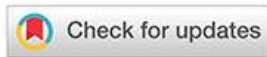


THE INFLUENCE OF SELF-DISCLOSURE ON PRISONER RESILIENCE AT CLASS IIB STATE DETENTION CENTER PRABUMULIH



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ABSTRACT

This study focuses on the influence of self-disclosure on the resilience of drug offenders in Class IIB Prabumulih Prison. Self-disclosure, defined as the process of sharing personal information and feelings with others, plays a crucial role in helping inmates adapt to the challenging prison environment. By openly communicating their thoughts and experiences, inmates can foster supportive relationships with peers and prison staff, which can significantly impact their resilience. Resilience, in this context, refers to the ability of individuals to endure and recover from stressors and difficult situations, such as the experience of incarceration. It encompasses various dimensions, including emotional strength, adaptability, and social support. This research employs a quantitative methodology, utilizing questionnaires to collect data from inmates regarding their levels of self-disclosure and resilience. The findings reveal a positive relationship between these two variables, suggesting that higher levels of self-disclosure are associated with greater resilience among inmates. This research contributes to the understanding of psychological dynamics within correctional facilities and underscores the importance of fostering communication among inmates as a means to enhance their resilience.

Keywords: Self-Disclosure; Resilience; Drug Offenders; Class IIB Prabumulih Prison



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INTRODUCTION

In the millennial era like today, the problems faced in society have become increasingly complex. These various issues underlie an individual's positive and negative behaviors, which can ultimately harm themselves or those around them. The negative behavior that occurs in society is criminality or offenses. The more complex the problems within an individual, the more it drives them toward negative behavior. The changes in times have made human thinking patterns more complex. Criminality is one of the major problems that are difficult to confront and are always avoided in various countries, both developed and developing. Indonesia is one of the developing countries with a moderate crime rate compared to countries like South America, Colombia, and Iraq, which rank among the top three countries with the highest crime rates in the world (Rahmalia, 2019).

Narcotics-related crimes are a type of crime classified as extraordinary crime. According to the Central Statistics Agency (BPS), crimes categorized under narcotics include narcotic offenses (drugs) and psychotropic crimes. These offenses are indeed among the most prevalent crimes in Indonesia. Many efforts have been made by the government, but crime rates cannot be completely eliminated, and the government can only reduce their intensity and numbers by establishing institutions to address criminality. One of the institutions used to reduce crime rates is the Penitentiary, which was formerly known as prison (Lembaga Studi dan Advokasi Masyarakat, 1996). Receiving the status of a convict can have psychological impacts on individuals, including those convicted of drug offenses. Many concerns arise for a convict, such as limited contact with family, relatives, or partners. Convicts are also burdened with worries about their future. This certainly has a significant impact on first-time convicts, whether in a correctional facility or a detention center, as they are used to the freedom of life outside and must now endure a life full of limitations (Delia, 2009).

Self-disclosure plays an important role in enhancing the resilience of inmates through interpersonal communication. High levels of self-disclosure are expected to improve an inmate's resilience. The openness of inmates through self-disclosure, whether towards fellow inmates or correctional officers, can encourage the success of the rehabilitation programs conducted by the Correctional Unit during their sentence. Rehabilitation programs are carried out based on the interests and talents possessed by the inmates, which can be identified through their self-disclosure of information about themselves to the correctional officers. Based on the above description, to cope with adverse conditions and pressures while in detention, inmates need to possess strong resilience. The disclosure of information is expected to enhance the resilience of inmates, especially those involved in drug cases. Therefore, the researcher is interested in studying the "Effect Of Self-Disclosure On The Resilience Of Drug Offenders In Class II B Prabumulih Detention Center."

THEORY

Self-Disclosure

Self-disclosure is a process through which individuals can express their feelings and facts about themselves and their experiences (Jourard, 1958). Self-disclosure is literally understood as the process of openness in sharing information about oneself with others, whether it is private or public (DeVito, 2012). The information communicated can include beliefs held, behaviors, and personal characteristics. An individual's self-disclosure can affect their stress levels, as it allows them to release emotions by sharing their grievances with others that they usually keep secret.

Resilience

Resilience refers to the skill of adapting to, coping with, and facing difficult problems or challenges in a person's life (Reivich, 2002). Resilience develops in an individual due to the influence of other factors. It serves as a measure of an individual's ability to cope with stress, treat depression, anxiety, and reactions to stress (Connor, 2003). Resilience also signifies the process of manifesting individual qualities that enable someone to develop themselves despite facing difficulties (Campbell-Sills, 2007).

The Influence of Self-Disclosure on Resilience

Self-disclosure has a positive impact on shaping an individual's resilience (Ester, 2020). It can be concluded that the higher the level of self-disclosure, the more resilient an individual will be. Conversely, if there is a lower intensity of self-disclosure, a person may feel isolated and unaccepted by their environment. Resilience among inmates is beneficial for helping them recover and adapt while serving their sentences in correctional facilities.

METHOD

This research was conducted using a quantitative research method. In this study, the researcher chose to use a quantitative method because it can provide an overview of how self-disclosure affects the resilience of narcotics inmates at Class IIB Prabumulih Correctional Facility. This research discusses the influence of self-disclosure on the resilience of narcotics inmates carried out at the Class IIB Prabumulih Correctional Facility. The research location is at RA Kartini Street No. 30, Sukajadi Village, Prabumulih Timur District, Prabumulih City, with the telephone number (0713) 322005.

Based on the problem formulation related to self-disclosure and the resilience of narcotics inmates at the Class IIB Prabumulih Correctional Facility, the researcher uses a survey design as the research design. Creswell (2014) suggests that survey design is a research method that investigates a large population using sampling techniques, where surveys are conducted using questionnaires or scales on samples to obtain an overview of respondents' opinions, attitudes, characteristics, or behaviors. The results obtained are numerical data that are analyzed using statistical methods, allowing researchers to generalize findings to a larger population. This research will use regression testing to determine the influence of self-disclosure on resilience. The relationship between the two variables in this study is the independent variable (X) of self-disclosure and the dependent variable (Y) of resilience.

Creswell (2018) expresses his opinion regarding the population, stating that the population refers to a group of individuals who have similar or even the same characteristics, which can be referred to as the universe, meaning all elements, objects, or components whose attributes will be the subject of research. This study targets a population of 309 narcotics inmates at the Class IIB Prabumulih Correctional Facility.

The selection of inmates as samples (respondents) in this study uses Purposive Sampling technique, which is a sampling determination technique with specific considerations (Sugiyono, 2017). The specific considerations meant in the selection of respondents are certain characteristics, specifically narcotics inmates who act as drug dealers, totaling 82 individuals. The number of samples used in this study was determined using the saturated sampling technique. This technique was used because the number of inmates who acted as drug dealers is only 82.

RESULTS AND DISCUSSION

Validity and Reliability Testing

The results of the R table observation indicated that the sample size (N) = 82 has a value of 0.220. In the validity test, it was found that from the X variable, 25 items produced R count > R table. Additionally, the comparison of significance values with 0.05 showed that all items had significance values < 0.05. Thus, it can be concluded that all 25 items of the X variable are valid. For the reliability test, the results indicated that the Cronbach's alpha value for the X variable with 25 items is 0.919, which is > 0.6. Therefore, it can be concluded that the instrument for the X variable is reliable.

Self-Disclosure Variable: Amount Dimension

Based on the standard scores obtained, it can be seen that out of 82 respondents, 10 respondents (12.2%) are in the low category, 52 respondents (65.9%) are in the moderate category, and 18 respondents (22.0%) are in the high category. This dimension includes a person's ability to talk for a long time about personal matters to others.

Self-Disclosure Variable: Valence Dimension

Based on the standard scores obtained, it can be seen that out of 82 respondents, 12 respondents (14.6%) are in the low category, 49 respondents (59.8%) are in the moderate category, and 21 respondents (25.6%) are in the high category. This dimension includes the quality of the story conveyed based on the self-disclosure shared by the respondents.

Self-Disclosure Variable: Accuracy/Honesty Dimension

Based on the standard scores obtained, it can be seen that out of 82 respondents, 16 respondents (19.5%) are in the low category, 49 respondents (59.8%) are in the moderate category, and 17 respondents (20.7%) are in the high category. This dimension includes the accuracy of details about what is told compared to the facts that actually occur in real life.

Self-Disclosure Variable: Intention Dimension

Based on the standard scores obtained, it can be seen that out of 82 respondents, 16 respondents (19.5%) are in the low category, 48 respondents (58.5%) are in the moderate category, and 18 respondents (22.0%) are in the high category. This dimension includes the accuracy of details regarding how respondents understand the intent and purpose of what they tell and express to their conversation partner, as well as their willingness to share their problems, comfort when discussing certain matters, and their readiness to express opinions even if those opinions may contradict others.

Self-Disclosure Variable: Intimacy Dimension

Based on the standard scores obtained, it can be seen that out of 82 respondents, 8 respondents (9.8%) are in the low category, 57 respondents (69.5%) are in the moderate category, and 17 respondents (22.7%) are in the high category. This dimension includes how respondents can and are able to share everything about themselves only with people they trust, such as their romantic experiences and personal stories, even including things that have hurt their feelings.

Resilience Variable: Personal Competence Dimension

Based on the standard scores obtained, it can be seen that out of 82 respondents, 11 respondents (13.4%) are in the low category, 49 respondents (59.8%) are in the moderate category, and 22 respondents (26.8%) are in the high category. This dimension includes how respondents can and are able to become competent individuals, meaning they can establish close and secure relationships with family and friends, act according to their instincts, and feel proud of their achievements.

Resilience Variable: Trust in One's Instincts Dimension

Based on the standard scores obtained, it can be seen that out of 82 respondents, 16 respondents (19.5%) are in the low category, 46 respondents (56.1%) are in the moderate category, and 20 respondents (24.4%) are in the high category. This dimension includes how respondents can focus when facing problems, view situations positively, and maintain clear thinking and focus even when confronted with challenges.

Resilience Variable: Positive Acceptance of Change and Secure Relationships Dimension

Based on the standard scores obtained, it can be seen that out of 82 respondents, 15 respondents (18.3%) are in the low category, 50 respondents (61.0%) are in the moderate category, and 17 respondents (20.7%) are in the high category. This dimension includes how respondents can understand the purpose and meaning of their experiences, adapt to changes, and manage stress.

Resilience Variable: Control and Factor Dimension

Based on the standard scores obtained, it can be seen that out of 82 respondents, 11 respondents (13.4%) are in the low category, 56 respondents (68.3%) are in the moderate category, and 15 respondents (18.3%) are in the high category. This dimension includes how respondents have hope and show effort and hard work, believing they can face any upcoming problems and always strive to do their best.

Resilience Variable: Spiritual Influences Dimension

Based on the standard scores obtained, it can be seen that out of 82 respondents, 12 respondents (14.6%) are in the low category, 53 respondents (64.6%) are in the moderate category, and 17 respondents (20.7%) are in the high category. This dimension includes how respondents have strong beliefs and faith, trust in achieving their goals, are not easily discouraged regardless of circumstances, and are able to make decisions for themselves.

Discussion

This research addresses the rising issues of narcotics criminal cases, which continue to increase annually and constitute the majority of inmates in Indonesia. The variables used are self-disclosure as the independent variable and resilience as the dependent variable, with statements derived from the dimensions of each variable assessed using a 5-point Likert scale. The study aims to understand how narcotics inmates at the Class IIB Prabumulih Prison perceive self-disclosure in relation to their resilience.

The study involved 309 narcotics inmates, with a sample of 82 individuals acting as couriers in the Class IIB Prabumulih Prison. The research seeks to analyze the impact of self-disclosure on the resilience of narcotics inmates in courier roles. Based on the analyzed data, a discussion on the results is presented, confirming that all research

instruments used were valid and reliable. The findings indicate a significant influence of self-disclosure on resilience; higher levels of self-disclosure correspond to greater resilience among inmates, while lower levels correlate with reduced resilience.

Data collected through questionnaires were subjected to a normality test using the one-sample Kolmogorov-Smirnov method, resulting in a significance value of 0.200, which is greater than the significance level of $\alpha = 0.05$. This indicates that the data are normally distributed. A simple linear regression analysis yielded an F value of 23.885 with a significance level of 0.000, demonstrating that the regression analysis adequately measures the effect of self-disclosure on resilience.

The regression equation derived is $Y = 53.245 + 0.433X$, where the constant for self-disclosure is 53.245. The positive regression coefficient of 0.433 indicates a direct relationship between self-disclosure and resilience. Specifically, a 1% increase in self-disclosure leads to a 0.433 increase in resilience, suggesting that greater self-disclosure enhances resilience among narcotics inmates at Class IIB Prabumulih Prison.

The determination test showed an R value of 0.479 and an R square value of 0.230, indicating that 23% of the resilience observed among narcotics inmates is influenced by self-disclosure, while the remaining 77% is affected by other variables not covered in this study.

Other variables impacting resilience include social support and optimism. Research by Silviyani Ollvia & Stefani Virilia (2019) indicates a positive influence of social support on resilience ($R = 0.900$), while Vira Septya Wijayanti (2023) found a strong positive correlation between optimism and resilience ($R = 0.697$). Thus, the 77% variance in resilience may be attributed to these factors and others not mentioned in this research.

The study also tested the hypothesis using the t-test. A t-value greater than the t-table value ($4.887 > 1.664$) leads to rejecting H_0 and accepting H_a , confirming a positive effect of self-disclosure on resilience among narcotics inmates.

CONCLUSION

Based on the research findings, tests, and analyses conducted on the obtained data, the following conclusions can be drawn:

The null hypothesis (H_0) is rejected, and the alternative hypothesis (H_a) is accepted, indicating a positive influence of self-disclosure on the resilience of narcotics inmates at Class IIB Prabumulih Prison. Further reinforcing this conclusion, confirming a significant positive relationship between self-disclosure and resilience. The relationship between the variables—self-disclosure (independent variable) and resilience (dependent variable)—is characterized as directly proportional. This direct relationship suggests that enhanced self-disclosure leads to improved resilience among inmates.

However, it is essential to note that the correlation between the variables, while positive, is relatively weak, as evidenced by the correlation coefficient $R=0.479$ and the coefficient of determination $R^2=0.230$. This implies that self-disclosure accounts for 23% of the variance in resilience, with the remaining 77% attributable to other factors not examined in this study.

In conclusion, the study substantiates that self-disclosure significantly influences the resilience of narcotics inmates, with practical implications for interventions aimed at enhancing resilience through improved self-disclosure practices. Continued exploration into additional variables influencing resilience is warranted, as the dynamics of inmate psychology and social support systems evolve.

Future studies should consider examining other factors that may influence resilience among inmates, such as social support, optimism, and coping strategies.

Understanding these variables could provide a more comprehensive view of the resilience framework. Conducting longitudinal research could help assess how self-disclosure and resilience change over time, particularly during different phases of incarceration and post-release. This could offer insights into the long-term benefits of self-disclosure.

Incorporating qualitative methods, such as interviews or focus groups, could enrich the understanding of how inmates perceive self-disclosure and its impact on their resilience. This could provide deeper insights into their experiences and coping mechanisms. Expanding the research to include various types of inmates, such as those incarcerated for different crimes or in different correctional facilities, could yield more generalizable findings and a broader understanding of resilience factors.

Future research could also focus on developing and testing intervention programs aimed at enhancing self-disclosure skills among inmates, to observe any subsequent effects on their resilience and overall mental health. Collaborating with psychologists and counselors in correctional facilities could help in creating tailored programs that promote self-disclosure as a means to improve resilience and emotional well-being among inmates. Investigate how external factors, such as family relationships, community support, and societal stigma, affect the relationship between self-disclosure and resilience. Understanding these influences could inform more effective rehabilitation strategies.

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