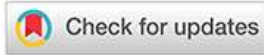


RESILIENCE OF ELDERLY PRISONERS IN SERVING A CRIMINAL PERIOD IN CLASS IIA KARAWANG CORRECTIONAL INSTITUTION



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ABSTRACT

This study examines the conditions and factors that influence the resilience of elderly prisoners at the Karawang Class IIA Correctional Institution while serving their sentence. Elderly prisoners face a range of challenges, including overcrowded conditions, declining physical health, and psychological distress from loss of freedom and social isolation. Overcrowding, which worsens the quality of care and increases the potential for conflict, exacerbates these problems. Elderly prisoners, who are already vulnerable to physical and mental health problems, must go through phases of grief, acceptance, and resilience. Using a qualitative narrative approach, this study explores how these prisoners endeavor to adapt and overcome their difficulties. Data was collected through interviews with elderly prisoners and Karawang Class IIA prison officers. The research identified key aspects of resilience, such as emotion regulation, impulse control, optimism, and causal analysis. Further findings highlighted the importance of knowing the factors that influence individuals to be resilient, such as self-esteem, social support, spirituality, and positive emotions, in fostering resilience in elderly prisoners. This research contributes to a deeper understanding of the factors that help in the process of enhancing resilience and the role of prison rehabilitation programs in improving the well-being of prisoners, especially elderly prisoners.

Keywords: *Elderly Resilience; Correctional Facility; Health in Prisons; Overcrowding*



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INTRODUCTION

In Indonesia, prisoners play a significant role in the country's penal system. These are people incarcerated in correctional facilities after being found guilty and serving criminal terms. According to Article 1 paragraph 6 of Law of the Republic of Indonesia Number 22 Year 2022, prisoners include those who are serving a specific amount of time, have been sentenced to life in prison, or have been given the capital penalty and are awaiting execution. Although they serve as coaching facilities, many Indonesian correctional facilities have significant issues, particularly with overpopulation (Rado & Badilla, 2021).

Overcrowding is one of the main obstacles in almost all prisons in Indonesia. Data from the Directorate General of Corrections as of January 16, 2024 shows that the available capacity of prisons and detention centers is for 128,656 people but is occupied by 181,886 prisoners and 46,318 detainees. This means there is an overcapacity of 77%, which creates a critical situation in various prisons and detention centers across Indonesia (sada.kemenkumham.go.id, 2024).

These poor conditions have serious repercussions for prisoners, including increased suicide rates, riots, and physical and psychological damage. Prisoners experience severe distress due to the loss of their freedom and basic rights, which causes severe stress and, if sustained, can trigger depression. In addition, the high rate of stress in prisons also contributes to the emergence of various psychological disorders, such as psychosomatics, which is a physical condition caused by psychological factors (Anggraini et al., 2019). During their time in prison, prisoners have to deal with ongoing feelings of loss, both physically and psychologically. The loss of freedom to fulfil their social, psychological and biological needs makes them feel depressed. Stress can lead to serious mental disorders and further complicate the challenges of serving their sentence. These psychological problems require special attention to improve the well-being of prisoners and prevent more severe disorders while they are in jail (Hamja, 2022).

The Karawang Class IIA Correctional Institution is experiencing overcapacity, which impacts all prisoners, including the elderly. This overcapacity not only leads to less than optimal care and guidance but also increases the potential for conflict among prisoners. Data indicates that the Karawang Class IIA Correctional Facility can accommodate 590 people, yet it currently accommodates 1102 people. Limited facilities and a shortage of expert officers, particularly in the coaching field, exacerbate this situation, making it challenging for many prisoners, particularly the elderly, to develop resilience. In addition, from the available data, the number of elderly prisoners in this prison reaches 24 people, with various types of criminal offenses, such as drugs, corruption, and child protection.

According to Saputri (2011), the elderly are very vulnerable to various problems, both physical and psychological (Herawati et al., 2023). Changes in their lives, such as retirement, illness, and the loss of a spouse, often trigger stress and feelings of loneliness. Due to serving their sentence away from family and friends, older prisoners may experience even greater psychological stress. Elderly prisoners go through three major phases in the resilience process: grieving for the loss of a normal life, attempting to accept reality, and finally achieving resilience. During the initial phase, the isolation from their social environment, including family and friends, instills a deep sense of loss in them. They also often experience depression due to the uncertainty of the future. The adaptation process is not easy and is often characterized by denial, anger, and finally acceptance (Utami & Masykur, 2020).

In addition to psychological problems, older people in prison also face significant physical challenges. Based on data from the Karawang Class IIA Correctional Facility Polyclinic, a number of older people experience various illnesses such as stroke, diabetes,

and respiratory infections. The elderly in prison are more vulnerable to health problems and social isolation, which further complicates their ability to achieve resilience (Di Lorito et al., 2018).

Resilience refers to the ability to respond in a healthy and productive manner to adversity or trauma, which is crucial for managing stress in daily life. Therefore, we hope that this research will shed light on the ability of elderly prisoners to overcome the pressures and challenges they face during their prison sentence. The resilience of elderly prisoners can grow through the experience of suffering from punishment and the loss of deep relationships, which encourages significant change. There are seven key aspects of resilience, namely: emotional regulation (the ability to manage emotions), optimism (the ability to think positively and believe that things will get better), impulse control (the ability to resist impulsive urges), self-efficacy (belief in one's own abilities), empathy (the ability to feel what others feel), causal analysis (the ability to analyze the root of problems), and reaching out (the ability to seek help when needed). These aspects help prisoners to better face challenges and return to normal life (Resnick, 2016).

According to Mlinac and Schwabenbauer, self-esteem is one of the four factors that can affect individual resilience. Self-esteem helps individuals face various obstacles in life. When someone faces a problem, it is this sense of self-worth that supports them in staying strong and fosters confidence in overcoming the challenges they are facing (Rizaldi & Rahmasari, 2021)

Second, social support, which is often associated with individual resilience when experiencing problems and difficulties, can increase resilience in oneself when the surrounding environment provides positive support for problem solving and the process of awakening by the individual. Resilience is often associated with social support, because some researchers who define resilience as a dynamic process that can change over time emphasize the importance of social support in increasing individual resilience (Janssen et al., 2011)

According to Van Kessel (2013), several studies have shown that environmental factors that emphasize social support, such as relationships with professionals, relationships with other individuals, and support from the community, family, and friends, influence resilience. Researchers have investigated the relationship between good social support and good resilience in elderly individuals. (Esearch et al., 2009)

Third, spirituality can enhance individuals' resilience by fostering fortitude and spirituality. An individual's spiritual view is defined as their belief that all problems are trials from God, and that God will always assist his servants who are facing difficulties or tribulations. The fourth element is positive emotions, which enable individuals to eliminate negative responses and respond positively and calmly when confronted with problems. The use of positive emotions when faced with problems will allow individuals to react better and more effectively when solving them. Frederickson (2001) states that resilient individuals will have favorable positive emotions, and the experience of favorable positive emotions can cause an individual to become more resilient (Cohn et al., 2009).

Based on the phenomena and research gaps in previous research on the resilience of prisoners, the low resilience of prisoners in Class II A Karawang Correctional Institution is The urgency of conducting research is to understand the resilience condition of elderly prisoners, particularly those who, in their old age, have to undergo a criminal sentence under vulnerable conditions and are no longer young. Therefore, it is crucial to encourage the factors that form resilience within the individual, enabling them to rise and survive in difficult situations. This resilience, in turn, enables them to solve the problems they encounter and transform into better individuals.

Therefore, this research is important to see how aspects of resilience affect elderly prisoners serving their sentences in Karawang Class IIA Correctional Facility, to identify what factors influence elderly prisoners to become resilient individuals in very vulnerable circumstances, and to find out the resilience conditions of elderly prisoners. We need a more comprehensive approach to support the resilience process. Elderly prisoners require adequate psychological, physical, and social support. This is in line with the objectives of the correctional system stipulated in the Correctional Act No. 22 of 2022, which aims to improve the quality of personality and independence of prisoners. However, in practice, the implementation of this system encounters numerous challenges, particularly due to the limited facilities and resources in prisons. And this research becomes important to look at the resilient aspects and factors that can affect the resilience of elderly prisoners in Karawang Class IIA Correctional Facility. This research also aims to understand the process they experience in achieving resilience.

LITERATURE REVIEW

Resilience is a person's ability to rise and adapt in the face of life's difficulties. Resilience is an individual's capacity to cope with difficult events and continue to function well despite pressure. In life, every individual needs resilience as an important mechanism to survive and adapt to the challenges that arise. Wolin and Wolin (1993) also present the definition of resilience as an active process of facing difficulties, improving oneself, surviving in the midst of misfortune, and the ability to adapt to undesirable situations. Resilience is not just about surviving, but also about the ability to develop oneself and become stronger after experiencing difficulties..(Dan & Dari, 2022)

Furthermore, Reivich and Shatte (2002) identified several characteristics of resilient people, including the ability to cope with stress, an optimistic attitude, and the ability to express thoughts and feelings in a healthy manner. Resilient individuals tend to be able to be realistic, regulate their emotions well, and find creative solutions to the problems they face. These abilities allow them to stay focused and productive even in stressful situations. Interpersonal relationship management also closely relates to resilience. The ability to build and maintain positive relationships with others, as well as having strong sources of social support, is an important part of resilience.

The sources of resilience can come from various aspects of an individual's life. The I AM, I HAVE, and I CAN models suggest that cognitive abilities (I AM), feelings of love and worth, and self-belief can develop resilience. In addition, resilient individuals utilize social support from family, friends, and the community (I have) as external assets that help them overcome difficulties. In the Javanese cultural context, for example, values such as *rila*, *narima*, and *patience* provide an important basis for the development of resilience. The support of religiosity also plays an important role, providing individuals with spiritual strength to face life's challenges. When individuals have the capacity (I CAN) to move beyond stress, depression, or past trauma, they can bounce back and repair themselves with positive strength and become more self-reliant (Ruswahyuningsih & Afiatin, 2015).

Researchers conducted a search of various previous studies, relevant to the current research object, to support the problems under investigation. The search results revealed several studies that have relevance to this research. Despite some similarities in the discussion, this research significantly differs from the previous studies. One of the studies by Maulidia, et al (2020) highlights the importance of resilience in enabling elderly people to face life difficulties, especially in pandemic situations. This research shows that the elderly often experience increased anxiety during a crisis and require resilience to deal with stress and trauma. The purpose of this study is to describe the resilience of older

people living alone in the context of COVID-19 using a case study approach, which enables an in-depth understanding of older people's resilience in facing the challenges of living alone during the pandemic.

A study by Praghlapati and Munawaroh (2020), examines the prevalence of depression among the elderly and emphasizes the necessity of resilience to mitigate stress and anxiety. This research used a quantitative descriptive methodology at the Ciparay Tresna Wredha Social Protection Centre, indicating that most older individuals exhibit a high degree of resilience and generally possess excellent mental health. This study's findings underscore the need for fostering and augmenting resilience among the elderly, particularly regarding social protection and criminal contexts. Furthermore, Prayadi and Subroto (2021), discussed resilience in prisoners with life sentences. This research produces an in-depth understanding of the psychological dynamics of facing challenges within the prison environment. The findings show that emotion regulation, the desire to try new things, and the ability to form positive social relationships are important indicators of resilience. This research also emphasizes the importance of awareness of positive functions and roles in prison as part of the community.

Meanwhile, Utami and Masykur (2021) examined the experience of the process towards resilience in convicted drug cases, highlighting the internal and external factors that help prisoners to remain resilient and hopeful despite having to serve a sentence. This study found that family support, internal motivation, and a supportive environment were instrumental in developing resilience during imprisonment. Despite differences in research focus, these studies provide a comprehensive picture of resilience among older adults and prisoners and the factors that influence their resilience in difficult situations (Utami & Masykur, 2020).

Prisoners are an important part of the correctional system in Indonesia. They are individuals who have been convicted of crimes and are currently serving their sentences in penitentiary facilities, also known as Lapas. According to the Law of the Republic of Indonesia Number 22 Year 2022 Article 1 paragraph 6, prisoners are individuals who have been convicted of crimes and are currently serving a sentence of a certain period of time, life sentence, or death sentence, and are awaiting execution. Correctional institutions have a coaching function, but many correctional institutions in Indonesia face serious problems, especially related to overcrowding.

Self-efficacy is an individual's belief that they are able to overcome the problems they face and utilize challenges as opportunities for growth. In addition, there are various factors that influence a person's level of resilience. One of them is self-esteem, which plays a role in helping individuals face life challenges with more confidence. According to DeHart and Pelham (2007), individuals with stable self-esteem are more capable of handling problems calmly, whereas those with low self-esteem are more susceptible to stress and negative reactions. Social support is also crucial in the resilience process (DeHart & Pelham, 2007)

This support can come from family, friends or the community, which helps individuals overcome adversity by providing emotional and practical assistance. Janssen (2011) asserts that resilience is often associated with social support, which is a dynamic process that can change over time. Other studies have also shown that good social relationships with other individuals, professionals, and the wider community contribute to increased resilience (Janssen et al., 2011).

Spirituality is also an important factor that influences resilience. According to Van Dyke and Elias (2007), spirituality can serve as a coping technique for individuals facing life problems. The belief that adversity is part of God's plan and that God will help them

through difficult times provides additional strength for individuals to persevere. In addition, positive emotions play an important role in resilience. Frederickson (2001) points out that resilient individuals tend to have strong positive emotions, which enable them to cope with problems in a calmer and more effective way. The experience of positive emotions can help individuals to remain optimistic and productive, even in the midst of challenges (Cohn et al., 2009).

METHOD

The research uses qualitative methods to understand the conditions experienced by the object of research, namely the resilience of elderly prisoners in serving their sentences. We use qualitative methods to explore and understand the meaning that individuals or groups produce in relation to a social problem (Creswell, 2018). This research falls into the category of descriptive research, which aims to describe profiles, classifications, and measures to answer research questions (Neuman, 2014). This research falls into the category of descriptive research, which aims to describe profiles, classifications, and measures to answer research questions. This research design uses a narrative approach, where the researcher examines the lives of individuals and asks participants to recount their experiences.

In this study, the term 'elderly' refers to individuals aged 60 years and above who often face various physical, psychological, and social challenges. The aging process can result in changes in health, such as decreased muscle strength and increased risk of chronic diseases, as well as psychological issues such as depression and anxiety. While older adults often experience difficulties, they also have the potential to remain active and contribute to society. The term 'prisoner' refers to an individual who serves a prison sentence to improve his or her life relationships in the hope of re-interacting with the environment without fear or shame. Meanwhile, resilience, according to Reivich and Shatte (2002), is an individual's ability to cope and adapt to difficult situations. Resilient individuals are able to bounce back from adversity and recover their psychological state from the stress experienced (Dan & Dari, 2022).

The Karawang Class IIA Correctional Facility, with a capacity of 560 people, was the site of this research. Currently, there are 7 elderly prisoners with various criminal backgrounds. The selection of this location stems from the phenomenon of elderly prisoners not fully functioning socially, both during their incarceration and after their release. This research focuses on how religious spiritual guidance can assist elderly prisoners in overcoming the problems they face. The prisoners themselves, who meet the criteria of being over 60 years old and willing to become informants, provide the data for this research. Data was gathered via interviews, document analysis, and observation. Primary data sources were interviews with three senior convicts and the Head of the Sub-Section of Community Guidance and Care, who plays a crucial role in the execution of programs for inmates.

RESULT AND DISCUSSIONS

Resilience of Elderly Prisoners in Undergoing Criminalisation in Class II A Karawang Correctional Facility

Loss of independence, family disconnection, and physical decline often cause significant mental distress among elderly prisoners. Some of the elderly prisoners interviewed exhibited symptoms of depression, anxiety, and loneliness, particularly those without sufficient social support. This worsens their ability to serve their sentence well. According to Reivich & Shatte (in Hendriani, 218), there are seven aspects of resilience,

namely emotion regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and finding meaning in life. The following is a further discussion of these aspects, based on the data obtained from the informants.

1) Emotion Regulation

It's crucial for an individual to control their emotions to avoid becoming mired in feelings of sadness, anger, or despair. In this study, informants BD and AH demonstrated excellent emotion regulation skills. BD, for example, makes use of religious activities and participates in coaching programs at the prison as a way to calm down and achieve emotional stability. Routinely attending recitations makes BD feel calmer and better able to accept the reality of his life in prison. On the other hand, AH also managed to maintain his emotional stability through religious activities, despite being in a stressful environment. However, informant AG faces difficulties in emotion regulation. His depression inhibits his ability to control his feelings, especially when facing the physical limitations, he experiences while in prison.

2) Impulse Control

Personal well-being depends on controlling harmful impulses. BD demonstrated good impulse control through active participation in various activities, such as gardening and skills programs. Involvement in these positive activities helps BD reduce the urge to act impulsively. In contrast, AG struggles to control his impulses. Poor health and depression made him more likely to respond to situations with negative emotions, which impacted his relationships with other prisoners and prison officers.

3) Optimism

Belief in a better future is very helpful for individuals in dealing with difficult situations. BD has a strong optimistic attitude, believing that after serving his sentence, he will be able to improve his life and return to society better. BD's future plans reflect this optimism, including his desire to find a more stable job after his release. AH also showed optimism despite having to serve a long prison term. He believes that every challenge is a part of life's trials that will lead him to a better state. However, AG had difficulty maintaining an optimistic attitude. His depression and physical limitations blurred his hopes for the future.

4) Causal Analysis

The ability to identify root causes and learn lessons from difficult situations is an important part of resilience. BD showed good causal analysis skills, realizing that his mistakes were caused by emotional instability and bad environmental influences. He tried to improve himself by actively participating in the coaching program. AH also had good causal analysis skills and realized that his criminal offense was caused by bad company. Meanwhile, AG had difficulty in causal analysis, was stuck in a negative emotional state, and was unable to see a solution to the problems he faced.

5) Empathy

The ability to understand and feel others' emotions is valuable in building social relationships. BD showed a high level of empathy, especially toward other prisoners who were experiencing similar difficulties. His involvement in religious

programs has made him more sensitive to others' conditions. AH also demonstrates strong empathy, particularly in his social interactions within the prison. He actively helps fellow prisoners in facing mental and spiritual difficulties. However, AG tends to be more introverted and has difficulty showing empathy, which may be due to his deteriorating physical health and deep depression.

6) Self-efficacy

Believing in one's ability to overcome difficulties and achieve goals is crucial for individuals. BD shows high self-efficacy, believing that with effort and support from the coaching program, he can improve himself and get out of difficult situations. This belief motivates BD to continue to actively participate in the coaching program at the prison. AH also has strong self-efficacy, striving to improve himself despite his advanced age. On the other hand, AG has low self-efficacy, finding it difficult to recover from poor physical and mental conditions, which hinders his ability to see the future more positively.

7) Reaching Out

The ability to seek outside support and find meaning in life experiences is an important aspect of resilience. BD demonstrated this ability well, being able to bounce back from a difficult time thanks to religious activities and positive interactions with fellow prisoners. He has the belief that a better future awaits him after leaving prison. AH also demonstrated good reaching-out abilities; through religious activities, he found peace and support from his peers. However, AG struggled in this aspect, as his depression made him more introverted and reluctant to seek support from others.

Factors that can affect the resilience of elderly prisoners while serving a sentence in Karawang Class II A Correctional Facility

Four factors can affect the resilience of elderly prisoners serving criminal sentences in Class II A Karawang Correctional Facility (Resnick, 2016). Individuals with positive self-esteem tend to be more resilient and more responsible than individuals with negative self-esteem (Macinnes, 2006). In this study, both subjects showed positive self-esteem in themselves, but one subject has not shown positive self-esteem. They experienced shock, sadness, and denial upon receiving a criminal sentence. When confronted with a challenge, such as accepting a sentence in a correctional institution, people naturally react with a sense of surprise. As said by Liang (2020) in (Kurniawan & Susilo, 2021), Individuals serving criminal sentences often experience psychological problems such as hopelessness, anxiety, depressive symptoms, deep sadness, and helplessness. AG took longer to adapt compared to AH and BD, due to his denial, which made it difficult for him to accept the situation. Although AH and BD also initially denied the fact that they had to serve their sentences with positive self-esteem, they were able to come up with positive thoughts.

Kernis (2005) in (Montpetit & Tiberio, 2016) stated that positive self-esteem can help individuals manage stress and bring about positive thinking. In contrast to AG, who has a history of mental illness, his denial is still strong, suggesting that AG has not achieved sufficient self-esteem to generate positive thoughts. When asked about the daily routine inside the prison, AH and BD admitted to feeling bored and missing their families. However, positive self-esteem helps them adapt, so they do not feel too depressed or experience other psychological problems, such as stress or depression. AG, on the other

hand, tended to stay in his room, which caused him to experience stress and depression several times.

AH and BD often spend their free time interacting with other inmates, reciting the Quran, playing sports, and doing religious activities. This not only fills their time but also helps take their minds off the fact that they are in prison. Another factor that also affects resilience is social support. Support from the environment can help individuals deal with the problems they face. If there is no social support, individuals tend to feel stressed and anxious. Support can come from family, officers, and peers. This study found that AH and BD received good social support from their families and neighbors, which helped them become more resilient.

Taylor (2015) in (Rizaldi & Rahmasari, 2021) Social support includes love from others, feeling valued, and being considered part of a group. BD and AH admitted to getting support from their neighbors that helped them get through their days in prison. They received support from their families in the form of prayers, moral encouragement, and the supply of food and drink. This support is very influential on their resilience. On the other hand, AG lacks family support because his relationship is tenuous due to the problems he faces, so he feels often alone and no one cares. Community support is also important for improving resilience. AH and BD admitted that their neighborhoods were supportive, helping them to survive in prison. BD stated that neighborhood support really helped keep his mind healthy. However, due to the advanced age and vulnerability of the three subjects, many other prisoners tended to avoid them, which initially made BD and AH feel isolated. Nonetheless, they eventually understood that this ostracization was natural given their situation as elderly prisoners. They still received support from some prisoners and officers, so they were able to maintain positive thoughts and serve their sentences well. In contrast, AG felt depressed due to ostracization, as he did not get support from his surroundings.

The third factor that influences resilience is spirituality. Spirituality is defined as thoughts, feelings, and behaviors related to the relationship with God (Rizaldi & Rahmasari, 2021). Individuals with positive spirituality have better coping skills, increased hope and optimism, and reduced anxiety. Mackinlay (2007) It has been stated that spirituality helps individuals find meaning in suffering and learn from experiences to cope better. In this study, the three subjects showed a strong spirituality, which helped them face criminal punishment as a test from God (MacKinlay, 2007).

The fourth factor is positive emotions. Ong et al. (2006) stated that the level of positive emotions affects individual resilience and develops over time. Individuals who have positive emotions tend to be more resilient and able to deal with pressure calmly. AH and BD try to understand their condition as elderly prisoners and do not let negative thoughts control them. AG also tries to remain patient and maintain communication with prisoners and officers despite often feeling useless. Overall, the results show that AH and BD have a good level of resilience, while AG has not fully achieved the desired resilience. Resilience is formed through various factors such as self-esteem, social support, spirituality, and positive emotions, which play an important role in an individual's ability to survive adversity.

CONCLUSION AND SUGGESTION

The study of the resilience of elderly prisoners at the Karawang Class II A Correctional Institution shows aspects of resilience, namely emotion regulation, impulse control, optimism, casual analysis, empathy, self-efficacy, and reaching out. The study involved six informants, including elderly prisoners and the Head of the Community Guidance and Care

Sub-section at the Class IIA Karawang Correctional Institution.

The aspect of emotional regulation pertains to the capacity to control feelings and emotional reactions. Informants BD and AH demonstrated a high level of proficiency in this area. Both were able to calm themselves through religious and spiritual activities, such as recitation and lectures. BD was even able to advise fellow prisoners to be more patient, showing that he managed to overcome negative emotions. On the other hand, AG struggled with this aspect, as his poor health condition exacerbated his emotions, increasing his likelihood of experiencing depression and withdrawing.

Furthermore, impulse control is important to avoid aggressive or destructive behavior. BD shows excellent impulse control by occupying himself in positive activities such as gardening and religious guidance. AH also has excellent impulse control, using his free time for spiritual activities. On the other hand, AG has difficulty controlling his impulses, often feeling frustrated due to his illness, which has the potential to trigger conflict with others even though he is not directly aggressive. Optimism pertains to the belief in a brighter future. AH, a prisoner, exemplifies strong optimism, viewing the criminal period as a challenge to overcome and firmly believing in a brighter future. BD is also optimistic, planning for life after his prison term ends with a determination to improve himself.

Meanwhile, AG had a pessimistic outlook. His deteriorating health condition made him feel hopeless and pessimistic about his future. Kemudian aspek Analisis kasual yaitu kemampuan untuk memahami akar masalah dan belajar dari kesalahan. BD dan AH memiliki kemampuan ini. Mereka menyadari bahwa permasalahan hidup yang mereka hadapi adalah hasil dari keputusan buruk atau lingkungan negatif di masa lalu. Kesadaran ini memotivasi mereka untuk memperbaiki diri selama di lapas. AG, di sisi lain, tampaknya belum bisa mengidentifikasi dengan jelas akar dari kesulitannya dan lebih terfokus pada penderitaan yang dialaminya saat ini.

Furthermore, the empathy aspect is the ability to understand and care about the feelings of others. AH shows high empathy, often providing religious advice to fellow prisoners who are in difficulty. BD also showed a high level of empathy, being active in helping and supporting colleagues in the prison. AG struggles to show empathy, mainly due to his introverted condition and his tendency to withdraw from social interactions. Self-efficacy refers to an individual's belief in his or her ability to overcome challenges. BD has high self-efficacy, believing that he is able to improve himself and lead a better life after his time in prison. AH also demonstrated strong self-efficacy through his role as a spiritual figure in the prison. In contrast, AG showed low self-efficacy, feeling unable to recover from his health condition and struggling to face the challenges.

And finally, the reaching out aspect is the ability to seek support and learn lessons from adversity. BD was actively involved in religious and social activities, demonstrating his desire to seek moral and spiritual support. AH also managed to seek support from the religious community at the prison. Meanwhile, AG had difficulty reaching out, tending to withdraw from his social environment and refusing help from other prisoners or officers. The factors that influence the resilience of elderly prisoners include self-esteem, social support, spirituality, and positive emotions that can help both subjects in the healing process, rise from adversity, survive and adapt to difficult situations, and also keep individuals from psychological illnesses such as depression while serving a criminal period in the penitentiary. Structured rehabilitation activities, such as skills training programs, education, and therapy, also contribute significantly to increased resilience. These programs not only provide new skills but also help increase inmates' self-confidence and sense of purpose in life. By engaging in productive activities, prisoners can find meaning in

their experiences and prepare themselves for life after prison.

Growing self-confidence when faced with problems. In addition, the existence of self-esteem can help the three informants find good coping strategies. The existence of social support can also help informants to remain optimistic and motivated because of the many positive supports provided by the surrounding environment. Furthermore, spirituality can assist the two subjects in maintaining a positive mindset, understanding the significance of their challenges, and turning them into lessons. This is due to their shared belief that God, the owner of life, is the one who administers tests and can provide healing.

The final factor is positive emotions, which can assist both subjects in eliminating negative responses and reacting more calmly and positively. These factors foster resilience in both subjects, enabling them to endure and adjust to challenging circumstances. Self-esteem, social support, spirituality, and positive emotions interact to form resilience. Individuals such as BD and AH who have these four factors show stronger resilience compared to AG, who does not fulfill them. Based on these issues, the researcher proposes a program named 'Increasing the Resilience of Elderly Prisoners in Serving Their Sentence at the Karawang Class IIA Correctional Institution'. This program aims to increase the resilience of elderly prisoners who are serving their sentences at the Karawang Class IIA Correctional Institution. The program provides psychoeducation to improve coping skills and build the character of resilient elderly prisoners.

Good health management, both physical and mental, is an important factor in supporting the health and well-being of older prisoners. Correctional institutions need to ensure that they have adequate access to health services, including regular check-ups and treatment appropriate to their needs. Good health will enable them to participate more actively in rehabilitation activities and social interaction. These findings suggest several ways to enhance the resilience of elderly prisoners. First, we expect the Class IIA Karawang Correctional Facility to improve special facilities for elderly prisoners, including better physical and mental health care. We expect the prison to introduce more flexible and adaptive coaching programs for elderly prisoners, such as spiritual programs or activities that prioritize their mental well-being over physical demands.

Researchers can also suggest that families continue to provide ongoing social support to elderly prisoners. Close social relationships can help improve their resilience during their time in prison, so that they are better prepared to return to society and coaching programs that connect prisoners with volunteers or support groups. Overall, greater attention to the needs and challenges faced by older prisoners will help create a more effective and equitable correctional system and better support them in serving their sentences.

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