

# The Influence Factors of Self-Acceptance Women Convict: Preliminary Research from Counseling Perspective

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**Abstract:** Crime is currently not only committed by men but also by women. Women who commit crimes that have been proven guilty will be subject to criminal law. Sentences given to women convicts can create psychological burdens, which will affect the process of self-acceptance. Prisoners who have low self-acceptance will have a psychological burden on themselves and will reject their conditions. This condition will certainly make female prisoners have difficulty in adapting while in prison. Observing this phenomenon, the writer is interested in studying the self-acceptance of female prisoners. The purpose of this paper is to determine the factors that influence the self-acceptance of female prisoners. The method used is a literature study with various references relating to the factors that influence the self-acceptance of female prisoners. The results and implications for guidance and counseling services are discussed further.

**Keywords:** self-acceptance, convict women, counseling perspective

## I. INTRODUCTION

The progress with the times is increasingly complex with a variety of human actions and behavior. The behavior exhibited can be in the form of positive behavior and negative behavior. Negative behavior is usually associated with violations of government rules and violations of norms that apply throughout the community. These violations fall under the category of crime (Sumarauw, 2013).

Crime is human behavior or action that violates the law and violates the norms prevailing in the community (Kartono, 2011). In the view of sociology, crime is defined as all forms of speech and behavior that violate social norms, as well as harming and disrupting the safety of society, both economically, politically, and socially psychologically (Kartono, 2003). Society has a view that perpetrators of criminal acts tend to be committed by men. However, as time goes by, this view is fading because of the many criminal cases committed by women (Isfandiarti, 2012).

Crime committed by women has increased faster than male crime, especially in developing countries. For developing countries, the overall number of criminal offenders for the 1970- 1975 period was around 1,000 per 100,000 population. The number of violations has increased steadily by 1% every year. The number of female offenders has increased 50% faster than men (Adler, 2004).

Crimes committed by women certainly cause unrest and anger among the community because it is very detrimental to the general public. Therefore, criminal acts must not be allowed to develop for the safety and security of community members (Kartono, 2005). Perpetrators of

crimes will be followed up by lawful authorities. One form of punishment is imprisonment. Perpetrators who are detained in detention centers or prisons are commonly called Prisoners (Riza, 2012).

Life in a prison provides impacts in various aspects such as physical and psychological impacts. According to Ula (2014) the psychological impact of prison punishment is a loss of personality, loss of security, loss of independence, loss of personal communication, loss of service, loss of relations between the opposite sex, loss of self-esteem, loss of trust and loss of creativity.

Cooke and Howinson (2008) explained some of the problems experienced by prisoners namely, loss of control that occurs because when living in prison prisoners does not have the ability to choose how to live life, so that reactions of anger, frustration, confusion, despair, or fear will often be found to inmates. In addition to losing control, inmates also lose family, which makes prisoners feel depressed. The next problem is the lack of stimulation, which is the loss of daily activities. This lack of stimulation will have an impact on the way prisoners think and view about themselves. Next is the loss of role models, in prison, there are only fellow inmates, this is what makes prisoners easily influenced by other inmates.

Female prisoners have the same rights and obligations as male prisoners, but when viewed psychologically, the conditions of female prisoners and men are very different. The difference can be seen from the emotional state and mental health (Herdiana, 2013).

Female prisoners will have feelings that involve their emotions, such as feelings of saturation, loneliness, sadness, fear, anxiety, and other negative feelings that will

affect her self-assessment (Ping, 2016). In addition, Palifiana and Jati (2018) explained that female prisoners tend to experience mental illness related to their role as parents who are supposed to take care of children. Female prisoners tend to experience mental illness because women are more sensitive to their feelings, they tend to face problems based on feelings rather than rational considerations (Utami, 2011).

From the description above it can be concluded that the majority of female prisoners experience psychological problems. Female prisoners experience psychological problems because they cannot accept their condition (Herdiana, 2013).

Accepting yourself means having realized, understood and accepted what it is accompanied by the desire and ability to always develop themselves so that they can live life well and responsibly (Machdan, 2012). Self-acceptance is the level where the individual really considers his characteristics and wants to live with these characteristics (E. B Hurlock, 1999). With self-acceptance, individuals can appreciate all the strengths and weaknesses in themselves. Then Chaplin (1999) adds that self-acceptance is a form of satisfaction with self. Self-acceptance in this case implies that individuals can appreciate all aspects of themselves whether they are positive or negative.

Self-acceptance is a condition in which a person has a positive attitude towards himself, acknowledges and accepts various aspects of the self-including good and bad qualities that exist in themselves and look positive towards the life that has been lived. Someone with a statement of irrational belief will result in a decrease in unconditional self-acceptance. Conversely, someone with an unconditional statement of self-acceptance does not produce an increase in rational thinking and someone with a statement about conditional self-acceptance does not produce an increase in irrational thinking (Davies, 2008). Based on the phenomena that occur, the authors want to see what are the factors that influence the self-acceptance of female prisoners.

## II. LITERATURE REVIEW

### 1. Definition

Self-acceptance is an individual's ability to ourselves perform. According to (Supratiknya (1995) self-acceptance is having a high appreciation of oneself or not being cynical of oneself. This acceptance is related to the willingness to open up or express thoughts, feelings and reactions to others, the psychological health of individuals and acceptance of others.

Maslow (Schultz, 1991) explains acceptance of self, acceptance of others and nature in second place on the list of characteristics of people who themselves are actualized. Individuals are healthy will show respect for themselves and others, to accept the limitations, weaknesses and vulnerability, these individuals free of guilt, shame and low self-esteem and also of anxiety for assessment of people against him.

### 2. Definition

According to Sheeree (Machdan, 2012) individual characteristics with self-acceptance, namely: (1) the

individual considers himself valuable as a human being and is equal to others; (2) the individual is not ashamed or only cares about himself; (3) Individuals do not consider themselves strange or abnormal and have no hope of being rejected by others ; (4) individuals dare to be responsible for their behavior; (5) individuals can receive praise or criticism objectively; and (6) individuals do not blame themselves or their limitations or deny their strengths.

In line with the above, Ellis (Bernard, 2013) stated the characteristics of self-acceptance, namely: (1) self-awareness and respect for positive characteristics possessed by eagerly developing self-potential, such as personality, talents, family, religion and cultural characteristics; and (2) stay up and be excited when you experience failure (delayed success, social rejection and have a negative interpersonal relationship) with grace and do not value self-esteem with a negative assessment.

Meanwhile, according to Osborne (Dwirosalia, 2015) the characteristics of individuals with positive self-acceptance are: (1) Not controlled by excessive ambition, but rather have a humble and emotionally mature nature. Excessive ambition makes a person want to have an excessive urge to surpass, defeat, stand out, have power, have a position and have everything that can surpass other people who are considered as rivals; (2) Not much complaining, someone who accepts himself feels that he has love and recognition from everyone so that he can do a good job. He knows how to be done and how that is part of the work of others. This causes it to work properly and not too busy, so that it makes me not complain too much; (3) Not giving up easily, people who don't give up have the hard ability to overcome every obstacle, learn from failure and not be afraid to try something new. Having a strong spirit when experiencing failure and trying to change the situation by learning; (4) Not easily offended, patient and positive thinking towards others, it is actually natural that someone is hurt because he was hurt. However, if too easily offended and angry means not having good self-control. People who accept themselves have the ability to control emotions, so they are not easily upset and offended, their hearts are not easily hurt but try to be patient and think positive.

From the characteristics that have been stated, it can be concluded that the characteristic of a person accepting his own condition is an individual who can accept his condition even though it is not in accordance with his expectations, individuals are not easily upset and give up when receiving reproach and praise from someone.

### 3. Factors Affecting Self-Acceptance

Basically, to have self-acceptance is not an easy thing, because individuals are far easier to accept the advantages that exist in themselves compared to how individuals can accept all the deficiencies that exist in him. This attitude can be influenced by several factors. These factors affect a person so that he becomes an individual who has low self-acceptance. argued about the factors that influence in self-acceptance, namely: (1) aspiration reality, human capable of accepting himself should be realistic about themselves and do not have a content of which cannot be achieve; (2) the success a gar individual receives him, the individual must be able to develop a successful

enhancer factor so potent in develop optimal; (3) self-insight of and willingness to assess yourself realistically and accept weaknesses and strength of increase of self-acceptance; (4) insights social capacity of seeing themselves on the individual as the views of others on the individual self has become a guideline to allow behaviors suit individual expectation; and (5) the concept of a stable who do not have a stable self-concept. It will be difficult to show others, whom he actually, because he himself is ambivalent towards him.

#### 4. Aspects of Self-Acceptance

Sheerer (Sutadipura, 1994) mentions aspects of self-acceptance, namely: (1) trust in his ability to face life; (2) considers himself equal to others; (3) does not consider himself to be a great or abnormal person and does not expect that others isolate him; (4) not shy about cats or being afraid of being criticized by others; (5) take responsibility for his actions; (6) follow the standard of living patterns and not participate; (7) receiving praise or criticism objectively; (8) not abusing myself with excessive restraints or not making use of extraordinary qualities; and (9) expressing feelings naturally.

Furthermore, Hall (2010) adds aspects of self-acceptance as follows: (1) feeling equal, individuals feel themselves worthy of being an equal human being with others, so that individuals do not feel as special or deviant from others. individuals feel themselves to have weaknesses and strengths like other people; (2) believe ability, individuals who have the ability to deal with life. this is evident to the attitude of individuals who are confident, preferring to develop good attitudes and eliminate their ugliness rather than wanting to be someone else, because this individual is satisfied to be himself; (3) responsible, individuals who dare to take responsibility for their behavior. this characteristic is seen from the behavior of individuals who are willing to accept criticism and make it as a valuable input to develop themselves; (4) orientation out yourself, human has greater self-orientation out of the inward, not embarrassed that cause individuals would rather pay attention to and tolerant of others that will get the social acceptance of extended circles; (5) opinionated, prefers to follow his own standards rather than being con from against social pressure. individuals who are able to accept themselves have attitudes and self-confidence that obey their own actions rather than follow the conventions and standards of others and have their own ideas and aspirations; (6) recognizing limitations individuals do not blame themselves for their limitations and deny their strengths. individuals tend to have a realistic assessment of their strengths and weaknesses; (7) accepting human nature individuals do not deny their impulses and emotions or feel guilty about them. Individuals who recognize feelings of anger, fear and anxiety without responding to it as something that must be denied or covered up.

So, the conclusion of the characteristics of self-acceptance that someone who is willing to accept himself has confidence in his ability to face his life, considers himself valuable as someone who is equal to others, dares to bear responsibility for his behavior, can receive praise and criticism objectively. And can interact with others without being hostile if they give criticism, can regulate

their emotional state (depression, anger). I can accept the situation themselves or who have developed an attitude of acceptance of the situation and respect for themselves.

### III. IMPLICATIONS FOR COUNSELING

According to Prayitno and Amti (2015) the general purpose of guidance and counseling services is to help individuals develop themselves optimally in accordance with the stages of development and predisposition they have (such as basic abilities and talents) various backgrounds that exist (such as family background , education, socioeconomic status), and in accordance with the positive demands of the environment.

Based on these general goals, female counselors aim at counseling to help them overcome their problems, so they can accept themselves and feel the happiness of life. Specifically, the purpose of guidance and counseling services for female prisoners is in line with the problems or needs that they face.

Forms of direct service that can be provided by counselors are individual counseling, group counseling and guidance, consultation and other activities such as workshops on topics that support program implementation, and other forms of activities (Afdal, 2015; Ernawati & Afdal, 2019; Hasanah, Ilyas, & Afdal, 2018). Individual counseling is counseling service organized by a counselor to a client in order to alleviate the problem client (Prayitno and Amti, 2015).

So, the effort that can be done by the counselor is to help female prisoners who experience personal problems. Related to self-acceptance as a convict, so that the life of a female prisoner will be effective and happy again; Content Mastery Service, content mastery service in accordance with the results of the writing is the application of how to fill leisure time, get closer to God, for religion can also bring *Ustadzah* to enlightenment, for example, repeating religious studies, reminding the procedures for religious activities that in accordance with *sunnah*, arranging prayer schedules, etc. Guidance Service Groups and Group Counseling, group guidance services is guidance and counseling services which allows some women prisoners together through group dynamics to discuss various things that are useful for each group member. In group counseling discussed general topics of concern with group members (Prayitno and Amti, 2015).

In this case, the women prisoners are able to find topics updated and also topics that indeed need to be discussed, example topic can be given is f actor factors that influence the occurrence of criminality in prisons and the basic concept of self-acceptance. Furthermore, related to grouping counseling can also raise personal problems that occur with female prisoners of that time.

### IV. CONCLUSION

In this writing, there are various factors that result in female inmates being unable to accept him. Female prisoners are unable to accept themselves because they do not have a positive attitude towards themselves, do not recognize and accept various aspects of themselves, including good and bad qualities that exist in themselves and look negatively on the life they have lived. The

dynamics of self-acceptance in female prisoners depend on factors that support self-acceptance.

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