

THE EFFECT OF *FAMILY SUPPORT* ON *THE STRESS LEVEL* OF INMATES IN CLASS IIA CORRECTIONAL INSTITUTION YOGYAKARTA

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Abstract

The goal is to find out whether there is a Family Support on Stress Level in prisoners at the Yogyakarta Class IIA Correctional Institution. This research is a quantitative study using the correlational method. Data collection tools using questionnaires. The correlation value (R) is interpreted that the family support variable has a relationship in predicting the stress level variable. R square of 0.054 means that the effect of family support on stress level is 5%. So, it can be concluded that the higher the family support, the lower the stress level of prisoners at the Yogyakarta Class IIA Correctional Institution.

Keywords: Family support, stress level, correctional institution

Abstrak

Tujuan penelitian ini untuk mengetahui apakah ada pengaruh Family Support Terhadap Stress Level pada narapidana di Lembaga Pemasyarakatan Kelas IIA Yogyakarta. Penelitian ini merupakan penelitian kuantitatif dengan menggunakan metode korelasional. Alat pengumpulan data menggunakan kuisioner. Nilai Korelasi (R) ditafsirkan bahwa variabel dukungan keluarga mempunyai hubungan dalam memperdiksi variabel stress level. R square sebesar 0,054 dimaksudkan pada pengaruh dukungan keluarga terhadap stress level sebesar 5%. Maka dapat disimpulkan bahwa semakin tinggi family support maka semakin rendah stress level narapidana di Lembaga Pemasyarakatan Kelas IIA Yogyakarta.

Kata kunci: Dukungan keluarga, tingkat stres, lembaga pemasyarakatan

INTRODUCTION

Correctional institutions function as places for the rehabilitation of prisoners so that they can return to society. However, this process of rehabilitation is inseparable from the various psychological and social challenges experienced by prisoners. When a person enters a correctional institution, they will experience a loss of freedom of movement and have to face various difficulties, such as the absence of opportunities for sexual relations, the loss of personal rights, difficulties in obtaining assistance, the loss of privacy, and treatment as children (infantilization) even though they are adults (Bina dkk., 2020). Prisoners are required to immediately adapt to life in prison, obey all regulations from officers, and follow the norms that apply among fellow prisoners when not under the

supervision of officers. This adaptation process is not easy and can cause serious mental stress. Feelings of regret, stress, anxiety, and even depression often arise from the comparison between free life in society and the restrictive conditions in prison. This situation often causes symptoms of psychological disorders such as isolation, discomfort when interacting with fellow inmates and officers, and the emergence of deviant thoughts and behavior (Forman-Dolan dkk., 2022).

These psychological problems show that the correctional system still faces various challenges in the aspect of inmate mental health. Therefore, there needs to be intervention and innovation in guidance that not only focuses on discipline, but also on the recovery and psychological strengthening of inmates so that they can undergo their imprisonment with better mental health. This study uses the stress and coping theory of Lazarus and Folkman (1984), which states that stress is the result of an imbalance between environmental demands and the individual's ability to cope with these demands. In the context of prisoners, life in prison is a significant source of stress, and an individual's ability to adapt (coping mechanism) determines how he or she responds to this pressure (Bisri dkk., 2021).

In addition, the theory of social deprivation developed by Sykes (1958) in his book *The Society of Captives* is also used. According to Sykes, prisoners experience five forms of basic deprivation: loss of freedom, loss of personal belongings, loss of sexual relations, loss of autonomy, and loss of security. These five deprivations create great psychological pressure on prisoners and can contribute to mental disorders. Several previous studies have examined various psychological aspects experienced by prisoners during their imprisonment (Daquin dkk., 2023). Haney (2003) in his research on the psychological effects of long-term imprisonment shows that harsh prison conditions can cause long-term psychological disorders such as PTSD, social isolation, and high anxiety (Praptojati & Subandi, 2020). Meanwhile, Ramaswamy & Freudenberg, (2022) argue that the prevalence of mental disorders among prisoners is much higher than in the general population. Common disorders include depression, schizophrenia, and anxiety disorders.

Research conducted by Imaduddin & Aulia, (2024) on the social adaptation of female prisoners shows that social support and structured development programs can help their adaptation process and reduce the psychological pressure experienced. This is reinforced by the findings of Wahanisa dkk., (2023) who examined the role of religious programs in reducing prisoners' stress levels. He concluded that spiritual activities are proven to be effective in helping prisoners manage emotions and improve their mental health. In addition, Huang dkk., (2020) highlighted structural problems in the correctional system, namely overcapacity and a lack of rehabilitation facilities, which are the main factors in the deterioration of prisoners' psychological condition. These findings show that the psychological aspects of prisoners are strongly influenced by environmental conditions, social support, and the quality of the rehabilitation programs available in correctional institutions.

Previous research has generally focused on the prevalence of mental disorders, the effectiveness of certain programs, or the general conditions of correctional institutions. This study is different because it specifically wants to explore the subjective experiences of prisoners in their psychological adaptation process in prison, with reference to a combination of stress-coping and social deprivation theories. The focus of this study is on the psychological dynamics experienced by prisoners during the process of adjustment, not just on the consequences or output.

This study aims to identify various forms of psychological stress experienced by prisoners during their sentence in correctional institutions. In addition, this study also aims to analyze how prisoners adapt to the prison environment, especially through the coping mechanisms they use in facing various challenges and pressures. In addition, this study seeks to explore the factors that influence the psychological adaptation process of prisoners, both from the individual and environmental aspects. The results of this study are expected to provide constructive recommendations for the development of more effective and sustainable psychological development and rehabilitation programs in correctional institutions. This research is of high urgency given the increasing rate of mental disorders among prisoners and the lack of attention to their psychological aspects in the correctional system. By understanding more deeply how prisoners deal with psychological pressure during their imprisonment, correctional institutions can develop a more humanistic and effective approach to rehabilitation. In addition, the results of this study can be used as a basis for the formulation of more comprehensive and sustainable policies for the mental rehabilitation of prisoners.

METHOD

The method used in this study is quantitative. According to Djaali, (2021), quantitative research is the approach needed for the use of numbers, starting from data collection, interpretation of the data, and publication of the results. The results of quantitative research are used as evidence of the previous hypothesis. The data collected by the researchers in this study will show how the level of stress experienced by inmates with social support from their families. Researchers use quantitative research because this method makes it possible to measure and analyze data objectively and systematically. Allows comparison between variables. Quantitative research can allow comparisons between different variables, so it can provide insight into the influence between those variables. Quantitative research makes it possible to test a particular hypothesis or theory using statistical and mathematical methods so that it can provide strong empirical evidence. Samples from this study were taken from the population of inmates in Class II A Correctional Institution Yogyakarta as many as 102 inmates were calculated using the Slovin formula. For the family support questionnaire, the researcher in this study used Perceived Social Support-Family (PSS-Fa) this questionnaire was developed by Procidano and Heller (1893) and has been translated and adapted by Priastana et al., (2018) and has been tested for validity and realism. In this questionnaire stress level, the researcher used the DASS 42 questionnaire developed by Lovibond (1995) and adopted in the study (Hermawan, 2019). Quantitative research begins with data analysis when all data, both primary and secondary, have been collected.

RESULT AND DISCUSSION

In testing the influence between the independent variable, namely family support, and the dependent variable, namely stress level, a simple regression test was carried out to functionally test the two variables. The results of the test recapitulation test the influence between the *independent* variable, namely family support, and the *dependent* variable, namely *stress level*, a simple regression test was carried out to functionally test the two variables as in the table below:

Table 1. Simple Linear Regression Test

Model Summary^b

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.233 ^a	.054	.045	.079

a. Predictors: (Constant), X

b. Dependent Variable: Y

sumber: olah data SPSS

Table 2. Regression Test Coefficient

Coefficients^a

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	24.898	2.917		8.536	.000
X	-.184	.077	-.233	-2.394	.019

a. Dependent Variable: Y

Sumber: olah data SPSS

From the table, it can be seen that the R-value is 0.793, which means that the relationship between the participation dimension and stress level is 79%, and the R-squared value is 0.628, which means that the participation dimension influences the stress level of prisoners of 62% at the Yogyakarta Class IIA Correctional Institution. Based on Table 4.16, it can be seen that the R-value is 0.895, which means that the relationship between the reward dimension and stress level is 89%, and the R square value is 0.801, which means that the reward dimension has an influence on the stress level of prisoners by 80% in the Yogyakarta Class IIA Correctional Institution. Based on Table 2, it can be seen that the R-value is 0.944, which means that the instrumental dimension has a relationship with the stress level of 84%, and the R square value is 0.891, which means that the instrumental dimension influences the stress level of prisoners of 89% in the Class IIA Yogyakarta Correctional Institution. Based on Table 2, it can be seen that the R-value is 0.879, which means that the relationship between the emotional dimension and stress level is 87%, and

the R square value is 0.772, which means that the emotional dimension has an influence on the stress level of prisoners by 77% in the Class IIA Yogyakarta Correctional Institution. In the *model summary* presented in Table 4. 15, the study adheres to a type I model which consists of one independent variable with a dependent variable. The table explains that the coefficient of determination (R Square) is 0.054 with a correlation value (R) of 0.233. The correlation value (R) indicates that the family support variable is related to predicting the stress level variable. The R square of 0.054 refers to the effect of family support on stress level of 0.054 or 5.4%, while 94.6% is the effect of other variables not examined. Furthermore, the ANOVA test results presented in the table above identify the level of significance or linearity of a regression. The significance value in column seven, which is 0.019, can be interpreted in the significance test provisions if sig. <0.05, the regression model performed is linear and vice versa, if sig. >0.05, the regression model is interpreted as non-linear so the linear regression analysis model cannot be used. The sig. Value 0.019 < 0.05 indicates that the dependent variable has an effect on the independent variable. So the conclusion that can be drawn based on the table is that there is an influence between the family support variable and the stress level variable. This makes the hypothesis Ho: family support has no effect on the stress level of inmates at the Class IIA Yogyakarta Correctional Institution is not accepted, while Ha: family support has an effect on the stress level of inmates at the Class IIA Yogyakarta Correctional Institution is accepted.

Discussion

Based on the results of research conducted at the Yogyakarta Class IIA Correctional Institution, several important findings were obtained that show the relationship between the dimensions of participation, reward, instrumental support, emotional support, and family support on the level of stress experienced by prisoners.

First, in the dimension of participation, the R-value of 0.793 shows a strong relationship between the participation of prisoners in prison activities and the level of stress they experience. The coefficient of determination (R^2) value of 0.628 means that 62.8% of the variation in prisoners' stress levels can be explained by their participation in prison activities. These results are in line with the self-determination theory of Deci and Ryan (1985), which states that active participation in meaningful activities can increase a person's sense of autonomy, competence, and social attachment (Wolde dkk., 2021). In the context of correctional institutions, when prisoners are given space to participate, both in development programs and daily activities, they will feel more empowered, have goals, and feel part of the social environment, albeit within certain limits. This directly reduces stress levels because individuals feel they have control over their lives, albeit in a limited space. Furthermore, the reward dimension has an R-value of 0.895 and an R^2 of 0.801. This means that there is a very strong relationship between the provision of rewards for the positive behavior of prisoners and the level of stress they experience, and as much as 80.1% of the variation in stress can be explained by this variable. This finding reinforces B.F. Skinner, states that a person's behavior can be shaped through reinforcement. In this context, rewarding prisoners who demonstrate positive attitudes and behaviors not only shapes the expected behavior, but also provides psychological reinforcement that has an

impact on increasing self-esteem, a sense of being valued, and providing hope for a better future. As a result, prisoners become better able to manage stress and emotional pressure because they feel that their positive efforts are valued by the institution (Junaedi dkk., 2022).

In the instrumental support dimension, an R-value of 0.944 and an R^2 value of 0.891 were obtained, which shows a very strong relationship between instrumental support and the level of stress of prisoners. As much as 89.1% of the variation in stress can be explained by the presence of this support. Instrumental support can take the form of concrete assistance such as the provision of health facilities, access to education, job training, or even the fulfillment of basic needs such as food and proper housing. This finding is relevant to Edison & Haynie, (2023) social support theory, which divides social support into four dimensions: emotional support, informational support, esteem support, and instrumental support. Adequate instrumental support in the correctional environment helps inmates feel that they are not facing pressure alone. When their basic needs are met and they have the facilities to develop, the psychological burden and stress they experience tend to decrease. The dimension of emotional support also shows a very significant relationship with the level of stress of prisoners, with an R-value of 0.879 and R^2 of 0.772. This means that emotional support explains 77.2% of the variation in stress. Emotional support can take the form of empathy, attention, a sense of being valued, and deep communication felt by prisoners from correctional officers, fellow prisoners, or outsiders such as family and volunteers. According to Lazarus and Folkman (1984) in stress and coping theory, emotional support is very important in helping individuals manage stress, especially in situations that they cannot directly change, such as life in prison (Sapitri & Ariani, 2023). Inmates who receive emotional support tend to have more adaptive coping mechanisms, such as looking for solutions, accepting circumstances, and establishing positive relationships with others. This is very important in reducing feelings of isolation and improving their psychological well-being.

Interestingly, when viewed from the family support variable, even though the R-value is only 0.233 with an R^2 of 0.054, this shows that family support still has an influence on inmate stress, even though the contribution is relatively small, only 5.4%. This may be due to the limited direct interaction between prisoners and their families during their sentence, either due to distance, visiting regulations, or strained family relationships. However, based on the results of the ANOVA test with a significance value of 0.019 (<0.05), it can be concluded that the family support variable still has a significant effect on the stress level of prisoners, even though the effect is not as great as other variables. In this context, Bowlby's (1969) attachment theory is relevant to explain the importance of family relationships as a protective factor against psychological stress (Sari dkk., 2022). A secure and strong emotional bond with the family can give prisoners a sense of comfort, hope, and moral support that plays a role in shaping their psychological resilience during their sentence (Nurmalasari & Rahmi, 2024). Overall, the results of this study confirm the importance of various environmental aspects and interpersonal relationships in influencing the stress level of prisoners. Active participation in activities, the existence of a reward system, the fulfillment of instrumental needs, emotional support

from the environment, and maintaining relationships with family have a very large role in the process of psychological adaptation of prisoners in correctional institutions. This finding supports a correctional approach that emphasizes not only the punishment aspect but also the rehabilitation aspect and holistic development that pays attention to the psychological well-being of prisoners.

Based on stress and coping theory, each individual will respond to stress based on their perception of the threat and their ability to deal with it. Therefore, prisoners who feel they have support emotional, instrumental, or social will be better able to develop adaptive and effective coping strategies. On the other hand, if prisoners feel alone, and unappreciated, and do not have access to adequate resources, the risk of experiencing psychological disorders such as depression, anxiety, or even deviant behavior will increase. Therefore, the results of this study have practical implications for correctional institutions in formulating policies for the development of prisoners that are more humane and responsive to their psychological needs. The provision of participatory programs, fair rewards, improved basic services, strengthened emotional support from officers, and efforts to maintain prisoners' relationships with their families must be priorities in the correctional system going forward.

CONCLUSION

Based on the results of the simple linear regression test, a significance value (sig.) of 0.019 was obtained, which is smaller than the threshold of 0.05. This indicates that there is a statistically significant effect between the independent variable, namely family support, and the dependent variable, which is the stress level of inmates at the Class IIA Yogyakarta Correctional Institution. The conclusion drawn from this finding is that family support does influence the stress levels experienced by prisoners. With a sig. value of $0.019 < 0.05$, the null hypothesis (H_0), which states that family support does not affect the stress level of inmates, is rejected. Conversely, the alternative hypothesis (H_a), which states that family support does affect stress levels, is accepted. This statistical evidence shows that there is a meaningful relationship between the presence or absence of family support and the psychological condition of inmates, particularly in terms of their experience of stress. Furthermore, the regression coefficient obtained in the analysis is negative. This means that the relationship between family support and stress levels is inversely proportional. The higher the level of support received from family members, the lower the stress level experienced by the inmate. Conversely, when family support is lacking or absent, the inmate is more likely to experience increased stress. This result supports the theoretical framework which emphasizes the importance of emotional and social support in helping individuals cope with difficult or stressful situations. In the context of incarceration, family support becomes a critical external factor that contributes to psychological resilience and emotional well-being among inmates.

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