

SELF-ESTEEM OF FEMALE PRISONERS

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ABSTRACT

Keywords:
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Female prisoners are specifically community susceptibly experiencing a decrease in self-esteem. Changes and pressures experienced during their prison terms can cause a decrease in self-esteem. The research aims to describe the self-esteem of female prisoners at female prison Semarang. Researcher use of the descriptive method. Research conducted at Prison Class IIA Semarang in May 2020 by 95 female prisoners respondents. The sampling technique used is stratified random sampling. Measurement use of self-esteem measures for prisoners (SEM-P). Data obtained by computer program descriptive analysis. Self-esteem such as self-confidence, including positivity self-confidence and or the negative one. Positivity self-confidence itself should be guarded and maintained, but if a lack of confidence then it should be increased. Results obtained that self-esteem of female prisoners mostly moderates by middle self-esteem amounted to 70.5%, high self-esteem at 24.2%, and low self-esteem at 5.3%. Decrease of self-esteem occurs in most of the female prisoners during their prison terms. Characteristics that influence the self-esteem of female prisoners including age, religion, education, marital status, prison terms, and female prisoners during their undergoing prison terms. Efforts require to increase the self-esteem of female prisoners.

BACKGROUND

Female prisoners are specifically community susceptibly experiencing a decrease in self-esteem. The self-esteem of female prisoners decreases occurred in several countries by 60.2% up to 86.4% (Komoyo, 2018; Torkaman, 2018). Decreased self-esteem also occurred to female prisoners in several regions of Indonesia by 14% up to 81.2% (Anggit & Ni, 2017; Hajar, 2017; N. O. Hidayati & Sutini, 2017; Juniarta, Ruspawan, & Sipahutar, 2012; Kusuma, 2015).

Self-esteem human needs that must be fulfilled, especially for female prisoners in prison. The self-esteem of female prisoners decreases occurred because of changes and pressures from within and outside themselves. The self-esteem of female prisoners decreases can also occur because of experienced bad things (Kalemi et al., 2019; Komoyo, 2018; Mili & Cherian, 2015; Torkaman, 2018). The self-esteem of female prisoners decrease occurred be-

cause of female prisoners develop the negativity towards themselves.

Negativity changes the way of thinking becomes negative, appears when feel depressed, having bad experiences, or in a bad mood. Negativity causing negative thoughts and negative deeds. Negative thoughts towards self, some thoughts such I feel so worthless, I failed, I am no longer loved, I don't deserve to be loved, I'm not even better than them, etc. Negative thoughts cause negative deeds such as avoidance, introvert, anxiety, etc (Fennell, 2014; Kolubinski, Frings, Nik, Lawrence, & Spada, 2018).

The self-esteem of female prisoners decreased in prison causes mental health such as stresses, depression, anxiety, personality disorder, self-isolation, risk of self-injury, etc, also suicide (Bruce & Larweh, 2017; Chen, Hannibal, & Gold, 2015; Komoyo, 2018; Parilti & Tunc, 2018; Schanz, 2017; Torkman, Miri, & Farokhzadian, 2016; Utari, Fitria, & Rafiyah, 2013). Decreased self-esteem cause problems include physical health such as headache,

heartbeat and increased blood pressure, decreased or increased appetite, insomnia, anxiety, excessive sweating, etc (Kamody et al., 2018; Li, Chan, Chung, & Chui, 2015; Sickel, Seacat, & Nabors, 2016). Decreased self-esteem cause problems in the family and social relations (Bai, Lin, & Wang, 2016; Crabtree, Haslam, Postmes, & Haslam, 2010; Saputra, Azza, & Suryaningsih, 2016).

Committing a crime experience, changes lifestyle, changes role in life, negative stigma triggers female prisoners to develop the negativity towards themselves. Negativity changes the mindset to be negative and changes the point of view also self-evaluation to be negative. Self-esteem is specific communities such as female prisoners susceptibly decreases, so necessary an effort to describe the phenomenon of self-esteem that happened in a specific community in the correctional setting. This research will describe the self-esteem of female prisoners systematically and describe the characteristics of female prisoners susceptible to decrease self-esteem.

METHOD

This research has passed the study of ethics research with several ethics research 104/EC/KEPK/D.Kep/IV/2020. This descriptive research conducted in Semarang Female Prison in May 2020. The population in this research is female prisoners in prison during the research period. The sampling technique used is stratified random sampling. Researchers randomized samples based on female prisoners room. Determination amount of sample size use of power Determination amount of sample size use of powersize method and effect size based on Cohen. Based on the calculation of sample size using the alfa 0.05 table with a power size of 0.80 and effect size 0.3 obtained a sample size of 86 respondents. The size sample added 10% to avoid drop out during the research period until the samples are used in this research amounted to 95 respondents.

The inclusion criteria in this research are female prisoners who willing to follow voluntary research, if female prisoners elected not willing to be a respondent, the researchers will replace it with other female prisoners in one room. Measurement use of female prisoners in one room. Measurement use of self-esteem measures for prisoners (SEM-P) (Debowska, Boduszek, & Sherretts, 2016). SEM-P reliability test use of the Alpha Cronbach test with a value of 0.78 which showed good reliability value. Statistical test use of computer program descriptive analysis.

RESULT

Most of the Female Prisoners aged between 20-40 years amounted to 55.8% and aged between 40-60 years amounted to 41.1%. The age of other Female Prisoners is less than 21 years amounted to 2.1% and over 60 years amounted to 1.1%. The religion of Female Prisoners most are Muslims amounted to 83.2%. The other consisting of 11.6% Protestant and Catholic amounted to 5.3%.

Most marital status on Female Prisoners has married amounted to 55.8%. Other Female Prisoners have divorced amounted to 26.3%, the unmarried amounted to 17.9%. Female Prisoner's education levels mostly are in Senior High School amounted to 51.6%. Other Female Prisoners level are in College-educated amounted to 20.0%, Junior High School amounted to 16.8%, Elementary School amounted to 10.5%, and out of school amounted to 1.1%.

Prison terms of Female Prisoners mostly are 1-5 years amounted to 65.3%. Other Female Prisoners with prison terms 5-10 years amounted to 21.1%, less than 1 year amounted to 12.6%, and lifetime prison terms amounted to 1.1%. Female Prisoners who already undergoing prison terms for 1-5 years amounted to 56.8%. Other Female Prisoners which already undergoing prison terms less than one year amounted to 38.9% and more than 5 years amounted to 4.2%.

The self-esteem of Female Prisoners mostly are in middle self-esteem amounted to 70.5%. Other Female Prisoners with high self-esteem amounted to 24.2% and low self-esteem at 5.3%. The Mean value of self-esteem 2.19 with a standard deviation of 0.511.

DISCUSSION

Self-esteem includes one of the self-concept components which important for the establishment and personality development (Schunk & Zimmerman, 2012). Self-esteem described as beneficial behavior or vice versa against themselves (Rosenberg, 1956; Rosenberg, Schooler, Schoenbach, Rosenberg, & Rosenberg, 2011). Self-esteem can change during the development of individuals (Schunk, Meece, dan Pintrich 2012). Previous research showed that Female Prisoners indicates the level of self-esteem much lower if compared with other communities (Garofalo & Velotti, 2016).

Self-esteem can significantly get worse if women involved in a bad relationship, harassment, psychological aggression, physical or sexual. Then increase feelings of guilt and doing social isolation. Negative stigma from within and outside themselves

and there is no support from the closest especially family can make self-esteem of Female Prisoners decrease further (Bruce & Larweh, 2017; Igomu & Mayange, 2013; Kalemi et al., 2019; Schanz, 2017). Crimes committed by women frequently occurred because the last woman that became a victim, such as violence, robbery, or trapped (Cannon, Bonomi, Anderson, Rivara, & Thompson, 2010; Falk, Sfindla, Brändström, Nilsson, & Kerekes, 2016; Mili & Cherian, 2015).

The majority of this research is the self-esteem of Female Prisoners experiencing a decrease. Female Prisoners experienced less pleasant. While staying in prison Female Prisoners got pressured, pressured from themselves, their families, other people, and the environment. The self-esteem of Female Prisoners decrease happened at a productive age between 20-60 years, mostly they are married, and have children. Majority of Female Prisoners as a breadwinner for their family. Female Prisoners feel guilty because they can't be their role as a wife, mother, and daughter during their prison terms. A lot of Female Prisoners divorced during at Prison which led to Female Prisoners increasingly depressed. Developing the negativity of themselves and lead to decrease self-esteem.

Female Prisoners felt that they are not in a good condition of health, feel shunned, not noticed, and no longer loved by their families, due to family never visit and difficult to contact. Female Prisoners also afraid if someone else's negative thoughts or stigma about themselves. So necessary nursing intervention to change the negativity of Female Prisoners becomes positive so self-esteem of Female Prisoners can be increased.

Female Prisoners embrace their religion and beliefs according to each other's beliefs, the majority are Muslim. Believe in God affect self-esteem. Someone who believes in God's Almighty will have high confidence and will increase self-esteem (Widyantoro, 2016). Female Prisoners who believe and surrender to God's Almighty will always feel protected by God so develop the positivities about themselves. Female Prisoners who believe in God's Almighty will be experiencing their prison terms by showing repentance and grateful for all blessings from God, believe in God give time to improve ourselves to be better.

Majority Female Prisoners are Senior High School educated. Education affects self-esteem especially in a specific community such as Female Prisoners. Related to self-acceptance against criminal and experienced prison term (Ginting & Lubis, 2017; N. A. Hidayati, 2015; Maharani, Putri, & Banoeo, 2018;

Suendra, Setiabudhi, & Suardana, n.d.; Yulianti, Meilina, & Wijayanti, 2016).

Majority of Female Prisoners with a prison term of 1-5 years. The self-esteem of Female Prisoners decrease can occur due to changes in status become Female Prisoners to experiencing punishment long term in prison (Maryatun, Hamid, & Mustikasari, 2014). Prison term can be a stressor and causing a decrease in self-esteem for Female Prisoners, besides Female Prisoners ashamed and guilty of the closest especially family, because the families must endure the humiliation of their deeds (Anggit & Ni, 2017; Hajar, 2017; Juniarta et al., 2012; Maryatun et al., 2014).

Self-esteem includes one of the self-concept components which important (Poston, 2009). Self-esteem used by themselves to do a self-evaluation, positive self-evaluation, and or the negative one (Damian & Robins, 2011). If someone has a negative self-evaluation against themselves, it will lead to decreased self-esteem. Various efforts can be to increase the self-esteem of Female Prisoners by providing support to Female Prisoners (Hariadi, Agustina, & Murjani, 2015; Saputra et al., 2016; Ulfa, 2018). Besides, various therapy or nursing interventions specifically community that suitable to increase the self-esteem of Female Prisoners in specific communities in prisons as a group of therapy activity, physical therapy activity, behavioral cognitive therapy, counseling based therapy, and spiritual-based therapy (Chen et al., 2015; Khodabakhshi, Mohammadi, Taghavi, & Rahimi, 2015; Li et al., 2015; McManus, Waite, & Shafran, 2009; Taylor & Montgomery, 2007).

CONCLUSION

Decrease of self-esteem occurs in most of the Female Prisoners during their prison terms. Characteristics that influence the self-esteem of Female Prisoners including age, religion, education, marital status, prison terms, and Female Prisoners during their undergoing prison terms. Efforts require to increase the self-esteem of Female Prisoners.

Limitations of this research only described self-esteem and some characteristics that influencing the self-esteem of Female Prisoners. Future research expected can describe other characteristics that affect the decrease of self-esteem of Female Prisoners. Besides, researchers also hope that further researchers can provide an appropriate intervention to increase and fulfill the needs of the self-esteem of Female Prisoners.

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