



EFFECTIVENESS OF STRESS MANAGEMENT TO REDUCE LEVEL STRESS AND EMOTIONAL COPING FOCUSED IN CONVICT AT CLASS IIB PENITENTIARY OF MOJOKERTO CITY

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ABSTRACT	Keywords
<p>Life in custody makes space for inmates restricted and isolated from society. Separated from family, long sentences, and negative public stigma often create prisoner stress. Individual coping responses often occur spontaneously and naturally are emotionally focused coping. But often these efforts was not enough to cause an individual effort to fail to reduce stress. This study aims to prove the effect of stress management on decreasing stress level and emotional focused coping of prisoners in Class II B Correctional Institution Mojokerto. In this research the design used is pre experiment with one group pre and post test design approach. A sample of 30 people was taken with simple random sampling. The group is given counseling about stress management. Data collection of prisoner stress using DASS 42 scale with physical, emotional and behavioral indicator with cronbach za sensitivity value 0.756, while emotional focused coping with self-control indicator, distancing, positive reappraisal, accepting responsibility, and escape with value of reactivity coefficient α cronbach 0.837. The influence analysis with the Signed-Rank wilcoxon test showed that stress management was able to decrease the stress level of prisoners with $p(0,000) < \alpha(0,05)$, and stress management was able to decrease the use of emotionally focused coping prisoners with $p(0,011) < \alpha(0,05)$. inmates at Class II B Correctional Institution B Mojokerto. Several factors affecting the stress of prisoners in Class II B Mojokerto Penitentiary include: the perception of prisoners to the Penitentiary neighborhood, the length of crime that must be lived, the lack of entertainment and activities that can be done in the Penitentiary, the lack of opportunities to meet with the family.</p>	<p><i>Stress, Emosional Focused Coping, Manajemen Stress, Convict, prisoners.</i></p>

INTRODUCTION

Life in custody or Penal Institutions is different from that of the general public because the space for the inmates is restricted and isolated from society. Emerging various social and inner problems (Kartono, 2011 in Annatagia & Martha, 2014). The problems facing prisoners, not only from within the Penitentiary, but also from outside the Penitentiary (Cooke, et al, 1990 in Ramdhan & Silawaty, 2007). These problems eventually bring difficulties to the inmates (Ramdhan & Silawaty, 2007). And the problems experienced in the Penitentiary bring stress to the prisoners (Sholichatun, 2011).

The results of Blaauw et al (1998) showed that 74% of the inmates had stress with somatic symptoms (WHO Regional Office for Europe, 2007). The results of Susanti's study (2010) on 35 inmates at Narcotics Narcotics Institute Class II A Sleman, Yogyakarta showed 2 people (5.7%) experienced high stress, 22 people (62.9%) had moderate stress and 11 people (31, 4%) had low levels of stress.

Based on a preliminary study conducted in Class II B Mojokerto Penitentiary in December 2016, from the results of interviews to 14 people found as many as 6 people admitted to stress in the wait for freedom, in addition to saying no appetite, they also say confused, the time feels long walk, but also feel happy because it will soon get out of the Penitentiary. 5 respondents who are undergoing the trial feel stressed, thinking about the decision of the Court that will determine how long will undergo a criminal in Penitentiary. 3 respondents who just entered the Class II B Correctional Institution B Mojokerto feel his chest feels pounding, they claimed never entered the Penitentiary and said stress.

In the face of stress, inmates use cognitive responses of confusion, physiological responses of dizziness, boredom to food behavior. Stress responses are behaviorally lazy to follow the activities of Penitentiary. In general, the response that occurs in the inmates is the affective response of sadness.

And the coping efforts on the problems experienced by prisoners in Penitentiary are solved by emotionally focused coping through both cognitive and behavioral strategies. Koping focuses on the difficult problems performed by prisoners in Penal Institutions because of their lack of means and opportunities to make choices that suit their needs (Sholichatun, 2011). Individual coping responses often occur spontaneously, in which individuals do anything naturally to themselves and what they did before. But often these efforts are not enough. Stressor may be chronic, or more exclusive, causing the individual effort itself to be unsuccessful in reducing stress (Taylor, 2003 in Segarahayu, 2013).

Based on the above data, it is necessary to overcome the stress experienced by prisoners in Penitentiary with techniques that have been developed by health psychology called stress management. Stress management is a program for controlling or regulating stress, so that a person is better at mastering in life than being squeezed by stress itself (Schafer, 2000 in Segarahayu 2013). One of the activities to teach stress management is by doing counseling. According to the Ministry of Health, Health Counseling is a combination of activities and opportunities based on the principles of learning to achieve a situation whereby individuals, families, groups or communities as a whole want to live healthy, know how and do what can be done, either individually or in groups and ask for help from others (Maulana, 2009). By counseling about stress management, it is hoped that inmates will have the ability to recognize their own health problems and be able to manage well the stress they experience. Because, according to Annisa, (2013) the greater the pressure experienced by a person, the higher the level of stress felt by the individual and if the individual is not able to properly manage the stress they experience will have a negative impact on the individual. And The aim of research conversely the less or the lower the pressure experienced then the stress level will also be lower if properly managed by each individual

MATERIALS AND METHODS

The research design used in this research is pre experiment which is a research design that is used to find cause and effect relationship with the involvement of research in manipulating the independent variable (Nursalam, 2008). The design used in this study is one group of pre and post test design is to reveal the cause and effect relationship by involving a group of subjects. Subject group before given a certain treatment is done by measurement (pre test) then after treatment is done again measurement (post test) to know effect of treatment (Nursalam, 2012).

Population is the object of research or object to be studied (Notoatmodjo, 2011). In this study the affordable population is all prisoners in Class II B Mojokerto Penitentiary on April 18, 2017 as many as 302 people.

This research uses probability sampling method with simple random sampling, which is a simple random sampling method with the assumption that certain characteristics possessed by the population are not considered in the research. Each individual can be sampled without considering the characteristics or stratification possessed by the individual (Dharma, 2011).

The sample in this study is the convict who is in Class II B Correctional Institution B Mojokerto on April 18, 2017 as many as 30 people with the criteria of age 20-40 years, male sex, and undergo have served a sentence of 3-12 months.

Variable in this research is divided into 2 that is independent variable was while variable dependent independent variable (independent)

1. The independent variable used in this study is the extension of stress management
2. Dependent variable (dependent)

Dependent variable in this research is stress and emotional level focused coping on inmates at Mojokerto Penitentiary.

For independent variables stress management is measured by extension unit (SAP) and leaflets. Conducted 1 time in 2 weeks with duration 50 minutes. Methods of lectures and discussions with LCD media / slides and loudspeakers.

The stress dependent variable was measured using the Depression Anxiety Stress Scale 42 (DASS) instrument by Lovibond (1995), consisting of 42 items (Nursalam, 2012). DASS is a set of subjective scales established to measure the negative emotional status of depression, anxiety and stress. The DASS 42 scale can be used either by groups or individuals for research purposes. The level of stress in this instrument is normal, light, medium, heavy, very heavy. Psychometric Properties of The Depression Anxiety Stress Scale 42 (DASS) consists of 42 items. Which includes 3 subvariables, namely physical, emotional / Psychological, and behavior. The number of scores from the statement of the item, has the meaning of 0-14 (normal), 15-18 (light), 19-25 (medium), 26-33 (heavy), ≥ 34 is very heavy.

The coefficient value of realibilitas α cronbach 0.756. The measurement of emotional focused coping strategies used by convicts in the face of stressful situations is very threatening and uncontrollable, thus involving efforts to regulate emotions with coping components of self control, distancing, positive reappraisal, accepting responsibility, and escape Folkman, et al., 1986). The coefficient value of realibilitas α cronbach 0.837. This research was conducted at Mojokerto Penitentiary on 24 April 20 May 2017.

Univariate analysis is done by looking at the frequency distribution of sex, age, education, marital status. Bivariate analysis to know the difference of stress level and emotional focused coping between before and after stress management on prisoners in Mojokerto Prison used statistical test of Wilcoxon Signed-Rank. The Wilcoxon Signed-Rank statistical test is a very simple, nonparametric way to test the (variable) condition of the research before and after. This test is used to determine the mean

difference. The assumptions used are paired data and come from the same population, the sample is randomly selected and independent, the measurement scale is minimal ordinal and does not need normality assumption.

In conducting research to the respondents who will be examined using ethics, among others: Informed consent or approval sheet, Anonymity or anonymous, Confidentiality or confidentiality

RESULTS

1. Effect of Stress Management on the stress level of prisoners in Class II B Mojokerto Penitentiary on April 24, 2017

Before the stress management train, the level of most prisoners stress is severe and very heavy stress (32%). But after the stress management training this number dropped very drastically, and most inmates experienced mild and normal stress (63%). The number of inmates who experienced a decrease in stress levels as many as 15 people, the level of stress is fixed and there is no difference Before and After Stress Management as many as 10 people. From the existing data, there are 5 people who experience increased stress levels.

Based on Table 4.3 it is known that the result of statistical test using SPSS 22 is known that the value of $p(0,000) > \alpha(0.005)$ means that H_0 is rejected, which means there is a decrease in stress level after stress management on prisoners in Class II Mojokerto Penitentiary.

2. Effect of Stress Management on emotional focused coping of prisoners in Class II B Correctional Institution Mojokerto

Before being trained in stress management, the use of emotional coping focused coping prisoners is mostly negative (60%). But after the stress management training this number dropped very drastically, and most of the inmates experienced a significant positive increase in the use of emotionally focused coping (70%).

The number of inmates who experienced decreased use of emotional regulation coping as many as 20 people, which remain the use of coping regulation of emotion and no difference Before and After Stress Management as many as 3 people. From the existing data, there are 5 people who experienced a coping change from problem solving to emotional focused coping.

The result of the statistical test using SPSS 22 aid results as in table it is known that the value of $p(0.011) > \alpha(0.005)$, meaning H_0 is rejected, which means there is a decrease in emotional focused coping after counseling about stress management on prisoners in Class II B Correctional Institution Mojokerto.

DISCUSSION

1. Effect of Stress Management on Stress Levels of Prisoners

Before the counseling about stress management, as many as 19 respondents (47.5%) with very heavy stress level and after counseling about stress management, as many as 10 respondents (25%) with very heavy stress level. This indicates that between before and after counseling about stress management no change of stress level at respondent. Respondents with criminal duration more than 3 years experiencing stress as many as 18 respondents (45%), which means long criminal affects stress levels of respondents.

According to Vincent Cornelli, stress is a disorder of the body and mind caused by changes and demands of life, which are influenced both by the environment and the appearance of individuals within the environment (Brecht 2000 in Sunaryo, 2004). Severe stress is a chronic situation that can last several weeks to several years, such as continuous marital strife, prolonged financial difficulties, and long-term physical illness (Wiebe & Wiliam, 1992 in Potter & Perry, 2005).

In this study, it shows that almost half of the respondents experienced very severe stress

levels. This happens because the environmental changes experienced by an inmate in a penitentiary are the dominant factors that cause the inmates to experience stress. During a life in the Penitentiary a prisoner who has lost his freedom of movement is not only physically but psychologically punished for not meeting his inner and outer needs for long periods of time, at least the means to engage in activities and at least the opportunity to meet with the family makes stress prisoners are getting heavier. Factors affecting individual stress may vary from one individual to another, depending on several factors that make it possible: how individuals perceive the stressor, how the intensity of the stimulus, the amount of stressor that must be faced at the same time, the duration of stressor exposure, the experience past and developmental levels (Rasmun, 2004). In addition to these factors, there are four related issues in psychosocial stress, namely: change, frustration, overload (overload), boredom and solitude (Mumpuni and Wulandari, 2010).

The result of statistical test using SPSS 22 is known that the value of $p(0,000) < \alpha(0,05)$, meaning there is decrease of stress level after counseling about stress management on prisoners in Class II B Correctional Institution Mojokerto. This is due to several factors affecting the stress of prisoners in Class II B Correctional Institution Mojokerto, among others: the perception of prisoners to the Penitentiary environment is very different from the home environment, the condition of Penitentiary with overcrowding (the capacity of excessive occupancy) is a change in environmental conditions that cause inconvenience for inmates. The criminal duration of the prisoners also affects the stress because the longer the criminal life of the prisoner the more problems faced by the prisoners, for example: with a sentence of more than 3 months causing many inmates to receive termination from the place of employment prior to detention, which ultimately affecting the family economy, and sometimes this also causes marital rift, both for economic reasons and not meet the biological needs.

The lack of entertainment and lack of activities that can be done within the Class II B Correctional Institution B Mojokerto generate boredom on the inmates. Lack of opportunity to meet with the family due to the least time visit *besukan*, even on some inmates just feel the solitude because never visited by the family.

Therefore, support is needed for prisoners in Class II B Correctional Institution B Mojokerto in overcoming or reducing the stress they experience, both from Penitentiary and from family prisoners. Support from Class II B Mojokerto Correctional Institution with activity programs in the form of skills or work activities that can be done by all inmates, more frequent entertainment activities, sports coaching programs for prisoners every day, and spiritual activities that must be followed by all inmates and the addition of visiting time. While the support from the family could be the addition of frequent visits *besukan* the family members who are undergoing crime in Class II B Mojokerto Penitentiary by providing motivation and bring favorite food for prisoners feel cared for or not forgotten.

2. The Influence of Stress Management on Emotional focused coping Prisoners.

Before being trained in stress management, the use of emotionally focused coping of prisoners was largely negative (60%). But after the stress management training is very emotionally focused coping. The greater the pressure is experienced by a person, the higher the level of stress. Conversely, the lower or lower the pressure will be managed by each individual (Annisa, 2013).

In overcoming the problems faced on him are individual. The effort to overcome the problem faced is known as the term *koping*. Coping mechanisms defined direct efforts to address stress problems. One's coping mechanism will vary from individual to individual, from one event to another. Seen in a man almost never pay attention to any problems or do not think too seriously about the problems that happen, so the level of

stress on them almost entirely do not experience severe stress.

Gender is one of the factors that influence the occurrence of stress, based on attachment of research results in 46.2% women and 0% for very severe stress level. This is consistent with what Walker (2002) & Goff.A.M. (2011) that stress levels in stressors. The female brain has a negative awareness of the existence of conflict and stress, in women the conflict triggers the negative hormones, resulting in stress and fear, whereas men generally enjoy conflict and competition and even assume that conflicts can provide a positive dorogan (Brizendine, 2007, 2015).

Age is related to the perception of a person in viewing and processing the stressors that are on the subject. 42.9% at age 21 and 33.3% aged 22 years experiencing stress is very heavy, but more presentasenya at age 21 years. In adulthood is usually someone more able to control stress that is compared to childhood and old age. The more intellectual and intellectual nature of the soul, the more intellectual and psychological it can show (Gatot, 2005, Christianity, 2015).

The result of statistical test using SPSS 22 is known that the value of $p (0.011) < \alpha (0,05)$, meaning that there is a change of emotional focused coping usage after stress management to the prisoner in Class II B Correctional Institution B Mojokerto. With stress management, prisoners try to do something useful with direct and constructive action, stress is seen as a problem.

Process-oriented coping, which means that coping focuses on what one actually thinks and does in stressful situations, and changes with the development of stressful situations. Koping can also be described as cognitive change and consistent treatment in an effort to address internal and external demands related to problems and situations, or face them. When faced with a stressor, a person evaluates the potential threat or danger, as well as his ability to change situations and manage negative emotional reactions. The

actual coping effort is aimed at problem management or coping management, eg in psychological wellbeing, functional status, and healthy behavior

CONCLUSIONS

1. There is a decrease in stress level between before and after stress management on prisoners in Mojokerto Penitentiary with $p (0,000) < \alpha (0,05)$. With stress management, prisoners have the ability to recognize health problems themselves and can manage well the stress they experience.
2. There is a difference in the use of emotionally focused coping between before and after stress management on prisoners in Mojokerto Penitentiary with $p (0.011) < \alpha (0.05)$. With stress management, prisoners try to do something useful with direct and constructive action, stress is seen as a problem that must be solved with problem solving strategies to eliminate sources of stress.

SUGGESTIONS

For prisoners It is expected that inmates can fill the time and can divert attention by communicating / communicating and doing a positive hobby that allows to be done in Class II B Correctional Institution Mojokerto.

For Health Officers of Class II B Mojokerto It is expected that the Class II B Mojokerto prison health officer demonstrates stress management and provides motivation for stressful inmates and conducts referrals to therapists for prisoners in need.

For Class II Institution / Class B Mojokerto It is expected that Class II B Mojokerto Correctional Institution can provide skill activity program which can be done by all prisoners, increase frequency of entertainment activity, guidance of sport and spiritual activity which is done every day and followed by all inmates and addition of visiting time.

For Further Researchers

It is expected that this research can be given continuously, because the counseling about stress management is given only once in 2

weeks, so the effect of counseling on changes in stress levels on prisoners can be known more clearly.

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