

# Self-Esteem and Social Support on Resilience Female Prisoners

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**Abstract.** At the beginning of the prison, prisoners feel sad, have no enthusiasm to live their lives, and cannot make peace with the situation. The phenomenon that involves a person's ability to rise from problems in psychology is called resilience. Resilience is the ability possessed by individuals to respond positively to a problem that is being faced. Factors that influence resilience are self-esteem and social support. Self-esteem is a person's assessment of himself, which consists of strength, courage, virtue, and competence. While social support is assistance from other people both in terms of material and emotional. This study aims to determine the effect of self-esteem and social support on resilience in female prisoners in the Madiun Class I prison, Indonesia. This study uses a type of quantitative research. The sample of this research is 22 people. Methods of data analysis in this study using multiple linear regression analysis. The results of multiple linear regression tests show that the effect of self-esteem and social support on resilience in female prisoners (WBP) in Class I prisons in Madiun is 14.2%, while the other 85.8% is influenced by other variables not discussed in the study.

**Keywords:** Resilience, Self-Esteem, Social Support

## 1 Introduction

Crime news can be found in everyday life. Anyone who commits a crime can be categorized as a violation of the law according to the stipulated law. A Penitentiary is a place used for coaching lawbreakers. Prison sentences make prisoners feel they have lost their freedom, sense of comfort, and limited relationships with other people [1]. A woman with the status of a prisoner is an experience that is difficult to accept. Life in prison separates women's prison inmates from family, friends, and people in the neighborhood. Freedom is also regulated by the regulations in force in Correctional Institutions. This is a challenge for women's prison inmates to adapt and rise from problems in a new environment.

By the information obtained through interviews conducted with Block A staff at the Class I Penitentiary in Madiun, information data was obtained regarding conditions at the

beginning of the coaching period that WBP tended to be moody, unable to mingle with friends, quiet, sad, and lacked enthusiasm to live his life. This is because prisoners have not been able to adapt to the prison environment, and they have also not been able to make peace with the situation. In addition, prisoners tend to withdraw and often cry because they feel shocked by the changing patterns of life while in coaching institutions. This is in line with the results of an interview conducted with Mr. Hariyadi, Block A female staff at the Madiun Class I Correctional Institution, who said that

*"At the beginning of the coaching period, inmates tend to remain silent and do not respond when spoken to. Some prisoners vent their feelings by just crying, it seems they are angry and don't expect their new life. Then without trying to adjust to their environment or you could say there was no effort to forget their sadness, they just kept quiet. Later, when they begin to accept the situation and their environment, they will begin to be actively involved in coaching activities at the Class I Penitentiary in Madiun."*

The phenomenon that involves a person's ability to rise from problems in psychology is called resilience.

### **1.1 Resilience**

According to Reivich & Shatte [2] Resilience is defined as a way for individuals to respond healthily and productively when faced with traumatic problems. Resilience is a person's endurance in facing problems and turning these problems into strength for themselves [3]. Resiliency is a psychological attribute that empowers individuals to navigate challenges, setbacks, and stressors [4]. Therefore resilience can be interpreted as the ability of individuals to be able to respond positively to difficult problems while remaining psychologically healthy and able to recover from these problems.

According to Reivich & Shatte [2], resilience has 7 aspects, namely a) emotional regulation, b) impulse control, c) optimism, d) the ability to analyze problems, e) empathy, f) self-efficacy, and g) achievement.

Factors Affecting Resilience According to Resnick, et al. [5] consists of four things, namely, a) self-esteem, b) social support, c) spirituality, and d) positive emotions. Resnick et al [5] explained four factors that affect resilience in individuals, namely: self-esteem, social support, spirituality or religion, and positive emotions.

## **1.2 Self-esteem**

Coopersmith [6] explains the meaning of self-esteem as an evaluation of the results of a view of oneself which can be expressed through attitudes towards oneself. Self-esteem is an individual's assessment that reflects how valuable he is [7]. The evaluation referred to in this discussion relates to attitudes toward acceptance or rejection of self-ownership and a belief that one is capable and worthy of success based on personal standards and values. Therefore, it can be concluded that self-esteem is an assessment or view of oneself regarding one's self-worth based on self-belief in the good and bad values of the individual.

According to Coopersmith [6] put forward four aspects of self-esteem, namely: a) power, b) significance, c) virtue, and d) competence (ability). According to Coopersmith [6], four factors can affect self-esteem, namely: a) self-acceptance or humiliation, b) leadership or popularity, c) family and parents, and d) openness and anxiety.

## **1.3 Social support**

The definition of social support according to Sarafino and Smith [8] is defined as the degree of assistance or support in the form of comfort, caring, attention, or other forms by people in need at unexpected times to people who have close emotional relationships. Social support is a good interpersonal relationship, positive, involving one's emotions and assistance based on other opinions. Social support generally involves the role of someone who can have a certain influence such as family, friends, relatives,

and co-workers. Social support is the provision of advice, motivation, and direction given by a person or group of people to an individual so that the individual feels loved, cherished, cared for, and appreciated [9]. This social support itself is a social interaction or social relationships that produce mutual benefits [10].

Aspects of social support according to Sarafino and Smith [8] are as follows: a) emotional support, b) appreciation support, c) instrumental support, and d) informative support.

From the problems that have been described, resilience is important to study because it is believed that with resilience, inmates will be able to rise from their slumps and be able to live and organize their lives again. Therefore, the purpose of this study was to determine the effect of self-esteem and social support on resilience in female prisoners in Class I prisons in Madiun.

## 2 **Method**

Research relating to the influence of self-esteem and social support on female correctional inmates uses a quantitative approach. The research was carried out by collecting data using research instruments, and quantitative/statistical data analysis to test the established hypotheses.

Research on the influence between Self-Esteem (X1) Social Support (X2) and resilience (Y) on Female Correctional Inmates (WBP) in Madiun Class I Prison aims to determine the influence of variables. Data analysis in this study used descriptive analysis and multiple regression analysis. Descriptive analysis aims to describe the result data using sentences that are easily understood by readers. Meanwhile, multiple regression analysis aims to test the influence of one variable on another. In this research, there are three variables studied that is self-esteem and social support as variable free (x) and resilience as variable bound (y). The research was carried out at the Class I Madiun Prison, Jl. Yos Sudarso No.100 Manguharjo Madiun City. Sample in a study this amount

22 prisoners in class 1 prison Madiun. collection technique sample use technique non-probability sampling. The data collection technique used in this research is using a scale. The implementation of this research used scales of resilience, self-esteem, and social support. Using a modified Likert scale model into four answer choices, namely, SS (Strongly Agree), S (Agree), TS (Disagree), and STS (Strongly Disagree). Linkert scale means a tiered measurement that can be used to measure certain views, attitudes taken, feelings felt, and opinions about an event by selecting one in each question that has been asked. Data collection techniques using a Likert scale. The instrument this study uses 3 different scales, namely the resilience scale, the scale self-esteem, and the social support scale. The resilience scale used in this study is the resilience scale that the researchers created and refers to aspects according to Reivich & Shatte [2]. Meanwhile, the self-esteem scale used in this research is the self-esteem scale which the researcher created based on the theory of self-esteem of Coopersmith [6]. Next, scaling the social support used in this research is support scale social studies that researchers make from aspects according to Sarafino and Smith [8]. Data analysis in this study used multiple linear regression. Multiple linear regression analysis is an analysis method used to find out how much influence a variable has on other variables. There is one independent variable and more than one independent variable. The multiple linear regression equation is as follows:

$$Y' = a + b_1 X_1 + b_2 X_2$$

Information:

$Y'$  = Resilience

$X_1$  = Self-Esteem

$X_2$  = Social Support

$a$  = Constant ( $Y'$  value if  $X_1, X_2, \dots, X_n = 0$ )

$b$  = Regression coefficient (value of increase or decrease)

### 3 Result

Testing the hypothesis in this study used IMB SPSS 22. This analysis used multiple linear regression tests with the variables Self-Esteem (X1) and Social Support (X2) on Resilience (Y). The results of multiple linear regression calculations are used to predict the magnitude of the influence between the independent variable (X), namely self-esteem and social support on the dependent variable, namely resilience in Correctional Assistance in Class I Penitentiary in Madiun. The calculation results are in the following table.

Table 1. Multiple linear regression test results

	Model	Unstandardized Coefficients	
		B	Std. Error
1	(constant)	36,436	12,179
	Self Esteem	,227	,164
	Social Support	,032	,140

Based on the table above, the multiple linear regression equation:

$$Y' = a + b_1 X_1 + b_2 X_2$$

The interpretation model can be formulated as follows:

$$Y = 36.436 + 0.227 X_1 + 0.032 X_2$$

The results of the above analysis can be concluded:

- a. the constant value of the regression equation is 36.436, which means that if there is no contribution or change in the Self-Esteem (X1) and Social Support (X2) variables, Resilience (Y) is 36.436.
- b. Self-Esteem (X1) has a coefficient value of 0.227. It can be interpreted that the variable Self-Esteem (X1) affects Resilience (Y) by 0.227. This means that for every increase in the social support variable by one, it will increase the resilience of female prisoners by 0.227 assuming social support (X2) and constant (a) is 0 (zero). It is known that the regression coefficient shows that self-esteem contributes positively to the resilience of

female prisoners. So, the higher the self-esteem (X1), the higher the resilience (Y).

- c. Social Support (X2) has a regression coefficient value of 0.032. It can be interpreted that the social support variable (X2) affects resilience (Y) by 0.032. This means that for every increase in the social support variable by one, it will increase the resilience of female prisoners by 0.032 assuming self-esteem (X1) and constant (a) is 0 (zero). It is known that the regression coefficient shows that social support contributes positively to the resilience of female prisoners. So, the higher the social support (X2), the higher the resilience (Y).

Table 2. Determination coefficient table

Model	R	R Square	Adjusted Square	R	Std. Error of the Estimate
1	.377 <sup>a</sup>	.142	.052		6.99387

a. Predictors: (Constant), Social Support, Self-Esteem

The table above shows the results of the coefficient of determination (R<sup>2</sup>) which has the function of calculating the model's ability to explain variations in resilience as the Y variable, while the rest is explained by other variables outside the model. The result of calculating the coefficient of determination (R Square) using SPSS is 0.142 or 14.2%. This means that 14.2% of the resilience variable can be explained by self-esteem and social support variables, while the remaining 85.8% is explained by other variables that were not discussed in the study.

The results of the multiple linear regression test prove the research hypothesis by stating that there is an effect of X1 and X2 on Y. So that there is an influence between the variables of self-esteem and social support on resilience in female prisoners in Class I prisons in Madiun. The results of the calculation of the regression test of the variables of self-esteem and social support on resilience with the results of the coefficient of determination (R Square) using SPSS are 0.142 or 14.2%. So it can be explained that self-esteem (X1) and social support (X2) have a positive influence on

resilience (Y) of 14.2%. So if self-esteem (X1) and social support (X2) are good, then resilience (Y) will be even better.

#### 4 **Discussion**

Reisnick et al., [5] explained that self-esteem is a factor in forming one's resilience. If a person's self-esteem is high, then a person's resilience will be high too. Coopersmith [6] explains self-esteem as an evaluation of the results of a view of oneself which can be expressed through attitudes towards oneself. The intended evaluation is the attitude of acceptance or rejection of self-ownership and the belief that one is capable and successful. This relates to one aspect of building resilience, namely self-efficacy.

Self-efficacy is self-belief regarding the ability to solve problems encountered and have confidence in success. The impact of self-efficacy is also able to shape mental health and develop motivation in carrying out activities. This is evidenced by the enthusiasm of the prisoners in carrying out a series of coaching programs in prisons. This is by the facts on the ground which were conveyed by Block A officials that WBP has expertise in certain areas of development. There are WBP who are experts in making cakes and experts in marketing cakes for sale. In addition, they are also entrusted to become gymnastic instructors in routine sports activities. Everything is done with passion and responsibility.

Social support is also an aspect that influences the formation of resilience. Social support can also affect mental and psychological health and can also affect a person's physical health [11]. Sarafino and Smith [8] state that social support has an impact on increasing individual well-being, can reduce the severity of stress and can raise problems because they feel help, care, and attention from others.

At the beginning of the coaching period, they tend to be gloomy, unable to mingle with friends, sad, and not having the enthusiasm to live their lives. This is because WBP cannot adapt to the new environment and cannot make peace with the situation. However, as time went by, their conditions changed after living side by side with friends in prison, after family and relatives provided attention through visits and feeding as well as coaching activities that provided a lot of experience.

## 5 Conclusion

Based on the results of the research that has been done, it can be seen that the effect of self-esteem and social support on resilience in Female Correctional Families (WBP) in Madiun Class I Correctional Institutions is 14.2%, and the other 85.8% is influenced by other variables not discussed in the research.

Recommendations from this research are, first, female Correctional Inmates (WBP) must be able to increase their self-esteem and social support so that they can face problems well and have hope of rising from adversity. Increasing self-esteem can be done by trying to know yourself, seeing yourself positively, and accepting yourself as you are. Increasing social support can create feelings of comfort living in a new environment, so ways to increase self-esteem can be done by establishing good relationships with the people around you and eliminating negative thoughts.

Second, it is recommended to continue to guide and develop female correctional inmates (WBP) with good, friendly, and informative service. So that the factors for forming resilience can be fulfilled through social support. Apart from that, good coaching can motivate WBPs to participate in activity programs to increase self-worth and avoid negative things that can reduce resilience.

Third, for families and communities, efforts to rise from adversity require emotional and material assistance from family, friends, and the community. This can increase positive self-assessment for female correctional inmates (WBP) and the need for social support from other people can be fulfilled. Social assistance can be shown by sending food, paying attention to health, and conveying motivational sentences.

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