

Self-Acceptance of Young Prisoners in the Institute for Special Education for Children (LPKA)

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Abstract: Adolescent inmates are a population that is vulnerable to depression because being a prisoner is a hard life for adolescents. All the pressure in prison will be a major cause of depression for juvenile prisoners while in detention. In addition, feelings of fear caused by public perceptions of free teenage inmates will make prisoners increasingly feel isolated. Therefore, to reduce these impacts, self-acceptance is needed. The purpose of this study is to describe the aspects of self-acceptance that exist in adolescent prisoners in prison. Samples were collected from 46 adolescent prisoners by applying the purposive sampling technique. The instruments used were self-acceptance questionnaires which has a reliability score of 0.934 (Alpha Cronbach). Data analysis used a quantitative approach with descriptive methods. The results of self-acceptance juvenile inmates obtained an average score of 155.93 (high self-acceptance category) with an average percentage category of 70.88%.

Keywords: Young Prisoners, Self-Acceptance, Prison, Public Perceptions

Received January 2nd, 2020;
Revised January 10th, 2020;
Accepted February 5th, 2020;
Published February 13th, 2020

Conflict of Interest Disclosures:

The authors declare that they have no significant competing financial, professional or personal interests that might have influenced the performance or presentation of the work described in this manuscript.



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How to Cite: Yuliarsih, E., Daharnis, D., Karneli, Y. (2020). Self-Acceptance of Young Prisoners in the Institute for Special Education for Children (LPKA). *Jurnal Aplikasi IPTEK Indonesia*, 4 (1): pp. 19-23, DOI: 10.24036/4.14341

Introduction

Prison with the concept of isolation can cause serious psychological, physical, and developmental disorders in adolescent prisoners (American Civil Liberties Union, 2014). The impact is very clear, namely the occurrence of stress and even depression experienced by prisoners while undergoing a period of detention until free from detention (Pasudewi, 2012; Holman & Ziedenberg, 2006; Williams, 2007; Adrianto, 2006; Alizamar, Fikri, & Afdal, 2017). In addition to having to face the personal turmoil experienced, juvenile prisoners will also be faced with negative public perceptions attached to themselves (Alizamar, Fikri, & Afdal, 2017). This public perception will cause a prisoner after being released from a detention center to feel that he does not get his human rights back in the community or is discriminated

against in his own social environment (Akhyar & Matnuh, 2014). Therefore to overcome the pessimism that arises in adolescent prisoners, it is necessary to accept themselves in the prisoners themselves.

Accepting one's own condition is not easy, White (Febriani, 2018) explains that there are processes that must be passed by someone to be able to accept themselves, that is, one must be able to know oneself, refrain from past habits, change the emotions of an event that happen, enjoy whatever happens in their lives, and they are able to let go of all the events that have happened in their lives. The ability of self-acceptance in prisoners will increase a positive attitude towards themselves, not burdened by anxiety or shame, and willing to accept strengths and weaknesses.

Individuals with good self-acceptance, does not mean having a perfect picture of himself, but the individual can do something well about himself. Drajat (Febriani, 2018) also explained that individuals who could truly accept themselves would avoid feelings of inferiority and lack of confidence. Johnson (2009) explains that the characteristics of self-acceptance are as follows; (1) accepting oneself, (2) not rejecting oneself if, having weaknesses and strengths, (3) having the belief that to love oneself, one does not have to be loved and valued by others, (4) to feel valued, then one does not need to feel truly perfect.

While Hurlock (2004) also suggests the following characteristics of self-acceptance; (1) have confidence in the ability to deal with life, (2) attitudes and behavior are more based on standards and values that exist in themselves not on pressures from outside the self, (3) considers himself valuable as a human being equivalent to others, (4) dare to take responsibility for their behavior, (5) accept praise and criticism objectively, (6) do not blame themselves for their limitations or deny their strengths, (7) do not feel rejected by others, are not shy, and consider yourself different from others.

Teenage age is the age that makes a teenager more interested in learning in groups than individuals. As one example, a teenager when faced with a problem will tend to form a group and carry out activities in groups (Setiowati, Saam, & Jacob, 2017). At this age, a teenager experiences several changes in himself at the same time, including physical, cognitive, social and emotional changes. Adolescents who successfully pass developmental tasks and can get through the changes in their environment will survive and if adolescents experience problems in their development and have problems in dealing with their environment in the family, community, or groups, adolescents will perform behaviors that deviate from the habit or violate law.

In a previous study, stated by Alizamar, Fikri, & Afdal, (2017) explained that juvenile prisoners are vulnerable to excessive social anxiety. Therefore through counseling and guidance services, social anxiety experienced by adolescent inmates can be reduced. If social anxiety can be minimized, then self-acceptance will also increase.

Method

This study used a quantitative approach with descriptive methods to describe self-acceptance of juvenile inmates in correctional institutions. This research was conducted at Institute for Special Education for Children (LPKA) Class II Tanjung Pati, Lima Puluh Regency, West Sumatra Province, with a sample population of 46 juvenile inmates selected by purposive sampling technique. The instruments used were self-acceptance questionnaires which included changes in appearance, changes in physiological functions, motor changes, self-confidence and self-respect, acceptance of the treatment of others, surrender to the Almighty God, forming relationships with others, and social participation. The instrument was developed using a Likert scale model, consists of 44 items measuring self-acceptance with validity correlation number ≥ 0.285 (Pearson Correlation) and reliability 0.934 (Alpha Cronbach).

Results and Discussion

Results

From the research conducted obtained an average score of 155.93 (with a percentage of 70.88%), a standard deviation of 24.17 with the lowest score of 44 and the highest score of 220. Self-acceptance of adolescent prisoners is described in five categories: very high, high, medium, low, and very low. Self-acceptance in adolescent inmates can be seen in table 1 below.

Table 1. Self Acceptance inmates adolescents (n = 46)

Category	Interval		Frequency (F)	Percentage (%)
	Score	%		
Very high (ST)	≥ 186	≥ 85	2	4.35
High (T)	151-185	69-84	25	54.35
Medium (S)	116-150	53-68	8	17.39
Low (R)	81-115	37-52	11	23.91
Very low (SR)	≤ 80	≤36	0	0.00

From Table 1, it can be seen that teenage self-acceptance is relatively high, namely 25 teenagers (54.35%), there are 8 teenagers in the medium self-acceptance category (17.39%) and there are also 11 youth in the low category (23.91%). namely spontaneity and responsibility towards oneself and accepting the quality of humanity without blaming yourself when out of control (Hurlock, 2004). The high value of self-acceptance proves that there is a sense of responsibility towards yourself by accepting the circumstances that have been experienced without blaming yourself. Vice versa if it is low then the sense of responsibility to yourself and accept the situation is still very low. Individuals with high self-acceptance do not care about how many weaknesses they have and instead make these weaknesses as a source of strength to maximize their strengths. Adolescent prisoners' self-acceptance based on sub-variables and research indicators is described in the following Table 2.

Table 2. Self-acceptance juvenile inmates by subvariable and indicators

No.	Sub-variable	Indicator	Score			
			mean	%	SD	Category
1	Physical Aspects	Appearance changes (4)	0,627083333	76.48.00	10.01	T
		Changes in Physiological Functions (4)	12.41	64.89	0,389583333	S
		Motor change (4)	15.13	79.09.00	04.10	T
2	Psychic Aspects	Confidence and Self Appreciation (7)	25.22.00	63.57.00	0,541666667	S
		Reception Treatment Of Others (8)	24.04.00	62.84	11.37	S
		Surrender Yourself to God Almighty (7)	24.59.00	73.44.00	0,467361111	T
3	Social Aspects	Forming Relationships with Others (6)	22.39	78.03.00	0,16875	T
		Social Participation (4)	0,629861111	76.70	0,227083333	T
		OVERALL (44)	155.93	70.88	24.17.00	T

From Table 2 above, the overall self-acceptance score of adolescent prisoners is 70.88% of the ideal score. This shows that adolescent prisoners' self-acceptance is in the high and medium categories, as seen in each indicator in each subvariable. Some indicators, which have a high category, namely on changes in appearance (76.48%), motor changes (79.09%), surrender to God Almighty (73.44%), forming social relationships with others (78.03%) and social participation (76.70 %). While some indicators in the medium category are changes in physiological function (64.89%), self-confidence and self-respect (63.57%), and acceptance of treatment from others (62.84%).

Discussion

The ability to accept yourself requires a process. The process of self-acceptance is inseparable from various aspects. Several aspects of self-acceptance include physical aspects, psychological aspects and social aspects (Hurlock, 2004). Hurlock re-describes the physical aspects into several focuses, namely self-

acceptance as measured by looking at the acceptance of changes in appearance, changes in physiological functions, and changes in self-motivic. Furthermore, psychological aspects can be measured by focusing on self-confidence and self-respect, acceptance of treatment from others, and surrender to God. Furthermore, the latter is the social aspect can be measured by looking at self-acceptance of how an individual forms relationships with others and how individual social participation in social life.

Adolescents who accept themselves can be interpreted as individuals who have no problems with themselves (Resty, 2016). Teenagers who have the ability to accept themselves can assess their strengths and weaknesses objectively so that they will have good self-esteem (Schultz, 1991). Assessment of high and low self-esteem depends on the assessment of people around and from inside of self. Coopersmith (Resty, 2016) believes that in addition to the awards received from significant people, one's self-esteem is influenced by the values and inspiration of individuals in interpreting self-experience. Negative experiences can have negative effects on self-esteem. This is in line with the opinion of Byrne and Baron (2002) which states that self-esteem is an evaluation made by an individual against himself.

Prisoners are a population that is vulnerable to depression, because being a prisoner is a stressful life force. All the pressure in prison is a major cause of depression in juvenile inmates and if unbearable can attack other people or cause suicide (Odger, Burnette, and Chauchan, 2005).

Based on the results of research conducted it can be seen that self-acceptance possessed by adolescents inmates in LPKA Class II Tanjung Pati still found adolescents who have low self-acceptance (23.91%). However, there are still prisoners who have moderate self-acceptance (17.39%), high (54.35%) and even very high (4.35%). The low category of adolescent prisoners' self-acceptance is caused by the psychological and physical pressure on adolescent prisoners (American Civil Liberties Union, 2014). Some of these pressures such as the occurrence of stress, depression, even suicide (Pasudewi, 2012; Holman & Ziedenberg, 2006).

If viewed from the measurement of self-acceptance based on sub-variables and indicators, from the research conducted it can be seen that there are physical indicators that are changes in physiological function in the moderate category (64.89). Likewise in the psychological aspect, there are two indicators in the medium category, namely self-confidence and self-respect (63.57%), and acceptance of treatment from others (62.84%). Improvement of changes in physiological functions, self-confidence and self-respect, and acceptance of treatment from others, can be done through group guidance services (Fitri, Zola & Ifdil, 2018; Putra, Daharnis & Syahniar, 2013; Alizamar, et al, 2019). This group guidance service is expected to be able to optimize the self-potential, reorientation and reeducation of the life goals of a teenager to be more directed in the future and be able to determine the career plans of a teenager when he is free later (Ardi, Neviyarni, Karneli, & Netrawati, 2019; Anggraeni, Daharnis, & Karneli, 2019; Afdal, et al, 2019). Accepting the state of self has the characteristic that a person must be able to know himself, refrain from past habits, change the emotions of an event that occurs, enjoy whatever happens in his life, and be able to let go of all the events that have happened in his life. The ability of self-acceptance in prisoners will increase a positive attitude towards themselves, not burdened by anxiety or shame, and willing to accept strengths and weaknesses (Febriani, 2018). (Febriani, 2018).

Conclusion

Increased self-acceptance in adolescent convicts is expected to reduce the negative impact arising from the length of the detention process through which juvenile prisoners go. Improvement of several aspects such as physical, psychological and social aspects must continue to be improved along with the development of innovation services provided. From the results of the study, it was found that more than half the respondents had high self-acceptance or even very high, but there were still around twenty percent of the total who had low self-acceptance. This shows the need for an approach to counseling guidance services and further research on self-acceptance in adolescent prisoners. The aspect of self-acceptance in prison is not only limited to the three aspects in this study. For this reason it is recommended to add some aspects both from the results of their own development and the development of some expert opinions, so as to obtain more concrete information about the self-acceptance possessed by juvenile inmates.

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