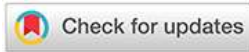


THE EFFECT OF SOCIAL SUPPORT ON PRISONERS EMOTIONAL CONTROL AT CLASS IIA PEMATANGSIANTAR CORRECTIONAL INSTITUTION



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ABSTRACT

This study is based on the influence of social support on emotional control of prisoners at the Class IIA Pematang Siantar Penitentiary, which in several aspects is found to be concerned about the emergence of security and order disturbances due to the inability to control emotions. Employee work involvement is needed to support this study, while the trigger for negative emotions of prisoners is through the environment and officers around them. This study aims to determine the effect of social support on emotional control of prisoners at the Class IIA Pematang Siantar Penitentiary. The research method used is a quantitative method with a descriptive research type. The researcher used a sampling technique, namely Simple Random Sampling, which then obtained 230 respondents. There are 35 statement items distributed using a questionnaire data collection technique. The data analysis techniques used are normality test, simple linear regression test, significance test, and determination test which are then processed using SPSS version 27. The results of the study showed that there was an influence between transformational leadership and work involvement. The results of the determination test show that the influence of social support has a positive influence of 37.5% on the emotional control of prisoners at the Class IIA Pematang Siantar Penitentiary.

Keywords: Social Support; Emotional Control; Influence; Disturbance of Public Order



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INTRODUCTION

Humans are actually social creatures who will always need other individuals in their lives, of course this relationship can be realized through social interaction between individuals and groups. This social interaction process is an action someone towards something based on its meaning to others. Then the meaning that is possessed from the results of the interaction comes from the relationship and connection between a person and others. If there is social contact and communication between 2 or more individuals, this can be stated as social interaction. To fulfill the requirements of social interaction, two conditions are needed, namely there must be social contact and communication (Soekanto, 2005).

Furthermore communication is the process of exchanging information that occurs between individuals, or between groups. There is an agreement between the two parties to exchange desired or unwanted information. This shows that social interaction or communication is one source of information. Characteristics in the body and appearance are also sources of information. This social interaction is certainly also often experienced by prisoners who are serving their sentences in correctional institutions. In carrying out daily life in the Correctional Institution, prisoners are required to be able to carry out social interactions both between prisoners and officers. The ever-changing social relationships between individuals and groups of people with common goals are known as social relationships (Gillin, 1954).

The relationship between these social interactions is also closely related to the social support received by prisoners. With the feedback in the form of social support received by prisoners, they become more confident, feel accepted and can participate more in their environment. In line with Wills' theory, social support is when someone feels comfort, care, or help they receive from other people or groups of people (Taylor, 2014).

Social support can be defined as how an individual views the world and the environment around him, so that the good or bad social support received by a person depends on the perspective of the individual himself. The better the perspective he has towards his family, friends and closest environment, the better the social support he has as a provision, because social support usually starts from the closest environment, the family plays a crucial role in providing social support for a person's life. In short, social support can be interpreted as a perception of the availability of support resources obtained from the surrounding environment.

Emotional support is done so that prisoners can manage and control their emotions. Very effective in various fields, emotional control is reinforced by the findings of an experiment conducted by Walter Mischel who was in the 1960s. The experiment involved delaying the gratification of impulses to four-year-old children through the Marshmallow test. Through these findings, it emerged that they had a better ability to formulate ideas and utilize their abilities in terms of concentration, reasoning, and daring to handle projects directly (Goleman, 2006).

Regulation of the Minister of Law and Human Rights Number 6 of 2013 concerning Prison Rules and Regulations in Article 2 explains that every prisoner and detainee must comply with the rules and regulations of the prison or detention center. However, based on the factual data on the violations above that have been presented by the author, it is very common for violations to be committed by prison inmates. This is based on the lack of positive social interaction and social support for prisoners, both from family, officers, or fellow prisoners who are serving their sentences. In this case, prisoners can use negative emotions as strength if they can control them well. On the other hand, when prisoners gain control over themselves, their emotions can turn negative and even

potentially harmful. If not controlled properly, destructive behavior tends to endanger others (Wijokongko, 2002).

Based on the background, the author is interested in conducting further research with the title The Influence of Social Support on Emotional Control of Class IIA Pematangsiantar Prison Inmates.

LITERATURE REVIEW

Social Support

Social support is defined as the presence of individuals or groups that make a person feel cared for, appreciated, and able to receive help from others when needed. Social support is the emergence of people who provide attention, appreciation and support to individuals so that individuals feel important in their family or social environment (Sarafino and Smith, 2011). Laura King defines social support as information and reciprocal relationships between two or more parties that provide significant influence such as being cared for, appreciated, respected, and loved, and included in their social environment (King in Maziyah, 2012).

Because humans are created to socialize, social support is very important for anyone who needs it, especially for those who suffer from depression, have poor social contact, and maintain relationships with others. According to Rensi and Sugarti, social support is the process of interpreting someone in the form of information or advice given verbally and nonverbally, attention in the form of emotions, help in the form of objects, and everything that does not come from oneself. person. The need to make others feel cared for them and others around them (Waqiati, et al).

Emotional Control

Sarlito explained that emotion is a condition that occurs in every person and is accompanied by basic feelings or deeper feelings (Yusuf, 2003). In addition, the New World Dictionary defines emotion as any complex feeling or reaction that expresses something mentally or physically. However, Morgan said that emotion is a personal feeling of each person that is directly related to facial expressions and body movements, and facial expressions can cause feelings of motivation in him (Manz, 2009).

Emotions can be divided into two categories, namely:

1. Sensory emotions are responses to stimuli from the external environment that produce sensations in the body, such as heat, cold, pain, or hunger.
2. Psychic emotions are emotional responses that arise from psychological factors such as thoughts, beliefs, and perceptions of things like spirituality, social relationships, and beauty.

The emotions that dominate an individual can affect their personality characteristics, because personality can affect how individuals adapt personally and socially. A person's temperament and mood can be influenced by the emotions that dominate within them (EB Hurlock, 2007).

Hypotheses

The analysis process in this study uses determination test, regression test, and significance test. So in this study will analyze the effect of Social Support on Emotional Control of Prisoners in Class IIA Pematangsiantar Penitentiary. Based on this, the researcher made the following research hypothesis:

Social Support Has a Positive Influence on the Emotional Control of Prisoners at Class IIA Pematangsiantar Penitentiary

METHOD

In this study, the researcher used quantitative research to test objective theories by looking at how variables relate to each other. This variable is then measured during the study, and the resulting data can be analyzed using statistics (Creswell, 2014). The emergence of this variable as a variable can be explained in the focus/topic of the research to be taken. The focus/topic of this study will test the effect of social support on the emotional control of prisoners.

Researchers use survey research design to direct the research process in an orderly and systematic manner. By compiling a list of questions to respondents, survey research is conducted to collect information. The author will investigate two variables including:

Independent variable (X) : Social Support
Dependent variable (Y) : Emotional Control

The primary data of this research is in the form of a questionnaire that will be distributed to a sample of respondents (prisoners) at the Class IIA Pematangsiantar Penitentiary, which is the main source of the research. The data obtained is raw data from Likert scale values which are then processed by researchers. In this study, the author uses book and journal references as well as organizational and facilitative structural data obtained from the research locus.

Population is the wholeness of each individual to be observed and has similarities. Population can be individuals from an association, event, or something that will later be observed (Handayani, 2020). Prisoners as research subjects at the Class IIA Pematangsiantar Prison, there is a population based on data on prisoners who have never been visited as many as 53 people and prisoners who have violated the rules as many as 517 people, and if added up the total population becomes 570 prisoners.

RESULTS AND DISCUSSION

Validity Test

In the Social Support variable, there are 4 (four) dimensions, namely emotional support, instrumental support, informational support and togetherness support which use 21 statement items as measuring tools. The results of observations in the R table obtained a value from the sample (N) = 230 of 0.344. The results of the validity test showed that all items from the X variable as many as 21 items produced a calculated $R > R$ table. In addition, the results of the comparison between the significance value and 0.05, all items produce a significance value < 0.05 . So it can be concluded that all items in variable X as many as 21 items are said to be valid.

In the Emotional Control variable, there are three dimensions, namely, st, displacement, cognitive adjustment and coping strategies that use 14 statements as measuring instruments. The results of the validity test showed that all items from the Y variable, as many as 14 items, produced a calculated $R > R$ table. In addition, the results of the comparison between the significance value and 0.05, all items produce a significance value < 0.05 . So it can be concluded that all items in the Y variable as many as 14 items are said to be valid.

Reliability Test

The Cronbach's Alpha value is 0.968 from 21 statement items. This means that the reliability test technique used is Cronbach's Alpha and the reliability value of all instrument items is 0.968 from 21 items. This figure indicates that the measuring instrument has high reliability as seen as a research measuring instrument. From the results of the reliability test, it can also be stated that the Cronbach's Alpha value of the X variable as many as 21 items is 0.968 or >0.6 . So it can be concluded that the instrument in variable X is reliable.

Table 1
Social Support Reliability Test

<i>Reliability Statistics</i>	
Cronbach's Alpha	N of Items
0.968	21

Based on the test results, the Cronbach's Alpha value of 14 statement items was 0.949. From the results of the reliability test, it can also be stated that the Cronbach's Alpha value of the Y variable of 15 items is 0.721 or >0.6 . Based on the test results, it can be concluded that the measurements used by the researcher are reliable or can be used further in this study.

Table 2
Emotional Control Reliability Test

<i>Reliability Statistics</i>	
Cronbach's Alpha	N of Items
0.949	14

Normality Test

There is a normality test that has been carried out by researchers with a significance value of 0.083. From these results, it shows that the requirements for a normality test with a significance value or Asymp. Sig (2-Tailed) > 0.05 (More than 0.05) have been met. Therefore, this test data can be used by researchers to conduct further research.

Table 3
Normality Test

<i>One-Sample Kolmogorov-Smirnov Test</i>		
		Unstandardized Residual
N		230
Normal Parameters ^{a,b}	Mean	.0000000
	Std. Deviation	2.70767680
Most Extreme Differences	Absolute	.055
	Positive	.055
	Negative	-.048
Test Statistics		.055
Asymp. Sig. (2-tailed)		.083c

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

d. This is a lower bound of the true significance.

Simple Linear Regression Test

Table 3 describes the table of the regression direction coefficient from the Unstandardized Coefficients column and sub column B.

Table 4
Simple Linear Regression Test

Coefficients					
Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	24,537	2.433		10,087	.000
Social Support	.549	.047	.615	11,770	.000

a. Dependent Variable: Emotional Control

The column provides information on the constant value of 24.537 and the regression direction coefficient value of 1.484 so that from these values the regression equation value formula is obtained as follows:

$$Y = a + bX$$

$$Y = 24,537 + 549X$$

Remarks:

X = social support variable

Y = emotional control variable

a = constant

b = regression coefficient

The coefficient value b shows the regression coefficient value which means the average change in the emotional control variable as variable Y for every change in the social support variable as variable X of 1 (one) unit. If the coefficient value b is positive, then there will be a directly proportional change, which means that every time there is an increase in the value of variable X, there will also be an increase in the value of variable Y, likewise if there is a decrease in the value of variable X, then variable Y will also experience a decrease in value. Meanwhile, if the coefficient value b is negative, there will be a change that is inversely proportional, which means that every time there is an increase in the value of variable X, there will be a decrease in the value of variable Y, likewise if there is a decrease in the value of variable X, then variable Y will experience an increase in value.

Based on the regression equation above, it can be concluded that the constant value of the social support variable is 24.537, which indicates that the value of the social support variable is constant, and the value of the emotional control variable shows a value of 549, where the coefficient value in the regression equation above is positive. This indicates a change in value that is directly proportional between the social support variable and the emotional control variable. An increase in the value of the social support variable also affects the increase in the value of the emotional control variable, and vice versa. Based on the regression formula, it can be stated that the regression coefficient value of the social support variable (X) of 24.537 indicates a 1% increase in the value of the emotional control variable (Y) of 549. The directly proportional nature of the regression causes the greater the influence of social support given, the more emotional control in prisoners at the Class IIA Pematang Siantar Penitentiary will increase. Significant Test.

Several results of the significance test between the social support variable and the emotional control variable of prisoners at the Class IIA Pematangsiantar Penitentiary are obtained. From the table data, a significance/probability level of 0.000 is obtained. The significance test has a requirement that if the significance value is <0.05 (less than 0.05) then H_0 is rejected and H_a is accepted, which indicates that there is an influence of the independent and dependent variables. Conversely, if the significance value is >0.05 (less than 0.05), then H_0 is accepted and H_a is rejected or there is no influence of the independent variable with the dependent variable. Based on the results of the significance test above, it is known that the significance value is $0.000 < 0.05$, which can be concluded that there is an influence of social support on emotional control of prisoners at the Class IIA Pematangsiantar Penitentiary.

Determination Test

Based on the table above, the results of the determination test produce an R value as a correlation coefficient of 0.615. This indicates that there is a strong positive correlation between the independent variable (social support) and the dependent variable (emotional control). From the table above, the R Square value is also obtained at 0.378, which shows the level/how much influence the social support variable has in influencing the rise and fall of the emotional control variable. Based on the R value, it also shows the percentage of the influence of social support on the emotional control of prisoners at the Class IIA Pematangsiantar Penitentiary, which is 37.8%. While the other 62.2% is influenced by other variables that also have an influence on the emotional control of prisoners at the Class IIA Pematangsiantar Penitentiary.

Table 5
Determination Test

<i>Model Summary</i>				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.615a	.378	.375	2,714

a. Predictors: (Constant) : Social Support

b. Dependent Variable: Emotional Control

CONCLUSION AND SUGGESTION

The main objective of this study was to determine the effect of social support on emotional control of prisoners in Class IIA Pematangsiantar Penitentiary. Based on the results of data analysis conducted by researchers, it can be concluded that there is a positive effect of social support variables on emotional control of prisoners in Class IIA Pematangsiantar Penitentiary. This shows that social support variables have a good impact on emotional control by prisoners in Class IIA Pematangsiantar Penitentiary. The level of influence of social support on emotional control of prisoners is 35%, while the remaining 65% is influenced by other variables. This can be explained that social support is one of the components that influences the control of prisoners' emotions. Therefore, further research is expected to examine what variables can affect emotional control variables, especially for prisoners.

Based on the results of the analysis conducted by researchers related to the influence of social support on emotional control of prisoners at the Class IIA Pematangsiantar Penitentiary, the author can suggest to encourage increased visitation services both from direct visits and online. This is because there are still many prisoners who have not received visits from family or relatives so that this can trigger low control

of their emotions. Then revive innovations such as "story rooms" which are useful as a means for prisoners to appreciate emotions and prisoners feel the concern of officers to accompany them. In addition, a comprehensive counseling program is also needed to control the stability and control of prisoners' emotions. So far, counseling and mentoring programs have only been carried out for drug case prisoners. This counseling and mentoring program will reduce stress levels and become an emotional controller for prisoners and maintain the stability of security and order in correctional institutions. Officers are also expected to provide their social support by creating family-like refreshment programs between prisoners so that they can foster a sense of belonging and respect and togetherness even in prison. Research on social support and its influence on other variables is still very rare, especially in prisoners. Therefore, in the future it would be better if further research was conducted on the influence of social support on other variables needed to improve the security and order of prisoners in correctional institutions.

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