THE RELATIONSHIP BETWEEN SELF-CONCEPT AND ANXIETY IN FACING THE FUTURE ON NARCOTICS PRISONERS IN CLASS IIA DRAWING INSTITUTIONS, MUARA BELITI

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ABSTRACT

This research is a quantitative research with the goal to be achieved is to find a relationship between anxiety facing the future with self-concept in narcotics prisoners in Class IIA Narcotics Prison Muara Beliti. The research data was collected using the self-concept scale and the anxiety scale in facing the future with 88 samples of Narcotics Prisoners. Simple random sampling was used as a sampling technique in this study. The hypothesis was tested using the Pearson Product Moment Correlation technique. The results of the hypothesis test show the value of Sig. (2-tailed) between self-concept and anxiety in dealing with narcotics inmates at the Class IIA Narcotics Prison Muara Beliti is 0.00 < 0.05, which means there is a significant correlation between self-concept variables and anxiety variables in facing the future at narcotics inmates at the Class IIA Narcotics Prison in Muara Beliti. Furthermore, based on the Pearson correlation value, it is known that the calculated $r$ value for the relationship between self-concept and anxiety in facing the future is 0.453 > $r$ table (0.209). Thus, it can be concluded that there is a relationship or correlation between the self-concept variable and the anxiety variable in facing the future in narcotics prisoners at the Class IIA Narcotics Prison Muara Beliti.

KEYWORDS

Self-concept, Anxiety, Narcotics Convicts.
INTRODUCTION

In Indonesia, there are many criminal acts or violations of the law which are urgent and interrelated problems and are currently the concern of the government, one of which is the drug problem. From time to time, the number of drug use is increasing. This is reinforced through research data from the National Narcotics Agency (BNN) which shows that 24,878 people have been arrested from 19,229 narcotics use cases in Indonesia that were successfully disclosed by the National Police during January to June 2021 (Shi et al., 2021).

Prisoners live their lives behind bars and this keeps them away from their family, spouse, work, friends, community and religious activities thus placing them in a very bad moral environment for many years. Through this, prisoners have a high tendency of psychological disorders while in prison. This is because people who are psychologically unstable are more likely to engage in crime than others because of symptoms such as impaired judgment, lack of impulse control, suspicion, loss of control, inability to trust others, delusions, and hallucinations. Another thing is also triggered by the living conditions of prisoners in prisons making them more vulnerable to mental disorders. Because conditions in prison are not conducive to good mental health, prisoners with mental illness are at risk of experiencing a decline in their mental condition (Kumar & Daria, 2013).

The description of the condition of the prison or correctional institution that is not conducive will affect the mental state of the prisoners after being declared free by law. Many of them have lost their self-confidence which can be seen from signs such as inattention, anti-social, cynical, and closed personality after they are declared free by law. So, it is not surprising that prisoners who have been released from their detention often commit criminal acts again, both men, women, adults, children, and even the elderly. In addition, these actions can also be carried out consciously and have been prepared and focused on certain plans appropriately and consciously, but can also be carried out semi-consciously supported by very strong and compulsive urges (Prabowo & Karyono, 2015).

Criminal acts committed by someone who consumes drugs will always be punished according to the applicable criminal acts of drug users. These drug users will change their status to narcotics convicts who are then placed in the Narcotics Correctional Institution. (Hotman Panjaitan & Kristian, 2014) stated that most inmates, especially narcotics convicts who were going through a period of imprisonment, had a tendency to experience depression. This is caused by the lack of inmates’ skills in adapting while in the Narcotics Correctional Institution so that it triggers feelings of anxiety. Feelings such as worry, anxiety, fear and even panic are visible signs of prisoners with anxiety disorders. This does not rule out the possibility that the anxiety is also related to the future of the prisoner after being declared free by law.

If the individual has anxiety in facing his future, it is unlikely that the individual can face his future well. (Mukholil, 2018) adds that future anxiety involves a state where individuals feel restless, worried, uncertain and afraid about unwanted actions regarding their future. This future anxiety includes two aspects, namely the cognitive level and the behavioral level. At the cognitive level, anxiety about the future can lead to the possibility of individual success and full attention to the state of the current situation is only
temporarily limited because of the decrease in the individual's goals regarding the positive outcome of his actions. Then, at the behavioral level, anxiety facing the future includes passive expectations of what will happen, withdrawing from risky activities, being open and affirmative, always carrying out routine things using the same tips in dealing with a situation, carrying out activities prevention rather than taking risks to expand opportunities, applying different regressive defense mechanisms, such as accusations, rationalization, or repression to reduce negative feelings and using social relationships to support a secure future.

The anxiety felt by narcotics prisoners has the potential to cause a form of mental or psychological intimidation such as the loss of meaning from life so that it triggers a thought in prisoners that their future is meaningless and dark. This causes the potential for narcotics prisoners to decrease during their stay in the Narcotics Correctional Institution. Narcotics convicts are at risk of having low self-esteem and experiencing disruption in their future after being declared acquitted. Narcotics convicts also feel anxious because they will face negative stigma from society (Januar Efendi Panjaitan, 2014).

(Lester, Parnell, & Carraher, 2003) studied anxiety and depression among 117 inmates at Her Majesty's Prison in Cardiff. This study demonstrated a high prevalence of 42% of self-reported anxiety scores among the study population. Of the inmates who showed anxiety levels above the normal range, 16% had severe scores and 19% had moderate scores.

Dudeck et al (2011) also added that the prevalence of trauma and mental distress in a sample of 1055 long-term prisoners in European men. The study revealed high levels of anxiety that differed substantially from that found in the general population (Muthuer, Doenyas, & Aslan Genc, 2020). Narcotics convicts have the right to obtain welfare guarantees in life, either physically, psychologically, or in terms of health during the period of coaching or punishment. However, different things happened according to research conducted by Aini (2015) at the University of South Wales that most of the prisoners experienced psychological disorders such as anxiety from mild to severe as much as 36%.

According to Calhoun & Accella (1990), the concept of self is something method individual's point of view to herself own holding role important for life individual the because could determine how individual the act on various situation. Temporary In addition, Baron and Byrne (2004) argue that self-concept is a person's self-label as a basic philosophy consisting of an ordered combination of beliefs and self-assessments. Meanwhile, according to Mercer and Clayton (2012), self-concept is a cognitive expression of oneself that seeks to convey meaning about life experiences.

Hidayatin and Darmawanti (2013) stated that self-concept is useful for individuals where it can form control over stressors who have an important position regarding increasing anxiety. Individuals will not experience high anxiety if they believe that they are able to control the existing risks (Bandura, 2015). On the other hand, they will experience high anxiety if they believe they cannot manage the existing risks. According to Hadi and Budningsih (2014), self-concept is divided into several dimensions including expectations, knowledge, and self-assessment. Self-knowledge refers to individuals who recognize themselves both from the perspective of quality and quantity where this is obtained through comparisons of themselves with others and the insight that individuals have can change. On the other hand, the expectations of oneself are different according to the expectations of each individual. Finally, self-assessment refers to the quantification that an individual performs about his or her current condition with what will happen from that individual's perspective (Beaulieu & Jimenez – Gomez, 2022).

Anxiety about the future is a sign of danger for drug convicts when they are released from prison. The danger signs found in these narcotic convicts are about public
trust in them and their work. Narcotics convicts will be better prepared to face life in society after being declared acquitted if they have a good self-concept. On the other hand, narcotics convicts tend to be less prepared to face life in society after being declared acquitted and are at risk of experiencing anxiety and a tendency to depression if narcotic convicts have a bad self-concept.

Narcotics convicts will be more ready to return to social life when they are declared free from punishment if the prisoners have a good self-concept. On the other hand, narcotics convicts tend to be less prepared to face life in society after being declared acquitted and are at risk of experiencing anxiety and a tendency to depression if narcotic convicts have a bad self-concept. Samuels and Samuels (1974) also stated that substance abuse such as narcotics and self-adjustment were found to be associated with a lower self-concept. We tend to assume that a person's self-concept is the product of his or her history of success or failure. Yuker (1987) concluded in his research that status labeling affects a person's self-concept and how others react to it.

RESEARCH METHOD

In this study, the population used was narcotics convicts in the class IIA narcotics prison in Muara Beliti, amounting to 769 people. The sampling technique used was simple random sampling and calculated using the Solvin formula so as to get 88 prisoners as the research sample. The scale used is a modified self-concept scale from (Nugroho, Zuiderwijk, Janssen, & de Jong, 2015) consisting of 22 statement items 10 favorite items 12 unfavorable items referring to aspects of self-concept compiled by Calhoun & Acocella (1990) which consists of three aspects, namely knowledge, judgment and hope. Anxiety scale in facing the future which was compiled by the researcher itself consists of 14 statement items, 7 favorite items and 7 unfavorable items which refers to the theory of Baker, Heirenchs and Hofman (2002) where symptoms of anxiety in facing the future are divided into negative thinking about the future, career anxiety, manifestations of psychomotor anxiety, and anxiety about the stresses of life.

In this study, researchers will conduct a normality test using the IBM SPSS Statistics Version 24 for windows. The technique used for this normality test is the Kolmogorov-Smirnov. The hypothesis was tested using the Pearson Product Moment Correlation technique, where this test method is a parametric analysis technique that can be used if the data distribution has been declared normal. This hypothesis test can be done using IBM SPSS media according to the 0.05 significance level.

Hypothetical test conducted for knowing level draft self and anxiety in face the future. Test this conducted with count hypothetical and standard mean (μ) deviation (σ).

RESULT AND DISCUSSION

The research data collection was carried out on July 22, 2022. Before the data collection process was carried out, the researcher asked the head of the Class IIA Narcotics Prison Muara Beliti for permission to get access to contact respondents randomly by giving a questionnaire sheet. In its implementation, the prison gave permission to researchers to examine male prisoners only. Questionnaires were given to 88 narcotic inmates in the prison. After the data was collected, the researcher checked each data to ensure that there were no defective data, so that the 88 questionnaires collected could be analyzed as a whole.

Test the validity of the self-concept variables which were declared invalid, namely the 3rd, 10th, 24th, and 26th statements (Hermanda, Sumarwan, & Tinaprilia, 2019). While in table 7 there are 4 invalid statements on the anxiety variable in facing the future, namely the 1st, 8th, 10th, and 14th statements. However, other statements have been
declared valid and have fulfilled the requirements to be used as research measuring tools (Sudiardhita, Mukhtar, Hartono, Sariwulan, & Nikensari, 2018). Researchers conducted a second validity test by eliminating invalid items, both on the self-concept scale, and on the anxiety scale in facing the future (Huang, Su, Cheng, & Tan, 2021). This was done with the aim of ascertaining whether the scale used in the study was truly valid or not (Kneckta, Runyon, & Eddy, 2019), and showed that all items on the self-concept scale and the anxiety scale in facing the future were valid. So that all of these items can be trusted if used as a research measuring tool.

The results of the reliability test obtained the coefficient value of the self-concept measuring instrument of 0.740 which means that the self-concept scale is declared reliable, the results of the reliability test on the anxiety scale in facing the future is 0.759 where the anxiety scale in facing the future is declared reliable or can be trusted as a research measuring instrument (Stringer IV, 2018).

From the results of the analysis of the normality test, it is known that the significance value of Asymp. Sig. (2-tailed) is 0.096 and greater than 0.05. So, according to the basis for making the decision on the Kolmogrov-Smirnov normality test above, it can be concluded that the research data are normally distributed. Thus, the assumptions or requirements for normality in the regression model have been met. Based on the results of the hypothesis test, it is known that the value of Sig. (2-tailed) between self-concept and anxiety in dealing with narcotics inmates at the Class IIA Narcotics Prison Muara Beliti is 0.00 <0.05, which means there is a significant correlation between self-concept variables and anxiety variables in facing the future. Furthermore, based on the Pearson correlation value, it is known that the calculated r value for the relationship between self-concept and anxiety in facing the future is 0.453 > r table (0.209). Thus, it can be concluded that there is a relationship or correlation between the self-concept variable and the anxiety variable in facing the future in narcotics prisoners at the Class IIA Narcotics Prison Muara Beliti.

Hypothetical test have results Based on data obtained from the distribution of self-concept and anxiety scale questionnaires in facing the future, it was found that 58% of narcotics prisoners in the Class IIA Muara Beliti prison had a high self-concept and 42% of other people had moderate self-concepts. Meanwhile, there are 30% of narcotic prisoners experiencing high levels of anxiety in facing the future, and 70% of other people have anxiety that is facing the future.

The self-concept possessed by narcotics prisoners is related to the knowledge, expectations, and assessments of narcotics prisoners against themselves. This relates to the prisoner's perspective on his future, where this self-concept can influence his behavior choices and expectations of life (Burns, Diaz, & Holler, 2020). Furthermore, Baron and Byrne (2004) argue that self-concept is a person's self-label as a basic philosophy consisting of an ordered combination of beliefs and self-assessments. Thus, a person's good self-concept can affect his view of the future.

The results of this study are related to the opinion of Listiarini and Wibowo (2021) who argue that narcotics prisoners tend to feel less anxious when adapting back to society if they have a high self-concept. The existence of a good self-concept can motivate narcotics prisoners to get a better future, so that the anxiety experienced by narcotics prisoners about their future will decrease. Furthermore, the results of this study are also in line with research conducted by Novianto (2008) which states the same thing that narcotics prisoners will not be 100% mentally healthy even though they have been declared free from punishment if narcotics prisoners have a high self-concept. Narcotics convicts also feel that
they have potential in dealing with obstacles and assume that threats do not need to be feared and avoided (Stroh, 2015). Conversely, individuals will feel high fear, anxiety and stress continuously are individuals who have low self-concept (John, Vierra, & Robnett, 2022). Based on the analysis conducted, it was found that narcotics prisoners in Muara Beliti Prison already have a good self-concept and have a positive outlook on their future.

CONCLUSION

Based on the results of data analysis and discussion described in the previous chapter, the conclusion is that there is a relationship between self-concept and anxiety in facing the future in narcotics prisoners at the Class IIA Narcotics Correctional Institution Muara Beliti.

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