

Self Adaption Toward Stress Effect Criminal Punishment to Prisoners in Tasikmalaya Second Class Penitentiary

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Abstract—Objective: to the description of self-adaption to stress based on criminal punishment for prisoners in Tasikmalaya Second Class Penitentiary. **Methods:** descriptive research, participants in this study were prisoners on criminal punishment (n=40). **Results and Discussion :** obtained in this study that normal prisoners are 14 people (35%), prisoners with mild stress 7 people (17.5%), prisoners who experienced moderate stress as many as 5 people (12.5%), prisoners who experienced severe stress as many as 3 people (7.5%) and prisoners with very heavy stress as many as 11 people (27.5%). Prisoners have self-adjusting each 100%. **The conclusion :** in this study is that the length of a criminal has no relationship with the prisoner's stress and the stress experienced by the prisoner has no influence on self-adaption.

Keywords: *criminal punishment, stress, self adaption*

I. INTRODUCTION

Since 2000 the prison population in the world has grown by almost 20%. The countries with the most prisoners are the United States (2.2 million), China (1.6 million), Russia (650 thousand). In Southeast Asia, the ratio of Indonesian prisoners is only 1 level above Timor Leste (50 people / 100,000 population[1]).

In Southeast Asia alone, a total of Indonesian prisoners is still lower than in Thailand (315,969). In West Java, the total of criminal acts continues to increase each year. The number of criminal acts in 2003, 2004, 2005, 2007, 2008 and 2009 in West Java were 17,188, 17,549, 19,574, 22,160, 23,862 and 27,352[2].

Data in 2017 and 2018 the number of prisoners in Class II B Prison Tasikmalaya recorded 211 inmates and 131 prisoners in 2017 and in 2018 there were 180 prisoners and 216 prisoners [3].

Stress on the prisoner in facing his prison term is a condition where the prisoner can't balancing between the demanding situation with his feelings and feels that he is in the worst state and sees the worst situation as a burden that exceeds his ability [2].

The old stress level is determined by the extent to which the prisoner can adjust to the new environmental conditions, both physical, psychological, and social conditions [4].

Self-adaption is a healthy adjustment to the environment is one of the important prerequisites for the creation of an individual's mental or mental health. Many individuals suffer and are unable to achieve happiness in their lives because of their inability to self adapt to their environment, many people who experience stress or depression due to their failure to adapt to existing environmental conditions and complex conditions [5].

A person is said to be unable to adjust if sadness, disappointment, or despair develops and affects his physiological and psychological functions. Individuals become unable to use their thoughts and attitudes well so that they are unable to cope with pressures that appear in a good way. someone said to have good self-adjustment if he can achieve satisfaction in his efforts to meet needs, overcome tension, free from various psychological burdens, not stress, frustration and conflict [4].

II. MATERIAL AND METHOD

A. Procedure

This type of research is descriptive using a quantitative approach. The population is prisoners in Tasikmalaya second class penitentiary who suitable to inclusion criteria and exclusion criteria of 40 people taken by purposive sampling.

B. Data Analysis

Data were collected using the Depression Anxiety Stress Scale 42 (DASS 42) questionnaire and self-adaption questionnaire by Schneider. Data analysis by using SPSS 24 (Statistical Package for the Social Sciences). The data analysis technique of this study was the univariate analysis.

III. RESULTS

Prisoners with the most criminal punishment are 3 years jail of 10 people. Of the total respondents as many as 40 people who did not stress or normal were 14 people (35%), prisoners who mild stress 7 people (17.5%), prisoners who moderate stress as many as 5 people (12.5%), prisoners who severe stress as many as 3 people (7.5%) and prisoners with very heavy stress as many as 11 people (27.5%). Prisoners have self-adaption each 100%. The results of the cross-tabulation of the relationship between stress levels and criminal punishment found that prisoners who very heavy stress on prisoners with the jail of imprisonment of 1 and 2 years with as many as 3 people (50%).

TABLE 1. STRESS FREQUENCY DISTRIBUTION TOWARDS CRIMINAL PUNISHMENT

CP	Stress Levels					
	N	R	S	B	SB	T
1 th	0 0%	2 33,3%	1 16,7%	0 0%	3 50%	6 100%
2 th	1 16,7%	0 0%	1 16,7%	1 16,7%	3 50%	6 100%
3 th	4 40%	2 20%	0 0%	1 10%	3 30%	10 100%
4 th	3 75%	0 0%	1 25%	0 0%	0 0%	4 100%
5 th	4 57,1%	1 14,3%	1 14,3%	1 14,3%	0 0%	7 100%
6 th	1 25%	2 50%	1 25%	0 0%	0 0%	4 100%
7 th	1 25%	2 50%	1 25%	0 0%	0 0%	4 100%
8 th	0 0%	0 0%	0 0%	0 0%	1 100%	1 100%
Total	14 35%	7 17,5%	5 12,5%	3 7,5%	11 27,5%	40 100%

TABLE 1 : SELF ADAPTION FREQUENCY DISTRIBUTION TOWARDS STRESS

Stress Levels	Self Adaption		
	Well	Poorly	Not
N	14 100%	0	0
R	7 100%	0	0
S	5 100%	0	0
B	3 100%	0	0
SB	11 100%	0	0
T	40 100%	0	0

Annotation :

CP	= Criminal Punishment
N	= Normal
R	= Mild Stress
S	= Moderate Stress
B	= Severe Stress
SB	= Very Heavy Stress
T	= Total
Th	= Year

The results of this study get the most severe stress results in prisoners with the jail of 1 year with the results of 3 people (50%) and 2 years 3 people (50%). This is like that study by [4] in Bekasi by taking 49 respondents who stated that inmates who had served longer periods of detention showed lower stress levels compared to prisoners who had just been detained. This condition is influenced by the process of adaptation by a person to the changes that occur.

This study differs from the Singleton theory by [6], stating that heavy stress or depression in prisoners is influenced by the length of jail and the length of time the prisoner spends his time in prison and loses the job that is a source of income, the more easily the prisoner severe stress or depression and feel low self-esteem.

This study is also different from the results of research conducted by [7], that his research obtained the results of respondents at mild stress 80% who moderate stress 3% who normal 17%.

This study is also different from the research conducted by [4], that in her study the highest presentation obtained 85.7% data for respondents who mild stress.

The majority of respondents in this study that those who did not stress or were normal 35%, but the difference in percentage values with other categories was not too far away 27.5% for prisoners who severe stress on each of their criminal punishment.

Self-adaption of prisoners to stress from 40 respondents who were included in the study found that adjustment of prisoners in prisons as well (100%), both inmates who were not stressed or normal, inmates who mild, moderate, severe and very heavy stress. This is different from the results of research obtained by [4] with the data obtained there is a low level of adjustment that is worth 48%. One of the things that can influence it is the level of intelligence in prisoners, which is in

accordance with the theory of Scheineiders one of the factors that influence self-adaption is the personality factor and within these factors, there are aspects of intelligence or educational aspects.

IV. CONCLUSIONS

Base on research in Tasikmalaya Second Class Penitentiary can be made a conclusion :

1. The majority of respondents in this study that those who did not stress or were normal 35%.
2. Self-adaption of prisoners to stress from 40 respondents who were included in the study found that adjustment of prisoners in prisons as well (100%)

V. RECOMMENDATIONS

1. Future researchers
It is hoped to further develop research by examining other factors related to stress and self-adaption.
2. Educational Institution
Develop material about stress by adding books is like that literature relating to stress
3. Tasikmalaya Second Class Penitentiary
To pay more attention to psychology prisoners.
4. Health Workers
To increase health care order to further promotive, preventive, therapeutic, rehabilitative and early detection efforts to manage stress and teach stress management.

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