents.

The sample selection technique in this study uses one form of *non-probability sampling technique*. In this study the sampling technique used was *Convenience Sampling*, namely subjects involved based on willingness, and sufficient amount to be analyzed (Sugiyono, 2014). In planning the number of respondents, researchers made the respondent subjects in this study as many as 200 people who would be used from part of the study population on inmates in prisons. The characteristics of the subjects to be used in this study are prisoners, aged (18-30 years) and the period of being an inmate is less than 6 months to more.

3. Place of Research

The data collection process in this study starts on June 14, 2023 until June 16, 2023. Researchers spread the hypothesis test measuring instrument by spreading the scale of research carried out through manuals, namely providing physical evidence of a piece of paper containing statement items on this research scale. To disseminate the measuring instrument by going directly to the prison place. This is done on a two-day basis to meet the predetermined sample target. This research

was conducted This research was conducted by Bekasi Class IIA Penitentiary.

4. Data Collection Techniques

In this study the scale used uses the *Likert* scale where this scale can be used to measure the opinions, attitudes and perceptions of a person or group of people about social phenomena. On the *Likert scale*, variables will be measured to be indicators of variables. Then these indicators can be used as a source of starting point in compiling instrument items in the form of statements or questions (Sugiyono, 2014).

There are five categories used on the *Likert scale*: Very Appropriate (SS), Almost Appropriate (HS), Not Appropriate (TS), Very Incompatible (STS), where each choice reflects an attitude expressed by the subject.

The research system or score of this research scale item is as follows:

Alternative Likert Scale		
Alternative Answers	Favorable	Unfavorable
Fits Perfectly	4	1
Almost Appropriate	3	2
Not Compliant	2	3
Very Incompatible	1	4

In this study there are two variables to be revealed, namely the tendency of depression and *resilience*. Each variable has a component or aspect. In this study can be used as a scale of *Beck Depression Inventory-II (BDI-II)* according to (Schmitt et al., 2003) namely, Emotional Aspects, Cognitive Aspects, Motivational Aspects, and Physical and Vegetative Aspects.

5. Depression Scale

In this study can be used as a *scale of Beck Depression Inventory-II (BDI-II)* according to (Schmitt et al., 2003) namely, Emotional Aspects, Cognitive Aspects, Motivational Aspects, and Physical and Vegetative Aspects.

Table 3. Blue Print of the Depression Scale

No	Aspects	Indicator	Favorable	Unfavorable	Sum	Weight %
1	Emotional	a. Conditions beyond control	1	9	4	25 %
		b. Touching feelings	2	10		
2	Cognitive	a. Consideran event	3	11	4	25 %
		b. Receiving knowledge	4	12		
3	Motivational	a. Desire meets needs	5	13	4	25 %
		b. actions with purpose	6	14		
4	Physical and Vegetative	a. Visible form	7	15	4	25 %
		b. Humanhelp	8	16		
Total			8	8	16	100 %

6. Resilience Scale

In this study can be used as aspects of resilience to be measured according to Reivich & Shatte (2002), namely, emotional regulation, impulse control, self-efficacy, optimism.

Table 4. Blue Print Resilience Scale

No	Aspects	Indicator	Favorable	Unfavorable	Sum	Weight %
		a. Self-Control	1	9		

1	Emotion Regulation	b. Adjusting Emotions	2	10	4	25%
2	Impulse Control	a. Controlling Desires	3	11	4	25%
		b. Pressure that arises on the self	4	12		
3	Self-efficacy	a. Ability to achieve	5	13	4	25%
		b. Overcoming obstacles	6	14		
4	Optimism	a. Confidence in terms of best	7	15	4	25%
		b. Expect good things	8	16		
Total			8	8	16	100%

7. Data Analysis Techniques

The technique of data analysis to be used is a basic assumption test in the form of a test of normality, homogeneity, linearity. This study used the Kolmogorov-smirnov Technique with a significant value of more than 0.5. Based on the explanation above in data analysis used with simple correlation analysis techniques, *person* correlation using *pearson correlation* and simple regression using JASP software (*Jeffrey's Amazing Statistics Program*). All data that can later be obtained, collected and processed so that it becomes information that will be used as material for drawing conclusions.

RESULT

1. Demographic Profile

The number of respondents who participated in this study met the minimum number of respondents that had been determined through the *Gpower application*.

The total number of respondents who participated amounted to 200 people. In this case what is found is the mean based on the scale and not the total mean. The scale used for scores from 1 to 4 is as follows:

Table 5. Descriptive Statistical Test Results

	Mean	Median	S.D
Depression Scale	2.5	2.6	0.5
Resilience Scale	2.3	2.4	0.6

The demographic results that have been calculated based on the results of the sentences of prisoners in prisons in this study found significance between groups of respondents, namely as follows:

Table 6. Demographic Scale

Age	Depression			Resilience		
	Mean	SD	Sign .	Mean	SD	Sign .
17 - 30 years	39.84 4	8.66 6	0.22 9	37.57 8	10.24 6	0.22 9
31 - 49 years old	41.08 3	7.56 7	< 0.00 1	36.73 6	10.57 0	< 0.00 1
50 years or older	46.26 3	6.74 8	< 0.00 1	38.70 3	10.23 8	< 0.00 1
Convict Verdict						
0 -5 years	40.30 0	7.83 6	0.71 9	35.90 9	10.24 6	0.71 9
6 -10 years	37.62 5	7.41 1	< 0.00 1	38.87 5	10.57 0	< 0.00 1

11 years or older	42.50 0	8.87 4	< 0.00 1	38.70 3	10.23 8	< 0.00 1
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From the results contained in the table it can be seen that there is a significant difference in prisoners from age on the value of depression tendencies and *resilience*, from 31 – 49 years and 50 years or more with 17 – 30 years. Then there were significant differences in prisoners from sentences on depressive tendencies and *resilience scores*, from 6 to 10 years and 11 years or more to 0 – 5 years.

2. Test Assumptions

In this case, the normality test aims to determine the distribution of data in variables to be used in research. Normal distributed data is considered good and feasible data in a study. If the significance value is ≥ 0.05 then the variable is normally distributed and if the significance is ≤ 0.05 then the variable is not normally distributed. From the results of the normality test of the *Kolmogrov Smirnov One sample* test method, the significance of depression tendency was obtained by 0.079 and resilience of 0.124. The results show $p \leq 0.05$, so it can be concluded that the data on depression tendency and *resilience* used are normally distributed.

A linearity test is performed to determine whether the two variables have a significant linear relationship or not. The linearity test uses a test of linearity with a significant level of $p \geq 0.05$ then there is a significant linear relationship of 0.366. So $p \geq 0.05$ which means there is a linear relationship between depressive tendencies and *resilience*.

3. Test the hypothesis

The assumption test carried out consisted of: Correlation Test with subjects totaling 200 people.

Based on *Pearson's r Rho* test between depression tendency and *resilience*, a coefficient value of -0.366 was obtained with a significance value of 0.001. It can be explained that the variable tendency to depression with *resilience* has a negative relationship characterized by a high *resilience* score then followed by a low tendency to depression and vice versa.

DISCUSSION

This study aims to determine the relationship between *resilience* and depressive tendencies in prisons. This study conducted an assumption and correlation test so that it succeeded in obtaining a relationship between *resilience* and depressive tendencies. This study involved 200 inmates who had a tendency to depression. Based on previous research, there is a relationship between *resilience* and depressive tendencies, which can be interpreted as the higher the *resilience* in prisoners, the lower the tendency of depression experienced by prisoners and vice versa (Rahmawati et al., 2015).

The relationship between them has a negative relationship. A negative relationship indicates that the higher the value of one variable, the lower the value of the other variable. Vice versa, the lower a variable, the higher the value of other variables, meaning that the relationship is opposite (Periantalo, 2016).

The results of the categorization test of the tendency to depression of prisoners showed 19 respondents with a tendency to depression in the high category, then 95 respondents with a tendency to depression in the medium category then in prisoners a total of 86 respondents with a low category. Inmates who experience confinement with the results of the verdict is an unpleasant event that can cause anxiety, loneliness caused by

high stressors in the form of experienced by fostered residents feeling changes in appetite, sleep disorders, crying for no reason, comfortable with solitude, weight loss, talking to themselves, despair, feeling guilty who are prolonged and not enthusiastic in participating in formation activities in prisons.

Based on the results of the categorization test from the resilience results, there were 5 (five) respondents in the high category, then 91 (ninety-one) in the medium category. Furthermore, 104 (one hundred and four) respondents had a low category. Then the results of the categorization test of depressive tendencies were 19 (nineteen) in the high category, then in the medium category as many as 95 (ninety-five) and the low category as many as 86 (eighty-six). Furthermore, the results of the Pearson's Rho hypothesis test between depressive tendencies and resilience explained that having a negative relationship is characterized by a high resilience score then followed by a low depressive tendency score and vice versa, if the *resilience* score is low then followed by a high depressive tendency score.

According to (Hidayati & Harsono, 2021) Depressive tendencies are a phenomenon in dealing with situations that make feelings of pressure in the face of life with mental tension, the response of individuals in facing threatening situations that are unable to cope with the unpleasant situations they face. Starting from stress that cannot be overcome so that it becomes a phase in the tendency of depression. With resilience, it can reduce the negative effects of depressive tendencies on prisoners in controlling negative impulses that can harm themselves (Sholichah, 2016). *Resilience* can help to maintain capacity in individuals, groups that can prevent, or minimize an influence that can damage individuals when experiencing

disasters and problems that occur in their lives (Uyun, 2012).

Referring to the process and results, it can be seen that this study still has limitations, some of which are in the process of data collection, the information provided through questionnaires does not show the actual opinion of respondents. This happens because during the process of taking questionnaire data directly at the prison and carried out by the prison guards in filling out the questionnaire, so that the filling results obtained by respondents are beyond the control of researchers and there are differences in thoughts, assumptions and understandings of different prisoners.

CONCLUSION

Based on the results of research that has been conducted by researchers, it shows that there is a negative relationship and significance between *resilience* and depressive tendencies in prisons:

- a. The results of the *Pearson's Rho* hypothesis test between depressive tendencies and resilience explained that having a negative relationship is characterized by a high *resilience* score then followed by a low depression tendency score and vice versa, if the *resilience* score is low then followed by a high depression tendency score.
- b. Based on the results of the categorization test in this study dominated by respondents with a moderate category, namely on the variable tendency to depression, then with *the variable resilience* has a low category. When viewed from the results between *resilience* and

depression tendencies, there was a difference in scores that was not too significant between the medium category outcome range and the low category outcome range in prisons. The conclusion should be the answer

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