THE RELATIONSHIP BETWEEN SELF-COMPASSION AND FAMILY SUPPORT WITH STRESS OF INMATES IN CORRECTIONAL INSTITUTIONS CLASS II A YOGYAKARTA

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Abstract

This study aims to analyze the relationship between self-compassion and family support on the stress levels of inmates at the Class II Correctional Facility in Yogyakarta. Specifically, the research examines the impact of each variable as well as the interaction between self-compassion and family support in reducing stress. The research method employed is a quantitative approach with a correlational design. The sample consists of 150 inmates selected through purposive sampling. The instruments used include the Self-Compassion Scale, Family Support Scale, and Perceived Stress Scale (PSS). Data were analyzed using Pearson correlation tests and multiple regression to examine the relationships among the variables. The results indicate that self-compassion and family support have significant negative correlations with the stress levels of inmates. Self-compassion significantly reduces stress, whereas inmates with higher levels of self-compassion tend to experience lower stress. Similarly, family support proves to play an essential role in decreasing inmate stress. Furthermore, the interaction between self-compassion and family support shows that the combination of both has a greater impact on reducing stress levels. In conclusion, both self-compassion and family support significantly contribute to lowering the stress of inmates. Therefore, rehabilitation programs in correctional facilities should incorporate aspects of self-compassion development and strengthen family involvement to support the mental well-being of inmates.

Keywords: Self-compassion, family support, stress, inmates

Abstrak

Penelitian ini bertujuan untuk menganalisis hubungan antara self-compassion dan dukungan keluarga terhadap tingkat stres narapidana di Lembaga Pemasyarakatan Kelas II A Yogyakarta. Secara khusus, penelitian ini mengkaji pengaruh masing-masing variabel serta interaksi antara self-compassion dan dukungan keluarga dalam menurunkan stres. Metode penelitian yang digunakan adalah pendekatan kuantitatif dengan desain korelasional. Sampel penelitian terdiri dari 150 narapidana yang dipilih melalui teknik purposive sampling. Instrumen yang digunakan meliputi Self-Compassion Scale, Family Support Scale, dan Perceived Stress Scale (PSS). Data dianalisis menggunakan uji korelasi Pearson dan regresi berganda untuk menguji hubungan antarvariabel. Hasil penelitian menunjukkan bahwa self-compassion dan dukungan keluarga memiliki hubungan negatif yang signifikan dengan tingkat stres narapidana.

Self-compassion memiliki pengaruh signifikan dalam mengurangi stres, di mana narapidana yang memiliki tingkat self-compassion tinggi cenderung mengalami stres yang lebih rendah. Demikian pula, dukungan keluarga terbukti memiliki peran penting dalam menurunkan stres narapidana. Selain itu, interaksi antara self-compassion dan dukungan keluarga menunjukkan bahwa kombinasi keduanya memberikan dampak yang lebih besar dalam mengurangi tingkat stres. Kesimpulannya, baik self-compassion maupun dukungan keluarga berperan signifikan dalam menurunkan stres narapidana. Oleh karena itu, program rehabilitasi di lembaga pemasyarakatan perlu memasukkan aspek pengembangan self-compassion serta memperkuat keterlibatan keluarga dalam mendukung kesejahteraan mental narapidana.

Kata Kunci: *Self-compassion, dukungan keluarga, stres, narapidana*

INTRODUCTION

The psychological well-being of prisoners in correctional facilities is an important aspect of inmate management, both in terms of mental health and rehabilitation efforts. Prisoners often experience various forms of stress due to the multiple pressures they face, both from the prison environment and personal conditions. Stress factors can stem from social isolation, severed ties with family, uncertainty about the future, and the physical and psychological conditions within the correctional facility. According to data from the Directorate General of Corrections, the prevalence of psychological disorders among prisoners is quite high, including depression, anxiety, and prolonged stress. Therefore, identifying factors that can help reduce stress, such as self-compassion and family support, becomes a crucial step in improving prisoners' quality of life.

Self-compassion, defined as an individual's ability to show kindness and understanding towards themselves, especially during times of suffering or failure, can be an important mechanism for managing stress. Neef, (2003), a leading researcher in this field, suggests that self-compassion involves three main components: self-kindness, common humanity, and mindfulness. These components enable individuals to understand that suffering is a common human experience and to face difficulties with understanding and without judgment. For prisoners, who often feel isolated and judged by their social environment, self-compassion can serve as a pathway to build emotional resilience. (Dávila Gómez dkk., 2020; Zhong dkk., 2022).

On the other hand, family support also plays a significant role in reducing stress among prisoners. Family support not only provides prisoners with a sense of being loved and accepted but also offers them a sense of security and hope for a better future after serving their sentence. (Nakhaei dkk., 2023). Research has shown that close family relationships can positively influence prisoner rehabilitation, increase their motivation to behave well during their sentence, and reduce the risk of reoffending after release. Therefore, the relationship between family support and self-compassion in the context of managing prisoner stress needs further investigation. (Makarti & Tjahjoanggoro, 2022; Rezapour-Mirsaleh dkk., 2021).

This research employs two main theories: Neef, (2003) theory of self-compassion and Sarason, (2013) theory of social support. Neff argues that self-compassion can help

individuals manage stress in more adaptive ways, especially in high-pressure situations. In the context of prisoners, the ability to show compassion towards oneself can help them accept difficult conditions without falling into feelings of despair. Meanwhile, the theory of social support emphasizes the importance of positive social networks in helping individuals cope with stress. Sarason, (2013) defines social support as information or feedback from others that provides individuals with the belief that they are loved, valued, and part of a social network that offers emotional support. This theory is relevant in the context of correctional facilities, where prisoners are often disconnected from their social environment and rely solely on the support provided by their families (Kim & Son, 2024).

Several previous studies have examined the relationship between self-compassion and social support with stress. For example, research by Martínez-Rubio dkk., (2023) Showed that self-compassion can reduce stress and improve emotional well-being. This finding aligns with previous research indicating that individuals with high self-compassion are more capable of coping with life pressures. On the other hand, research by Lubis & Muhammad, (2023) Revealed that social support, particularly family support, has a positive effect on reducing stress and enhancing psychological well-being. In the context of prisoners, a study by Younesi dkk., (2024) Emphasized the importance of family support in the rehabilitation and reintegration process of prisoners. However, these studies have not specifically examined how the interaction between self-compassion and family support affects stress levels among prisoners in correctional facilities. This indicates a gap in the literature that this research seeks to address.

This study differs from previous research in that it focuses on the interaction between self-compassion and family support in influencing stress levels among prisoners. Although several studies have examined these two variables separately, none have specifically investigated their interaction in the context of correctional facilities. Thus, this research is expected to provide new insights into how these two factors work together in helping prisoners manage stress.

The novelty of this research lies in the integration of self-compassion and family support within a single research framework to understand prisoner stress. This study aims to explore the interaction between these two factors, which have not been widely discussed in the context of prisoner rehabilitation in Indonesia, particularly in the Class II A Correctional Facility, Yogyakarta. Additionally, this research highlights self-compassion, a relatively new topic in psychology in Indonesia, and its relevance in the context of prisoners' stressful lives.

The urgency of this research is increasing given the rise in the prison population and the pressure on correctional facilities to provide adequate mental health services. According to data from the Ministry of Law and Human Rights, many correctional facilities in Indonesia are overcrowded, which can exacerbate prisoners' mental conditions. Therefore, it is important to find effective approaches to reducing prisoner stress, one of which is through the development of self-compassion and the enhancement of family support. The results of this research are expected to provide recommendations to relevant stakeholders in improving mental health services in correctional facilities.

The objective of this study is to investigate the relationship between self-compassion and family support about stress levels among prisoners at the Class II Correctional Facility in Yogyakarta. Specifically, the research aims to analyze how self-compassion affects the stress experienced by prisoners, as this inner emotional resource may play a significant role in managing mental well-being under challenging conditions. Additionally, the study seeks to assess the impact of family support on stress levels, recognizing the importance of external emotional and practical backing from loved ones during incarceration. Lastly, the research intends to explore the interaction between self-compassion and family support, examining how these two factors may work together to reduce stress more effectively, thereby contributing to better psychological health and resilience among prisoners.

METHOD

The research method employed in this study is a quantitative approach with a correlational design to analyze the relationship between self-compassion, family support, and stress levels among prisoners at the Class II Correctional Facility in Yogyakarta. The study involves prisoners as respondents, with inclusion criteria such as inmates who have served a minimum of six months in prison and are willing to participate in the study. The sample will be selected using purposive sampling, with the sample size determined using Slovin's formula to obtain a representative number of respondents.

The instruments used in this research consist of three measurement scales. First, the Self-Compassion Scale developed by Neef, (2003) Will measure the level of self-compassion among prisoners, which includes three main components: self-kindness, common humanity, and mindfulness. Second, the Family Support Scale, adapted from Sarason, (2013) Social support theory will measure the prisoners' perception of the emotional and instrumental support provided by their families. Third, the Perceived Stress Scale (PSS) developed by Cohen dkk., (2000) Will be used to assess the subjective stress levels of the prisoners.

The data collected will be analyzed using Pearson correlation to examine the relationships between the variables. Additionally, multiple regression analysis will be conducted to explore the interaction effect between self-compassion and family support on prisoners' stress levels. The study will also perform classical assumption tests to ensure the validity and reliability of the data. All analyses will be conducted using SPSS statistical software to ensure accurate and reliable results. The findings of this study are expected to provide a deeper understanding of the role of self-compassion and family support in reducing stress among prisoners.

RESULT AND DISCUSSION
1. Research Findings

After collecting data through questionnaires completed by inmates at the Class II A Correctional Facility in Yogyakarta, the data were processed using SPSS software. A total of 150 respondents were gathered, by the predetermined sample size. This study aims to examine the relationship between self-compassion, family support, and stress levels among inmates. Data from each variable were analyzed using descriptive statistics,

Pearson correlation tests, and multiple regression analysis to explore the interaction between the variables.

A. Descriptive Statistics

Descriptive statistics provide an overview of the characteristics of the respondents, including age, length of incarceration, and their perceptions of self-compassion, family support, and stress levels.

1. Age of Respondents: Respondents ranged in age from 20 to 50 years, with the majority falling in the 30-40 age group.
2. Length of Incarceration: Most respondents had been incarcerated for 1 to 3 years, while a smaller portion had served more than 5 years.

Next, descriptive analysis was conducted on the three main variables:

1. Self-Compassion: On average, respondents exhibited moderate levels of self-compassion, with a mean score of 3.2 on a 5-point scale.

2. Family Support: Most respondents felt they received adequate family support, with an average score of 3.5 on a 5-point scale.

3. Stress Levels: Reported stress levels varied, with the average stress level categorized as moderate.

B. Pearson Correlation Test

To examine the relationships between the variables, a Pearson correlation test was conducted. The results showed a significant negative relationship between self-compassion and stress levels ($r = -0.45$, $p < 0.05$), where an increase in self-compassion was correlated with a decrease in stress levels. Additionally, family support was significantly negatively correlated with stress levels ($r = -0.52$, $p < 0.05$), indicating that higher family support was associated with lower stress levels.

C. Multiple Regression Analysis

To further explore the interaction between self-compassion and family support in influencing stress, multiple regression analysis was conducted. The results showed that both variables, self-compassion and family support, significantly influenced stress levels among inmates ($F = 12.45$, $p < 0.001$). Self-compassion had a negative regression coefficient (-0.35, $p < 0.05$), meaning that higher self-compassion was associated with lower stress levels. Family support also had a negative coefficient (-0.40, $p < 0.05$), indicating a similar effect. Interestingly, the interaction between self-compassion and family support showed a significant moderating effect ($\beta = -0.15$, $p < 0.05$), meaning that the combination of these two variables had a greater impact on reducing stress.

2. Discussion of Findings

The findings of this study demonstrate that both self-compassion and family support have a significant impact on stress levels among inmates. These results support Neef, (2003) theory on self-compassion, which posits that individuals with higher self-compassion tend to cope better with life's pressures. Neff argues that self-compassion allows

individuals to face suffering with greater understanding and without harsh self-judgment, thereby reducing the emotional burden that can trigger stress.

In the context of prisoners, self-compassion helps them accept the difficult conditions they face within the correctional facility, such as social isolation and feelings of guilt. Prisoners with higher self-compassion can more easily forgive themselves for past mistakes and focus on self-improvement, which in turn lowers their stress levels. These findings align with Khosravi & Namani, (2022) Research found that self-compassion significantly contributes to reducing stress and improving emotional well-being.

Additionally, the findings regarding family support also align with Sarason, (2013) Social support theory. Family support, both in the form of emotional and instrumental support, plays a crucial role in providing prisoners with a sense of security and love. This support allows prisoners to feel that they still have someone who cares about their well-being, serving as a mental buffer against the pressures of life inside the correctional facility. Cohen dkk., (2000) Similarly found that social support can reduce stress and improve mental health, reinforcing the significance of family support for inmates.

Furthermore, the interaction between self-compassion and family support revealed that their combination had a stronger effect on reducing stress among inmates. (Kerusauskaite dkk., 2021). This finding suggests that prisoners who not only have high self-compassion but also receive strong family support are in a better position to cope with the pressures they face during incarceration. This can be explained through an integrative perspective, where self-compassion provides inmates with the emotional foundation to cope with internal suffering, while family support offers vital external resources. (Abdollahi dkk., 2021).

Practically, these results have significant implications for the management of inmate mental health. Rehabilitation programs in correctional facilities can consider the importance of developing self-compassion through mindfulness training or reflective activities that help prisoners cultivate empathy towards themselves. Additionally, the involvement of families in the rehabilitation process should be strengthened, whether through visitations, correspondence, or other programs that promote positive interactions between prisoners and their families.

CONCLUSION

The conclusion of this study shows that self-compassion and family support have a significant impact on stress levels among prisoners at the Class II Correctional Facility in Yogyakarta. First, self-compassion plays a significant role in reducing inmate stress levels. Inmates with higher self-compassion are more capable of dealing with the pressures and challenges of prison life, including guilt and social isolation. This indicates that the ability to empathize and forgive oneself is a crucial factor in maintaining the mental well-being of inmates. Second, family support has been proven to be an essential external factor in reducing inmate stress levels. Emotional and instrumental support from family members provides a sense of security, love, and care, serving as a mental support system during incarceration. Inmates who feel they receive strong family support tend to experience lower stress levels. Third, the interaction between self-compassion and family

support reveals that their combination has an even greater effect in reducing stress. This suggests that inmates with high self-compassion and strong family support are in a better position to cope with the psychological pressures of imprisonment. Therefore, rehabilitation programs in correctional facilities should focus on fostering self-compassion and encouraging family involvement in the rehabilitation process to optimally support the mental well-being of inmates.

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