The Relationship Between Self-Concept and The Anxiety Level of Prisoners in Class II.A Penitentiary in Bulukumba

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ABSTRACT

Based on the results of routine examinations from clinic officers in correctional institutions found 20 people out of 178 suffer from mild anxiety levels, while 10 people. and 121 inmates 15% of prisoners have anxiety with a moderate anxiety level of 13 people. Looking at the phenomena based on interviews with 5 prisoners in Class II.A Penitentiary Institution. Bulukumba on February 2, 2017, stated that prisoners in Class II Penitentiary Bulukumba claimed to experience feeling depressed, beaten and disappointed at the beginning of their lives inside a prison. The purpose of this study is to determine the relationship of self-concept with the level of anxiety of prisoners in Class II.A Penitentiary. Bulukumba. This study uses an analytic observational design with a "cross-sectional" approach. The population is all prisoners in Class II. A Penitentiary as many as 178 inmates. The sample in this study was 64 respondents who were determined using the Simple Random Sampling technique. Data collection was carried out using a questionnaire. The results of the analysis using the Kolmogorov alternative test obtained p = 0.435 (α> 0.05), it can be concluded that there is no relationship between self-concept and the level of anxiety of prisoners in Penitentiary class II. A Bulukumba. The suggestion from the research is to the class II. A correctional institution Bulukumba is expected to be better prepared mentally and also provide programs related to the psychological treatment of prisoners.

Keywords: Self-Concept, Anxiety Level

INTRODUCTION

Positive self-concept is capital in interacting in people's lives. Positive self-concept makes individuals able to accept interpersonal differences and overcome conflicts constructively. Rogers in Batista is quoted in (Nugroho, 2015). Negative concepts bring individuals to feelings of inferiority, low self-esteem and generate behavior that does not support the interaction of interpersonal relationships (Nugroho, 2015). The anxiety that is common is more influenced by the mindset of someone who considers himself not like other people, evaluating oneself so sharply that at first glance someone does not dare to try something that is not completely super-powered. In fact, some people always remember something frightening so much that they often intimidate themselves. Actually, all can run smoothly if they feel not hopeless and not too concerned about

scary things that have not happened or think that he will fail. Williams is quoted in (Prawoto, 2011).

Fostered residents have the right to obtain health welfare, both physically and mentally during the formation period. However, this lacks judgment. In fact, many prisoners experience psychological disorders such as anxiety from mild to severe. Based on 2007 basic health research, the prevalence of mental-emotional disorders in the form of depression and anxiety in people aged over 18 years reached 11.6% (MOH, 2012). According to research conducted by the University of South Wales, 36% of mental health problems felt by prison residents are anxiety. Every human being, including prisoners, has a self-concept. Narapiada is a person who commits a crime and is undergoing a criminal or imprisonment sentence (Widagdo, 2012). Law no. 12 of 1995 concerning penitentiary article 1 paragraph 7, states that is the convict who underwent the crime of missing independence in prison institution (http://hukum.unsrat.ac.id/uu/uu_12_95.htm). Widagdo quoted in (Fitrotus salamah, 2016).

Many prisoners who have been free to lose their confidence are marked by a closed attitude, indifferent, cynical, and anti-social. In the end, many prisoners who have come out of prison still commit crimes. Criminal acts committed by anyone, whether women, men, children, adults, and even elderly people. These actions can also be done consciously that are planned, and directed towards one specific purpose consciously and correctly but can also be done semi-consciously which is driven by a very strong and obsessive impulses. Susilo cited in (Fitrotussalamah, 2016). According to research conducted by Pritiska in (Andriawati, 2012) with the title the relationship of self-concept with the level of prisoners' anxiety in reassigning society to clients of the Bispa Class 1 Surabaya hall shows the results that 75-55% of inmates have a high self-concept, 17-42% inmates have a moderate self-concept and 3.03% inmates have a low self-concept. And it is known that 28.03% of prisoners have high anxiety, 66.67% of prisoners have a moderate level of anxiety, and 5.30% of prisoners have low self-reassembly in society. Pearson's correlational analysis showed that there was a significant correlation between self-concept and the level of prisoners' anxiety in self-regrouping the community at the Bispa Class 1 Surabaya client. With the results obtained rxy = 0.464 with sig = 0,000.

Many factors can influence crime and the behavior of the crime can be done by anyone, both women and men, children, adolescents, adulthood and even the elderly. The number of detainees in Class II A in Bulukumba is 292 inmates. Based on sex, there are 277 men with cases of drugs, theft, sexual harassment, and terrorism. Based on the results of routine examinations from clinic officers in correctional institutions found 20 people out of 178 suffer from mild anxiety levels, while 10 people. and 121 inmates 15% of prisoners have anxiety with a moderate anxiety level of 13 people. And there are still many prisoners who experience anxiety and feeling depressed and uneasy accompanied by many regrets. Based on the description above, researchers are interested in conducting research on "The relationship of self-concept to the level of anxiety of prisoners in class II. A correctional facilities in Bulukumba Regency".

MATERIAL AND METHODS

This type of research is a quantitative research using an analytic observational design using a cross-sectional approach is an analytical research design that aims to determine the relationship between variables where the independent variables and the dependent variable are identified at one-time unit (Dharma, 2011). The population in the study were all inmates in the Correctional Institution amounting to 178 respondents. Sampling in this study uses the method of simple random sampling, which is random sampling done by lottery, ordinal or random number tables or by computer. The number of samples to be examined in this study were 64 respondents.

This study uses instruments in the form of questionnaires. Measurement of anxiety levels using a Likert scale questionnaire with choice of answers to anxiety levels (no anxiety (score <6) / mild (score 6-14) / moderate (score 15-27) / weight (> 27) (dependent variable). self-concept using a modified questionnaire from the researcher with a choice of answer scores (4) if very seventh, score (3) if agreed, score (2) if disagree and score (1) if strongly disagree (independent variable). Bivariate analysis is an analysis to find out the interaction of two variables, (Notoadmojo, 2005 cited in Wiratna, 2014). Bivariate analysis functions to determine the relationship between variables Data obtained through observation sheets were analyzed using kolmogorov alternative chi-square with the help of a computer program.

RESULTS

Table 1 Distribution of Number of Respondents by Age and Length of Detention

Age	n	Percentage (%)
<20 year	4	6.3
20-35 Year	39	60.9
20-35 Year	21	32.8
Length of detention		
0-3 Year	47	73.4
4-6 Year	13	20.3
8-12 Year	4	6.3
Amount	**64**	**100**

Based on table 1 shows that of the 64 respondents, based on the age of distribution most were respondents aged less than 20-35 years as many as 39 people (60.9%), while the least respondents aged <20 were 4 people (6.3%). Of the 64 respondents, those who have a prison term of 0-3 years are 47 people (73.4%), and those who have a prison term of 8-12 years are 4 people (6.3%).

Table 2. Distribution of Number of Respondents Based on self-concept

Self Concept	n	Percentage (%)
Negatif	16	25
Positif	48	75
Amount	**64**	**100**

Based on table 2, it is found that out of 64 respondents who have positive self-concepts as many as 48 people (75%), and who have negative self-concepts as many as 16 people (25%).

Table 3. Distribution of Number of Respondents by Prisoner Anxiety Level

Level Anxiety	f	%
Light	44	68.8
Is	16	25
Weight	4	6.3
Amount	**64**	**100**

Based on table 3, the research data obtained that from 64 respondents, there were the most anxiety levels in the category of mild anxiety level of 44 people (68.8%), while at least there were in the category of severe anxiety level of 4 people (6.3%).

Table 4. Analysis of Relationship between Self-Concept and Prisoner Anxiety Level

		Anxiety							p
		Light		Is		Weight			
		n	%	n	%	n	%	Amount	
Self Concept	Negatif	12	18,8	2	3,1	2	31,1	16	0,435*
	Positif	32	50,0	14	21,9	2	31,1	48	
Amount		44	68,8	16	25,0	4	6,2	64	

Based on table 4 shows that of 64 respondents, who have a negative self-concept with mild anxiety as many as 12 respondents (18.8%), anxiety as many as 2 respondents (3.1%) and severe anxiety as much as 2 respondents (3.1%) while who have positive self-concept with mild anxiety as many as 32 respondents (50.0%), anxious as many as 14 respondents (21.9) and severe anxiety as much as 2 respondents (3.1%). From the results of the analysis using the Kolmogorovdi alternative test obtained a value of p = 0.435 with a value (p> 0.05), it can be concluded that there is no relationship between self-concept and the level of prisoners anxiety in Class II.A Penitentiary in Bulukumba.

DISCUSSION

The results showed that of 64 respondents who had negative self-concepts as many as 16 (25.0%) respondents. And positive self-concept as many as 48 (75%) respondents. Each individual will have a positive or negative self-concept with different intensities. Positive self-concept also shapes an individual's hopes or goals in his life that he wants to realize but following the strengths and weaknesses possessed. Individuals who have a positive self-concept will try and be optimistic in realizing their desires. If the individual has a negative self-concept, then the individual does not have a purpose for his life or goals that are not in line with the expectations he has and do not try to make it happen (Saam and Wahyuni, 2013).

The self-concept that has been awakened is unlikely to not make a change at all, just it will still feel difficult. Change is usually easiest because of acceptance from others, which helps a person to reduce anxiety and threats and to acknowledge and accept experiences that were previously rejected (Feist, and J. Feist, 2010). This study is not in line with the study (Purbayanti, 2012). The results show that there is a relationship between self-concept and anxiety levels of young adult prisoners with a value (p = <0.01). It is stated that self-concept has a significant relationship which can affect self-

concepts and anxiety levels such as mental trauma, cognitive process errors, lack of self-organizing mechanisms, and emotional sensitivity. Besides, it was found that the self-concept of young adult inmates at Cipinang Class 1 Penitentiary was in the high category and had a low level of prisoners' anxiety.

The researchers' assumptions state that prisoners who have a negative self-concept do not understand what they are like, what expectations they want to realize and cannot judge themselves. And positive self-concept where individuals know themselves well, can accept and understand several facts about themselves so that an evaluation of themselves becomes positive, can accept themselves as they are and be able to face future life and assume that life is a process of discovery. Based on the results of the analysis on the anxiety scale of prisoners in Penitentiary Class II.A Bulukumba respondents who have mild anxiety levels as many as 44 (68.8) respondents, who have moderate anxiety levels as many as 16 (25.0%) respondents and who have severe anxiety levels as much as 4 (6.3%) respondents.

Anxiety is someone who feels worried because of facing a situation that can not provide a clear answer, can not expect a help, and there is no clear hope that will get the results of anxiety and strong and negative worries can cause physical or psychological disorders (Sumadinata, 2004) . Anxiety is an appropriate response to the threat but it will become abnormal if the level does not match the proportion of threats, or if it comes without a cause (Nevid, 2005). This research is not in line with the research (Prawoto, 2010), it is found that there is a relationship between self-concept and social anxiety of adolescent prisoners with a value ($p = <0.05$), so it is stated that self-concept has a significant relationship. Contribution of self-concept to social anxiety.

The researcher's assumption states that inmates at the Class II.A correctional facilities in Bulukumba have a mild anxiety of 44 (68.8) of 64 respondents. Because inmates in Penitentiary Class II.A Bulukumba not too experiencing anxiety and worry to face life. They do not feel stressed or anxious while they are in prison. This can be due to many factors. For example, the training program in Penitentiary is Class II.A Bulukumba, which is good enough to make them feel comfortable. And the programs that have been given to make them have positive input that can be used as sufficient supplies after they leave prison later, for example programs or knowledge that hone skills, sports, work skills. As explained (Lestari, 2015) Low knowledge causes a person to experience stress easily, ignorance of a matter is considered as pressure that can lead to crisis and can

cause anxiety. Stress and anxiety can occur in individuals with low levels of knowledge, due to lack of information which is obtained.

From the results of the analysis using the Kolmogorov alternative test obtained p = 0.435 with a value (p> 0.05), it can be concluded that there is no relationship between self-concept and the level of prisoner anxiety in Class II.A Penitentiary in Bulukumba. Based on the assumptions of this study, it showed that the majority of prisoners in Penitentiary experienced mild anxiety with positive self-concepts of 32 people. This is because they already understand who they are, what strengths and weaknesses they have and the status of ex-convicts is not an obstacle to realizing their desires. 14 inmates are anxiously having a positive self-concept, this is because they can accept the status of inmates , and understand and accept many facts. And 2 inmates experience severe anxiety with positive self-concept, this is because they can accept status as prisoners even though they still find it difficult to accept the changes that exist.

Changes in establishing good relations with inmates the other. While 12 inmates experience mild anxiety with negative self-concepts this is because they cannot accept the changes that occur for example good environmental acceptance can support prisoners in accepting their condition, 2 inmates experience moderate anxiety with negative self-concepts this is caused karnamereka they have not received the situation now, there is still a sense of worry and pressure, and there are 2 prisoners who experience severe anxiety with a negative self-concept this is because they do not accept what is happening to him at this time and they do not have a purpose for life or goals are not following the hope, less passionate in living life, because there is still high fear when they will return to society with the status of ex-convicts. The concept of self is our views and feelings about ourselves. Several factors influence self-concept namely, physical condition, biological maturity, the impact of mass media, family economic problems, relationships in the family and parents' expectations (Yusuf, 2007).

Anxiety often develops over some time and is largely disrupted throughout one's entire life experience. Special events or situations can accelerate the emergence of anxiety attacks. Several factors cause anxiety including the environment, suppressed emotions occur because of frustration over a long period, and physical causes (Prawoto, 2011). Unlike the case with the two studies above, the Purbayanti (2012) study took the subject of young adult prisoners and the study (Prawoto, 2011) took the subject of

adolescent prisoners. When viewed from these two studies, there is a relationship between self-concept and prisoners' anxiety levels.

This is because they only focus on one subject just as in Purbayanti's research which takes the subject of young adult prisoners where at the adult age individuals are already cognitively mature, so that they can be more rational in making decisions in acting and thinking. And not much different is the case with Prawoto's research which takes the subject of adolescent prisoners where in adolescence there is mental instability so they do not yet understand how the concept itself. The majority are still thinking and being the responsibility of parents. So that individuals who do not know their condition, the level of anxiety is even higher especially in adolescents who are still in the phase of searching for identity. This study is in line with research (Fitrotussalamah, 2016), the results show that there is no relationship between self-concept and prisoners' anxiety levels.

CONCLUSIONS

There is no relationship between self-concept and the level of prisoners' anxiety in Penitentiary Class II.A Bulukumba. To the class II.A correctional institution Bulukumba is expected to better prepare mentally and also provide programs related to handling psychological problems for prisoners. So that they will be able to recognize themselves, recognize their potential, have responsibility towards themselves and the environment and also so that they do not commit a crime again

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