



Emotional Stabilization Training to Improve the Psychological Well-being of Prisoners

Retno Ristiasih Utami¹, Purwaningtyastuti²

^{1,2}*Faculty of Psychology Universitas
Semarang, Indonesia*

Corresponding Author :

ririez03@usm.ac.id

pungky@usm.ac.id

Abstract. The aim of this research was to examine the effect of emotional stabilization training on improving psychological well-being in prisoners. This research uses an experimental method with Pre- test Post-test one group Design. The respondents in this research were inmates at the Class I A Semarang Correctional Institution and the Class II A Semarang Women's Correctional Institution. The respondents used were prisoners who had psychological well-being scores below the average, as measured using the Psychological Well-being Scale. The data analysis technique uses a paired sample t test (psychological well-being before and after training) and an independent sample t test to determine whether there are differences in psychological well-being before and after training in male and female inmate subjects. Based on the results above, it is known that there are differences in psychological well-being scores for male prisoners so that Emotional Stabilization Training is more effectively applied to male prisoners.

Keywords: *Emotional Stabilization Training; Psychological Well-being; Prisoners*

1 Introduction

Corrections according to Law no. 22 of 2022 concerning Corrections are a criminal justice subsystem that enforces law in the field of treatment of prisoners, children, and inmates. According to Sudarto [1], corrections can be interpreted as

resocialization, which is a process of interaction between prisoners, correctional officers and the community. The goal is to change the value system of prisoners, so that they can adapt to the norms that apply in society. Law no. 22 of 2022 also explains that what is meant by prisoners are convicts who are serving a prison sentence for a certain period of time and for life-or-death row convicts who are awaiting the implementation of the verdict, who are undergoing guidance in correctional institutions, hereinafter referred to as Lapas.

According to the database of the Directorate General of Corrections, in 2024 there were 217,559 prisoners recorded, while in 2023 there were 216,935 prisoners recorded, an increase of 624 people from 2023 to mid- 2024. The number of prisoners in Central Java is 11,498 people consisting of 11,079 male prisoners and 419 female prisoners. (<https://sdppublik.ditjenpas.go.id/>). Along with the development of the times, the condition of prisons in Indonesia has continued to change, both in terms of quantity, quality, and governance. In recent years, changes in prison conditions have often been associated with various problems that have occurred in prisons, including overcapacity of prisoners/convicts in prisons, inadequate prison facilities, lack of prison guards/officers, and problems of violence and security in prisons. The number of prisons and Detention Centers (Rutan) in Indonesia continue to increase over time. In 2023, there will be around 526 prisons and detention centers spread throughout Indonesia with a total capacity of 140,424 people. [i] This number has increased from 2019 which was only around 492 prisons and detention centers with a total capacity of 130,446 1 people. The number of prison and detention center residents is currently 265,897 people, so there is still an overcapacity of 89.35%. Prison overcapacity also occurs in Central Java, based on data from the Directorate General of Corrections in 2024, the capacity of prisons in Central Java is 10,238 people but is inhabited by 14,193 (prisoners and detainees) <https://sdppublik.ditjenpas.go.id/>

Conditions that are restrictive and have forced restrictions in prisons make prisoners have to face new problems and inevitably have to adapt to the new environment. Sykes (in [shamas](#), 2017) stated that there are four main impacts of imprisonment on individuals. First, loss of liberty or loss of independence is a condition in which individuals lose their freedom for a long period of time. There is an extreme change in the environment where everyday life that is free and has few regulations changes into an environment that is very strict and full of rules. The second is loss of autonomy, which is when individuals lose their autonomy in the form of the loss of the right to determine their own choices in several matters, considering that in prison no one has the freedom to choose as outside prison, such as the right to determine the time and menu of food to the freedom to determine the type of clothing. The third is loss of security or loss of a sense of security, which is when individuals are placed close to other prisoners who may have a history of

violent or aggressive cases for a long time. This situation has been shown to trigger anxiety disorders. The fourth is loss of heterosexual relationships, which is a condition that requires individuals to lose the opportunity to have sexual relations with the opposite sex, so that their sexual urges are inhibited and have the potential to cause frustration or even sexual orientation disorders. [2] These conditions can give rise to a tendency to withdraw and try to escape from traumatic realities. Someone who has had the status of a prisoner also has an impact on the difficulty of gaining trust from society and is difficult to trust to be given responsibility, making it difficult for prisoners to get jobs after they are released from their prison sentences [3]. The difficulties experienced by prisoners can have negative impacts. One of them is that prisoners have psychological problems [3]. This is in accordance with data from the Bureau of Justice Statistics which found that male and female prisoners have psychological problems. Life in prison is not pleasant. Prisoners have limited space and freedom of movement so that it can cause inmates to suffer from mild to severe mental disorders.

This statement is in line with research conducted by [4], which found that the impacts experienced when receiving a sentence in prison are loss of personality, security, independence, service communication, relationships with the opposite sex, self-esteem, trust and also creativity. [5] The negative conditions felt can affect prisoners in seeing themselves, other people and the surrounding environment, in other words it will affect both the physical and psychological condition of a prisoner, this experience is very likely to cause low psychological well-being. [6] The complexity of these psychological problems has a major impact on the psychological well-being of prisoners which is low. The psychological well-being of prisoners in prison seems to be ignored. This is due to the absence of mental health facilities in prisons. Routine activities held in prison only focus on religion, hobbies, and skills [7].

Psychological well-being is a condition characterized by individuals being able to make their own decisions, being able to control their own behavior, being able to organize and create a harmonious environment, having a purpose in life, and trying to develop themselves Ryff, 1989 in [5]. According to Ryff, psychological well-being is formed from individual self-acceptance, positive relationships with the social environment, having a purpose in life, individual development, environmental mastery and autonomy. The achievement of psychological well-being varies greatly depending on how individuals interpret their life process. According to Oruh, [8], low psychological well-being can result in individuals having a good external locus of control, having low self-esteem, lack of independence, lack of religiousness, having maladaptive coping strategies, lack of individual ability to socialize, and individuals tend to be pessimistic. In addition, someone who has low psychological well-being tends to use more dysfunctional

coping strategies, blames themselves for a situation, and tends to take refuge in fantastic thoughts [9]. On the other hand, [10] stated that individuals who have achieved psychological well-being will have feelings of happiness, have good relationships with the social environment, and have a sense of satisfaction with the individual's life. In line with that, individuals who have good psychological well-being can help individuals improve their physical and mental health to be better, increase the individual's life expectancy, can be a picture of the quality of life and function of the individual.

Psychological well-being can increase if the individual can find their happiness, and forgive to reduce depression [11]. There are several factors that influence psychological well-being, including socio-demographic factors such as age, education level, gender. Meanwhile, according to [7], psychological well-being consists of the following dimensions: (1) being able to accept oneself as one is (accepting shortcomings, advantages, and past or painful and disappointing life experiences); (2) having independence or the ability to make the right decisions for oneself; (3) being able to make good life plans, directions and goals for the future; (4) being able to organize and create an environment that suits what is needed; (5) having the ability to develop one's potential; and (6) being able to build positive relationships with others. Emotional stability or maturity is a condition where an individual is able to control themselves over the outburst of emotional expression they experience, so that they can handle everything they face well. Simply put, emotional stability is a person's ability to manage the emotions within them. The stability referred to here is a person's reaction both emotionally and physically, and can be predicted and not surprising. A person who has good emotional stability will be able to understand what they are feeling and express it appropriately (Aziz & Fadli, in [12]). The Emotional Stabilization Training given to respondents is based on the individual's ability to recognize their emotions and regulate emotions and be aware of reality in order to evaluate their behavior.

Based on the research framework, this study hypothesizes that prisoners with low psychological well-being scores will experience an improvement in their psychological well-being when provided with Emotional Stabilization training. Additionally, it is proposed that there are differences in the effectiveness of Emotional Stabilization training in enhancing psychological well-being among prisoners, which may vary based on gender.

2 Method

Quasi-experimental research was conducted at the Class IA Semarang Correctional Institution and the Class IIA Semarang Women's Correctional Institution. The criteria for respondents in the experimental research were adult prisoners who obtained a Psychological Well-being Scale score below average (score 0 - 73), were

willing to be respondents (indicated by signing a statement of willingness), had been in prison for at least 3 months (after the adjustment or orientation period) and were not illiterate. Based on the initial test on 224 male prisoners and 235 female prisoners, 20 male prisoner respondents and 19 female respondents were obtained who would be included in the experiment. The Experimental Variable is Emotional Stabilization Training, the Dependent Variable is Psychological Well-being and the Moderator Variable is Gender. Psychological Well-being data were taken using the Psychological Well-being Scale based on Ryff's theory which has been adapted by [13], with items that were declared valid having an item-total correlation value between 0.206-0.740. The alpha cronbach reliability coefficient of the psychological well-being scale is 0.805. This coefficient indicates a level of consistency of the psychological well-being scale of 80.5%.

This study uses The One Group Pretest Posttest Design, which is an experimental design involving one group of subjects, the experimental group given a pretest and a posttest.

Data analysis using paired sample t-test to determine whether there is a difference in Psychological Well-being scores in the Experimental Group before and after training. Independent sample t-test analysis to determine whether there is a difference in the initial and final test scores of Psychological Well-being in male and female prisoners.

3 Result and Discussion

Paired sample t test on female prisoners showed the following results

Table 1. Results of the Paired-sample t test on Female Prisoner Respondents

Measure 1	Measure 2	t	df	p	Cohen's d	SE Cohen's d
Pre	Post	-1.619	9	0.140	-0.512	0.480

Note. Student's t-test.

Calculation of data analysis using JASP shows that data taken from 10 female prisoner respondents with an average psychological well-being score before training of 71.800 and an average psychological well-being score after training of 78.500. The data is normally distributed as indicated by the p value = 0.522 ($p > 0.05$). The results of the paired-sample t test show that there is no difference in psychological well-being in female prisoner respondents before and after training ($p > 0.05$) so that the alternative hypothesis is not accepted and emotional stabilization training is less effective in improving the psychological well-being of

female prisoners.

The Paired sample t test on male prisoners shows the following results

Table 2. Paired-Sample t test results on Male Prisoner Respondents

Measure 1	Measure 2	t	df	p	Cohen's d	SE Cohen's d
pre	- post	-9.724	9	< .001	-3.075	1.1 18

Note. Student's t-test.

Calculation of data analysis using JASP shows that data taken from 10 male prisoner respondents with an average psychological well-being score before training of 61.900 and an average psychological well-being score after training of 89.800. The data is normally distributed as indicated by the p value = 0.160 ($p > 0.05$). The results of the paired-sample t test show that there is a difference in psychological well-being in male prisoner respondents before and after training ($p < 0.01$) with a difference index of -9.724 so that the alternative hypothesis is accepted and emotional stabilization training is effective in improving the psychological well-being of male prisoners.

Analysis of the difference in final test scores in male and female prisoners

shows the following results:

Table 3. Descriptive Data of Final Test Results on Male and Female

		Prisoners							
	Group	N	Mean	SD	SE	Coefficient of variation	Mean Rank	Sum Rank	
Post test	Female	10	78.500	12.519	3.959	0.159	7.150	71.500	
	Male	10	89.800	7.941	2.511	0.088	13.850	138.500	

Table 4. Results of the Mann-Whitney U Test on the Post-test scores of Male and Female Prisoner Respondents

	U	df	p	Rank-Biserial Correlation	SE Rank-Biserial Correlation
Post	16.500		0.012	-0.670	0.259

Note. For the Mann-Whitney test, effect size is given by the rank biserial correlation

Note. Mann-Whitney U test

Based on the results above, it is known that the distribution of the final test data on female prisoner respondents is not normal ($p < 0.05$) so that for the difference test, the Mann-Whitney U test was used which showed that there was a difference in psychological well-being scores between male and female prisoners, where male prisoners had better psychological well-being than female prisoners after the training was carried out so that Emotional Stabilization Training was more effective when applied to male prisoners.

The psychological well-being of men and women does show different levels, according to research by Matud, et al. [14] women score higher in the dimensions of personal growth and positive relationships with others, while men score higher in the dimensions of self-acceptance and autonomy. According to Ryff, 2013 [15], there are two perspectives on psychological well-being, the first is called the hedonic view where individual well-being is having a life goal to achieve happiness. The second is where humans have a life goal to achieve happiness they must actualize themselves, which enters into subjective psychological well-being which will lead to individual happiness, individual satisfaction in living life and self-esteem. The conclusion from this is that the psychological well-being of this individual is a form of individual satisfaction from what he has in life where he feels sufficient with what he has, then this can give rise to feelings of happiness and not feel many demands in the life he lives. Several studies on the psychological well-being of prisoners that have been conducted have found that the psychological well-being of prisoners affects how they live their lives while in prison. Prisoners who are serving their sentences view themselves in the past as contradictory and after undergoing a period of guidance and receiving support from their families they view themselves more positively, the punishments served by prisoners in prison include various medical, psychological and spiritual aspects that help prisoners achieve a better life. Based on the description above, it can be concluded that psychological well-being can be pursued by prisoners through various positive activities and activities in prison so that they can form new habits for prisoners in achieving their life goals. This experiment was conducted on two groups of male and

female prisoners separately to control for gender variables that affect psychological well-being. The Stabilization Training provided was more effective when applied to male prisoners than to female prisoners. This experiment was conducted on two groups of male and female prisoners separately to control for gender variables that affect psychological well-being. The Stabilization Training provided was more effective when applied to male prisoners than to female prisoners. The process of conducting the experiment controls variables that are expected to contaminate the internal validity of the experiment, such as the initial test was given one month before the experiment to minimize the testing effect in the final test of the experiment because the measuring instrument used was the same. The weakness of this experimental design is the absence of a control group so that there is no comparison to determine whether the effect of emotional stabilization training on increasing the psychological well-being of prisoners is strong enough.

4 Conclusion

The conclusion of this study is that there is an influence of Emotional Stability Training in improving psychological well-being in prisoners, the training is more effective when applied to male prisoners than female prisoners. Suggestions for other researchers are to use a two-group experimental design, an experimental group and a control group and to control other variables that may contaminate the internal validity of the experiment such as length of sentence, level of education and age.

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