

The Role of Hardiness and Social Support on Stress of Prisoners In Class II B Tanjungbalai Prison

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Abstract – Prisoners while serving their sentence in prison tend to experience stress caused by the demand that must have been reached. Stress that occurs continuously can affect the physical and psychological of the inmates. The aimed of this study was determine the role of hardiness and social support on stress of prisoners in class II B Tanjungbalai prison. This research used quantitative methods. The subjects in this study were 103 prisoners in class II B Tanjungbalai prison, which selected by purposive sampling technique. The measuring instruments used are the hardiness scale, social support scale, and stress scale. The data analysis technique used is regression analysis with SPSS program. The results showed that there was a significant role between hardiness and social support on stress of prisoners in class II B Tanjungbalai prison. Hardiness and social support provide an affective contribution to stres by 12.9%. The hardiness variable gave a greater contribution to stress than the social support variable. The implications of this study are expected to be inmates can increase the hardiness in him and constantly seek social support from those closest to reduce stress on inmates while serving their sentence in prison.

Keywords – Hardiness, Social support, Stress, Prisoners.

I. INTRODUCTION

Stress is something that is part of human life. Almost all individuals have experienced stress in their lives, regardless of gender, age, position, position, or socioeconomic status. Stress as a condition caused by a mismatch between biological and psychological conditions in the face of environmental demands that cause feelings of tension and discomfort [22]. Prisoners in the penitentiary are people who are not free from stress. Various problems experienced by prisoners in undergoing their detention period cause them to experience stress [19]. Especially prisoners who have just entered experience drastic life changes from a life full of freedom to full of limitations [25]. Every day prisoners must face walls and bars and experience the loss of many things, such as loss of privacy, trust from family and society, work, goods and services, heterosexual relationships, security, control over life, being unable to freely do the activities they like, isolated from society, various forms of violence, and various conflicts arise both social and inner conflicts [16][13].

The length of the sentence period is also related to the onset of stress conditions in prisoners, meaning that the longer the sentence period, the higher the stress conditions felt by prisoners. The period of punishment received by prisoners is interpreted as a condition of losing personal services for a long time in accordance with the period of punishment [28]. In addition, the increase in the number of prisoners has caused overcrowding in the penitentiary environment. According to World Prison Brief data, the number of prisoners in Indonesia tends to increase every year, even exceeding its capacity limit which currently reaches 208%. In 2020 there were 249,056 people, while the ideal capacity of prisons nationally was only around 132,107 people [29]. One of the correctional institutions in Indonesia that is experiencing overcapacity is the Class II B Tanjungbalai Correctional Institution which is currently occupied by 1162 people, while the capacity is only for 707 residents. This level of overcapacity has reached 164%. This figure shows a high number. The occurrence of overcapacity will certainly affect the quality of residents both from the provision of rights to prisoners, coaching, and security in correctional institutions [1]. Prisoners perceive

occupancy density as a condition that causes feelings of pressure and threat, and can have an impact on the physical health conditions and psychological health of prisoners [8][14].

The above stressors are a challenge for prisoners who have just served their sentences. With significant changes in the lifestyle of new prisoners while outside and inside the correctional institution can make them more vulnerable to stress [26]. Stress that occurs continuously can be a threat because it can lead to maladaptive behavior [11], but each prisoner in serving his sentence has a different level of stress from one another, even though the stressors faced are the same [31]. One of the distinguishing attitudes of individuals in dealing with their problems is to have hardiness [23]. Hardiness is defined as a personality characteristic that includes a

combination of attitudes, where these attitudes function as a resource for resilience in the face of stressful life events [12]. Hardiness attitudes consisting of commitment, control, and challenge are the basis that must be possessed by individuals in order to survive in stressful situations [15]. Individuals who have hardiness will affect how individuals deal with stressors, and can affect behavior when overcoming stressful problems [7]. Thus, it can be interpreted that prisoners who have high stress levels may have low hardiness. Meanwhile, prisoners who have low stress levels may have high hardiness. Hardiness explains how some prisoners seem to be unaffected by stressful environments. This means that two prisoners faced with the same stressor, may respond differently to their circumstances. Based on the findings of Heckman & Clay's research, hardiness significantly affects physical and psychological health [10]. With hardiness, it can make individuals have the right coping strategies to find problem solving so as to avoid various impacts of stress [3]. Therefore, it is important for prisoners to have the characteristics of hardiness, so that they can survive the stressors in a stressful correctional institution.

In addition to hardiness, other factors can also affect stress in prisoners, namely the presence of social support. Social support plays an important role in a person's stress [24][5]. Social support can have a positive impact on a person's health and well-being [9]. The social support received can help prisoners feel calm, loved, cared for, increase self-confidence, especially those who have problems can tell their problems so that they do not feel alone in facing their problems, can find a way out and can release the mental burden caused by these problems [20]. Social support obtained by prisoners can also affect the psychological impact of the detention process, such as the impact of stress and loneliness, and avoid self-harm or suicide [4]. Social support from family, friends and officers plays a role in strengthening prisoners to be optimistic and not despair in serving their sentences [2].

Based on the above problems, researchers are interested in knowing how much the role of hardiness and social support on stress in prisoners. Therefore, researchers consider it necessary to conduct research on "The Role of Hardiness and Social Support on Stress in Prisoners in Class II B Tanjungbalai Correctional Institution".

II. PURPOSE AND METHODS

This study aims to 1) determine the role of hardiness on stress in prisoners in Class II B Tanjungbalai Correctional Institution. 2) determine the role of social support on stress in prisoners in Class II B Tanjungbalai Correctional Institution. 3) to know the role of hardiness and social support on stress in prisoners in Class II B Tanjungbalai Correctional Institution. Participants in this study involved 103 prisoners with the age range of 20 to 40 years, consisting of various criminal cases and have served a maximum of two years of coaching. Sampling in this study used purposive sampling technique. Data collection uses three scales, namely the stress scale, hardiness scale, and social support scale. The stress scale uses the Perceived Stress Scale (PSS-10) adapted from the scale proposed by Cohen in 1994, and this scale consists of 10 items arranged using a rating scale. The hardiness scale was prepared by the researcher based on the theory proposed by Maddi which consists of three dimensions, namely, commitment, control, and challenge [15]. This scale consists of 27 statement items. Then the social support scale uses the social provisions scale (SPS) which is adapted from the scale developed by Cutrona and Russell and this scale consists of 24 statement items [6]. The analysis technique used in this study is multiple regression analysis technique.

III. RESULT AND DISCUSSION

The results of the data description of the research subjects totaled 103 prisoners. The distribution of subjects based on education level is described in table 1 below:

Table 1. Subject Overview Based on education level

Education Level	Total	Percentage
SD	32	31%
SMP	30	29%
HIGH SCHOOL	36	35%
D3	1	1%
S1	4	4%
Total	103	100%

Based on table 1 above, it can be seen that the number of research subjects who have an elementary school education level is 32 people (31%), subjects who have a junior high school education level are 30 people (29%), high school education level is 36 people (35%), D3 education level is 1 person (1%), and undergraduate education level (S1) is 4 people (4%). Based on this data, it can be concluded that the education level of the research subjects is mostly at the high school level.

Table 2. Overview of Subjects Based on Gender

Gender	Total	Percentage
Male	90	87%
Female	13	13%
Total	103	100%

Based on the table above, it shows that most of the research subjects are male, namely 87%, while the female research subjects are only 13%.

Table 3. Subject Overview Based on Length of Sentence

Length of Sentence	Total	Percentage
1-5 years	29	27%
5-10 years	70	68%
10-15 years	5	5%
Total	103	100%

Based on the table above, it shows that research subjects who have a sentence period of 1-5 years are 29 people (27%), a sentence period of 6-10 years is 70 people (68%), and a sentence period of 10-15 years is 5 people (5%). Based on this data, it can be concluded that the length of sentence of the research subjects is mostly in 5-10 years.

Table 4. Stress Data Categorization

Value Range	Category	Total	Percentage
$X < 23$	Low	10	10%
$23 \leq X < 37$	Medium	91	88%
$37 < X$	High	2	2%
Total		103	100%

Based on the results of the table above, it can be seen that subjects who have low stress levels are 10 people (10%), subjects who have moderate stress levels are 91 people (88%) and subjects who have high stress levels are 2 people (2%).

Table 5. Hardiness Data Categorization

Value Range	Category	Total	Percentage
$X < 63$	Low	0	0%
$63 \leq X < 99$	Medium	18	17%
$99 < X$	High	85	83%
Total		103	100%

Based on the results of the table above, it can be seen that there are no subjects who have a low level of hardiness, subjects who have a moderate level of hardiness are 18 people (17%) and subjects with a high level of hardiness are 85 people (83%).

Table 6. Categorization of Social Support Data

Value Range	Category	Total	Percentage
$X < 56$	Low	1	1%
$56 \leq X < 88$	Medium	69	67%
$88 < X$	High	33	32%
Total		103	100%

Based on the table above, it can be seen that subjects who have a low level of social support are 1 person (1%), subjects who have moderate social support are 69 people (67%) and subjects who have a high level of social support are 33 people (32%).

Table 7. Cross Tabulation of Categorization of Hardiness and Social Support on Stress

Hardiness			Stress						Total	
			N	Low Percentage	N	Medium Percentage	N	High Percentage	N	Percentage
Medium	Social Support	Low	0	0%	1	5.6%	0	0%	1	5.6%
		Medium	1	5.6%	12	66.7%	1	5.6%	14	77.8%
		Hight	0	0%	3	16.7%	0	0%	3	16.7%
		Total	1	5.6%	16	88.9%	1	5.6%	18	100%
Hight	Social Support	Low	0	0%	0	0%	0	0%	0	0%
		Medium	4	4.7%	50	58.8%	1	1.2%	55	64.7%
		Hight	5	5.9%	25	29.5%	0	0%	30	35.3%
		Total	9	10.6%	75	88.2%	1	1.2%	85	100%
Total	Social Support	Low	0	0%	1	1%	0	0%	1	1%
		Medium	5	4.9%	62	60.2%	2	1.9%	69	67%
		Hight	5	4.9%	28	27.2%	0	0%	33	32%
		Total	10	9.7%	91	88.3 %	2	1.9%	103	100%

Based on the table above, it can be seen that there are 12 subjects with hardiness in the moderate category and social support in the moderate category having moderate stress (66.7%). Furthermore, there are 50 subjects with hardiness in the high

category and social support in the moderate category having moderate stress (58.8%). In addition, there are 25 subjects with hardiness in the high category and social support also in the high category having moderate stress (29.5%). Based on the explanation above, it shows that the results of the cross tabulation are dominated by subjects who are in the high hardiness category and moderate social support with moderate stress.

Table 8. F Test Analysis of the Role of Hardiness on Stress in prisoners

Model	Sum of Squares	Df	Mean Square	F	Sig.
Regression	181.245	1	181.245	11.718	.001
Residuals	1562.250	101	49,585		
Total	1743.495	102			

Based on the results of the table above, the calculated F value is 11.718 with a significance of .001 ($p < .05$), meaning that hypothesis one (H1) in this study is accepted. This means that there is a significant role of hardiness on stress in prisoners in Class II B Correctional Institution Tanjungbalai. Data analysis conducted to see the magnitude of the role of hardiness on stress can be seen in the table below:

Table 9. Analysis of the Effective Contribution of the Role of Hardiness to Stress in Prisoners

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
<i>Hardiness*Stres</i>	0.322	0.104	0.95	3.933

Based on the table above, the correlation value (R) is .322 and the coefficient of determination (R²) seen above is .104. This value shows that the effective contribution of the role of hardiness to stress in prisoners is 10.4%.

Table 10. F Test Analysis of the Role of Social Support on Stress in prisoners

Model	Sum of Squares	Df	Mean Square	F	Sig.
Regression	103.067	1	103.067	6.346	.013
Residuals	1640.250	101	16.242		
Total	1743.495	102			

Based on the results of the table above, the calculated F value is 6.346 with a significance of .013 ($p < .05$), meaning that hypothesis two in this study is accepted. This shows that there is a significant role of social support on stress in prisoners in Class II B Correctional Institution Tanjungbalai. Data analysis conducted to see the magnitude of the role of social support on stress can be seen in the following table:

Table 11. Analysis of the Effective Contribution of the Role of Social Support to Stress in Prisoners

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
Social support* Stress	.243	.059	.50	4.030

Based on the table above shows the analysis of the effective contribution of social support to stress in prisoners in Class II B Correctional Institution Tanjungbalai there is a correlation value (R) of .243 and the coefficient of determination (R²) seen above is .059. This value indicates that the effective contribution of the role of social support to stress in prisoners is 5.9%.

Table 12. Multiple Regression Test Analysis

Model	Sum of Squares	Df	Mean Square	F	Sig
Regression	225.723	2	112.862	7.436	.001
Residuals Total	1517.772	100	15.178		
	1743.495	102			

Based on the table above, the calculated F value = 7.436 with a significance value of .001 (p < .05), while the F table value for N = 103 and significance p = .05 is 3.09. Thus the calculated F value is greater than the F table value (7.436 > 3.09). So it can be concluded that the third hypothesis in this study is accepted. This means that there is a significant role of hardiness and social support on stress in prisoners in correctional institutions. Furthermore, the determination test (R) was conducted to determine the magnitude of the influence of hardiness and social support variables on stress in prisoners. The results of the determination test can be seen from the table below:

Table 13. Analysis of the Effective Contribution of Hardiness and Social Support to Stress in prisoners

Model	R	R Square	Adjust R Square	Std. Error of the Estimate
1	.360	.129	.112	3.896

Based on the table above, the correlation coefficient (R) is .360, which means that hardiness and social support have a role in stress in prisoners in correctional institutions. This indicates that the higher the hardiness and social support, the lower the stress. Conversely, the lower the hardiness and social support, the higher the stress. Meanwhile, the coefficient of determination (R²) of .129, this value indicates that the effective contribution of the role of hardiness and social support to stress in prisoners in correctional institutions is 12.9% while the rest (87.1%) is explained by other factors outside this research model.

IV. CONCLUSION

Based on the number of participants as many as 103 prisoners, the results showed that as many as 10 people had low stress levels (10%), 91 people had moderate stress levels (88%), and subjects who had high stress levels were 2 people (2%). Then it is known that subjects who have a moderate level of hardiness are 18 people (17%), subjects with a high level of hardiness are 85 people and there are no subjects who have a low level of hardiness (83%). As well as subjects who have a low level of social support as many as 1 person (1%), subjects who have moderate social support as many as 69 people (67%) and subjects who have a high level of social support as many as 33 people (32%). Based on the results of statistical analysis in this study, it shows that most subjects have a high level of hardiness and moderate social support, but most subjects also have moderate stress.

Hardiness has a significant negative role on stress in prisoners in Class II B Tanjungbalai Correctional Institution with an effective contribution of 10.4%. This shows that the higher the hardiness, the lower the stress on the prisoners and vice versa. Then, social support has a significant negative role on stress in prisoners at the Class II B Tanjungbalai Correctional Institution with an effective contribution of 5.9%. This shows that the higher the social support, the lower the stress on the prisoners and vice versa. The results of this study indicate that hardiness has a greater role in low stress levels than the role of social support on stress. However, the presence of social support and the presence of a high hardiness personality in prisoners will play a greater role in their stress. The effective contribution of hardiness and social support together to stress in research subjects is 12.9%. This figure is greater than the value of the effective contribution of hardiness and social support individually to stress. Based on

research by Yolanda and Rahayuningsih found that the higher the social support and hardiness in individuals, the lower the stress they experience [30]. This is because the role of hardiness is able to have a positive impact on the biological and psychological conditions of individuals [21]. Hardiness as a personality trait that can influence individuals on how they see a stressful situation and determine an effective response [17]. In addition to having a hardiness personality, it is very important for prisoners to get support from those closest to them while serving their sentences in correctional institutions. Social support includes external factors that affect stress [27]. The availability of social support both from family, fellow prisoners, and correctional officers can make prisoners feel cared for, not feel lonely, and have a place to express any problems they experience while in prison [18].

The effective contribution value of hardiness and social support to stress in prisoners at Class II B Tanjungbalai Correctional Institution is 12.9%, while the remaining 87.1% may be influenced by other factors besides hardiness and social support. The role of internal and external factors must go hand in hand to overcome stress in prisoners. There are many internal and external factors that are not explained in this study regarding their influence on stress. However, through this research, it can be seen that hardiness as one of the internal factors and social support as one of the external factors, which means that they are factors that play a negative role in stress in prisoners in Tanjungbalai Class II B Correctional institution. Therefore, hardiness and social support need to be improved so that they can play a role in the low level of stress in prisoners.

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