

## THE INFLUENCE OF SOCIAL SUPPORT ON THE SELF-ADJUSTMENT OF DRUG OFFENDERS IN CLASS I CIPINANG CORRECTIONAL INSTITUTION



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### **ABSTRACT**

*The purpose of this research was to determine the effect of social support on the adjustment of narcotics prisoners at the Cipinang Class I Correctional Institution. This research used quantitative methods with a non-probability sampling technique of 108 prisoners. The data collection technique was carried out using questionnaires distributed directly to prisoners. There are 22 statements used as indicators in this research. The data analysis technique used is through the normality test, simple linear regression test, significance test, and determination test which were processed using IBM SPSS version 25 software. The results of the research show there is an influence of social support on adjustment. The results of the determination test shows that the knowledge sharing behavior variable has an influence of 54.3% on the innovative work behavior variable, while the remaining 45.7% is influenced by other variables not explained in this research. From the results of this research, it can be concluded that there is a positive and significant influence between social support and adjustment at the Cipinang Class I Correctional Institution.*

**Keywords :** *Social Support; Adjustment; Class I Cipinang Correctional Institution*



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## INTRODUCTION

The issue of drug abuse in Indonesia remains urgent and complex. This narcotics crime is systematically organized, making its disclosure sometimes hindered by both quality and quantity factors. The closed distribution networks, involving both national and international sectors operated by drug traffickers, complicate investigations further. Over the past decade, drug cases in Indonesia have increased significantly, becoming more diverse in patterns and more extensive in syndicate networks. Indonesian society, and indeed the global community, is currently facing a concerning situation due to the rampant use of various types of drugs (Firnanto, 2017).

The impact of drug abuse threatens not only the lives and futures of the abusers but also the future of the nation and state, regardless of social, economic, age, or educational status. To date, the level of drug circulation has penetrated various levels, not only in urban areas but also reaching rural communities. The spread of drugs is now almost uncontrollable, considering that nearly the entire population in Indonesia can easily access drugs from irresponsible individuals. For instance, drug traffickers often seek victims in schools, nightclubs, brothels, and gang meeting places. This situation understandably causes concern among parents, community organizations, and the government regarding the widespread distribution of drugs (Maudy, 2017).

According to statistical data from Podes for the periods 2014, 2018, 2021, and 2023, there has been a significant increase in criminal activity in rural areas and villages in Indonesia. In 2023, there were 78,121 criminal offenses, a sharp rise from the 47,933 offenses recorded in 2021. The two most prominent crimes in rural areas and villages in Indonesia are theft and drug abuse/distribution. The number of drug abuse and psychotropic offenses in Indonesia reached 9,019 individuals in 2021, increasing significantly to 26,142 individuals in 2023. This indicates that drug-related offenses are the second-highest crime rate after violent theft, necessitating government attention towards drug abuse and distribution crimes.

After undergoing judicial processes involving investigation, trial, and sentencing by legal authorities, convicted offenders are directed to serve their sentences in correctional institutions. This implementation of legal decisions places them in prison as a form of punishment established by the court. According to Law Number 22 of 2022, Article 1, Paragraph (18), correctional institutions (Lapas) are defined as entities or places that carry out rehabilitation functions for prisoners.

Correctional practices in Indonesia are now showing a paradigm shift. There is a significant transformation in the perception of prisoners and the objectives of corrections. It is essential to shift the focus from mere punishment to rehabilitation and social reintegration. Collaboration among the government, society, and correctional institutions is key to creating a more adaptive and effective correctional system. There is a greater emphasis on rehabilitative approaches, with correctional facilities now upholding human rights, providing prisoners with opportunities for education, vocational training, and rehabilitation services to prepare them for reintegration into society (Wulandari, 2022).

Based on data obtained from the Public Correctional Database System (SDP) published by the Directorate General of Corrections of the Ministry of Law and Human Rights, the number of inmates in correctional institutions throughout Indonesia for drug-related offenses has increased from 2018 to 2023. In 2018, there were 78,041 prisoners recorded. By 2023, this number had risen to 131,900 inmates involved in drug cases. This indicates an increase of 53,859 inmates from 2018 to 2023 who were caught in drug-related offenses. The data shows a yearly increase, although there was a decrease in 2022,

followed by a rise again in 2023. In this upward trend, there are undoubtedly potential obstacles or challenges in prevention efforts that need to be identified and addressed concerning the high incidence of drug cases.

Thus, the role of the family is crucial in controlling the increasingly rampant drug cases. The family serves as a primary index in controlling these issues and can yield successful outcomes in rehabilitation programs. Social support is one of the essential elements for inmates to recover from drug-related cases. For inmates involved in drug offenses, a lack of social support can lead to excessive stress, anxiety, low self-esteem, reluctance to communicate, and can also result in depression and feelings of despair. With social support, inmates can experience a positive atmosphere, which helps reduce stress levels and allows them to engage effectively in rehabilitation within correctional institutions (Yanuar, 2019).

Theoretically, social support consists of three approaches: family, friends, and other roles. Each of these approaches plays a unique role. One such approach is the family. In this regard, inmates have the right to be visited, which provides social support. The theory outlined above aligns well and has beneficial impacts if inmates exercise their rights to receive family visits (Zemet, 1988).

Forms of support received by drug-involved inmates include visits from family and social environments, which provide both material and spiritual assistance. They also pay attention, actively offer solutions to the problems the inmates face, and are willing to listen to the inmates' concerns or complaints while in prison, striving to provide constructive input. Furthermore, family support helps inmates adjust to life in prison and facilitates their engagement in rehabilitation (Bukhori, 2012).

Family support acts as an antidepressant system that can mitigate the negative effects of stress and depression on inmates. The support inmates receive from their families can enhance mental well-being and protect individuals from depression by providing assistance, care, and solutions to the problems they encounter (Beyen & Dadi, 2017).

Individual adjustment is characterized by turmoil, emotions, anxiety, stress, dissatisfaction, and complaints regarding their situation due to the gap between the individual's capabilities and the expectations imposed by their environment. From the above description, we can conclude that self-adjustment is an individual's effort to maintain a balance between satisfying their needs and environmental factors to avoid conflicts, frustrations, anxieties, worries, complaints about their fate, and so forth (Agustina & Susanti, 2009).

## **LITERATURE REVIEW AND HYPOTHESIS**

To address the issues presented in this research, the information or data obtained can be aligned with the existing theory, specifically regarding the evaluation of the implementation of rehabilitation programs in correctional facilities. In efforts to implement independence rehabilitation programs, evaluations are necessary to identify the obstacles that hinder effective execution. There are many evaluation models developed by experts that can be used to assess the implementation of programs or policies. One such model is the CIPP evaluation model (Context, Input, Process, and Product) proposed by Stufflebeam. In 1966, Stufflebeam developed the CIPP evaluation model, which serves as a comprehensive framework to guide formative and summative evaluations of programs, projects, personnel, products, institutions, and systems.

In several articles found by the researcher, it was noted that CIPP is not the only model considered for evaluating programs; there are various approaches such as

management evaluation. However, the thesis written by the researcher follows the CIPP model (Rihansyah & Sunusi, 2021). Therefore, this study adopts the CIPP approach as proposed by Stufflebeam. Research by Budiman (2022) states that CIPP can be used in program evaluation, especially concerning rehabilitation in correctional institutions or detention centers.

Stufflebeam states that there are four indicators in the Program or Policy Evaluation Model Theory. The first is Context Evaluation, which functions as a process of assessing the guidelines for program or policy implementation that must be in place to ensure that the implementation aligns with the established guidelines. This facilitates the assessment of program execution as part of the evaluation of the implemented program or policy. The second is Input Evaluation, which refers to the planning phase of the program or preparations before policy implementation begins. Incorporating Input evaluation into program or policy implementation aids in assessing the preparation process for the forthcoming policy execution. The third is Process Evaluation, which involves documenting, assessing, and reporting on the implementation of the program or policy preparations. The implementers provide evaluations during the implementation of the program or policy and then report how well the program is carried out as intended. On the other hand, Process evaluation during policy execution is designed to provide information throughout the program's implementation and support program managers in ensuring that the program is developed according to regulations, proceeds as planned, and is complemented by structural decisions. Lastly, Product Evaluation involves identifying and assessing both intended and unintended costs and outcomes, both short-term and long-term. At the product evaluation stage, information is collected at the program's conclusion regarding the outputs or products, which are then compared to expectations. At the end of the program, the results of the product evaluation can provide a comprehensive overview of the various achievements of the program.

Zhiyu Fan (2021) highlight several important points regarding the impact of social support on the self-adjustment of left-behind children (LBC) in rural China. Left-behind children exhibit lower levels of social support, resilience, and psychological adjustment compared to non-left-behind children (NLBC). Higher levels of social support are associated with better self-adjustment among LBC. Social support influences the psychological adjustment of LBC through Basic Psychological Needs Satisfaction (BPNS). As resilience levels increase, the indirect effect of social support on the self-adjustment of LBC diminishes. By enhancing social support networks and promoting resilience-building interventions, the mental health outcomes for this vulnerable population can be improved.

Hasanah's study indicate that self-concept and social support are important factors influencing students' self-adjustment in the teaching and learning process. While self-concept was identified as a significant predictor of self-adjustment, self-efficacy did not show a strong influence in this study. These results highlight the importance of considering self-concept and social support in enhancing student adjustment and learning outcomes. Li (2022) reveal several important findings regarding the influence of cultural intelligence and social support on the adjustment of international students in the United States. This study found a significant relationship between cultural intelligence and self-adjustment among international students. Higher levels of cultural intelligence are associated with better adjustment outcomes in the university environment. Among the various sources of social support examined (remote, local, and institutional), only official support from the university showed a significant positive impact on the adjustment of international students to higher education in the U.S. Social support from

family, friends, and partners did not directly influence the participants' adjustment outcomes. The study did not find any interaction effects between cultural intelligence and social support from various sources (family, non-family, institution) on the adjustment of international students. This suggests that the impacts of cultural intelligence and social support on adjustment outcomes may occur independently rather than interactively.

### **Hypothesis**

The researcher formulates the following research hypothesis:

*H0: There is no effect of social support on the self-adjustment of narcotics prisoners at Class I Cipinang Correctional Institution.*

*Ha: There is an effect of social support on the self-adjustment of narcotics prisoners at Class I Cipinang Correctional Institution.*

### **METHOD**

Research is a systematic way to enhance, modify, and develop knowledge that can be communicated and verified by other researchers (Fellin, Tripodi & Meyer, 1996). In this study, a quantitative method is employed, focusing on statistical processing and numerical analysis. According to Bryman (2002), the process of quantitative research begins with theory, hypotheses, research design, subject selection, data collection, data processing, data analysis, and finally writing conclusions.

Quantitative research can be descriptive, correlational, or associative based on the relationships among the variables. Creswell (2016) states that the quantitative research approach is a method used to objectively test theories by examining how relationships between variables are studied. The aim of this approach is to create and apply mathematical models, theories, and/or hypotheses related to the issues being researched (Suryani, 2015).

### **RESULTS AND DISCUSSION**

#### **Validity and Reliability Test**

Based on the validity test results, which were assessed by comparing the calculated  $r$  value to the table  $r$  value, it was found that 12 statement items had a calculated  $r$  value greater than the table  $r$  value. Thus, it can be concluded that all items are valid. Based on the validity test results, assessed in the same manner, it was found that 10 statement items had a calculated  $r$  value greater than the table  $r$  value. Therefore, it can be concluded that all items are valid.

The Cronbach's Alpha value for the 12 statement items was 0.787. Based on this calculation, it can be concluded that the measurement tool used by the researcher has a very high level of reliability. Therefore, this measurement tool is considered suitable for use in this study. The Cronbach's Alpha value for the 10 statement items was 0.828. Based on this calculation, it can be concluded that the measurement tool used by the researcher has a very high level of reliability. Therefore, this measurement tool is considered suitable for use in this study.

#### **Univariate Analysis**

Based on the validity test for the self-adjustment variable, it was found that the Pearson correlation value for each statement item is greater than the table  $r$  value. Therefore, since the calculated  $r$  value is greater than the table  $r$  value, the 12 statement items in the social support variable questionnaire are proven to be valid.



The Cronbach's Alpha value for the self-adjustment variable is 0.740. This indicates that the measurement tool has high reliability, as Cronbach's Alpha values ranging from 0.600 to 0.799 are considered acceptable for research instruments. The reliability test also shows that the Cronbach's Alpha for the variable X, consisting of 12 items, is 0.740, which is greater than 0.6. Thus, it can be concluded that the instrument for variable X is reliable.

Based on the standardized scores obtained, it was found that the respondents, who are drug offenders in Class I Cipinang Correctional Institution, fall into three categories of social support levels. Out of 108 respondents, 10 individuals (9.3%) have low social support, 89 individuals (82.4%) have moderate social support, and 9 individuals (8.3%) have high social support. This indicates that, on average, drug offenders in Class I Cipinang Correctional Institution have moderate social support. Respondents with high social support have many special people present in their surroundings, high communication and support from family, and considerable support from friends within the correctional institution.

Respondents with moderate social support have a sufficient presence of special people, moderate communication and support from family, and adequate support from friends. Respondents with low social support lack special people around them, have little communication and support from family, and limited support from friends in the correctional institution. This shows that the majority of respondents have a sufficient presence of special people around them, moderate communication and support from family, and adequate support from friends.

Respondents with high social support in the Significant Other dimension are individuals who frequently receive emotional support from special people around them while in the correctional institution. They are present when needed, provide a place to share joys and sorrows, offer comfort, and care about individual feelings. Respondents with moderate social support in this dimension receive emotional support from special people but are not always available to share joys and sorrows, although they can provide comfort and care. Respondents with low social support in this dimension rarely receive emotional support from special people, are seldom present when needed, and do not provide a space to share joys and sorrows or show concern for individual feelings.

Respondents with high social support in the Friend dimension are individuals who frequently receive help from friends within the correctional institution, have many confidants, and have friends who assist them in difficult situations, as well as friends who often provide advice and solutions. Respondents with moderate social support in this dimension receive help from friends, have a sufficient number of confidants, have friends who assist in tough times, but not all can provide advice and solutions. Respondents with low social support in this dimension receive little help from friends, have few confidants, and lack friends who assist in difficult situations or offer advice.

Respondents with high social support in the Family dimension often receive emotional support and attention from their families, are frequently provided with physical or financial assistance, and regularly receive input or solutions from family during problems. Respondents with moderate social support in this dimension experience an average level of emotional support and attention from their families, receive some physical or financial assistance, and get some input or solutions from family during issues.

Respondents with low social support in this dimension receive little emotional support and attention from their families, are infrequently provided with physical or financial assistance, and receive minimal input or solutions during problems.

### Normality Test

The results obtained from the normality test using the One Sample Kolmogorov-Smirnov Test indicate a significance value of 0.072. This can be seen in the Asymp.Sig. (2-tailed) column of the table above, which shows the value of 0.072. This meets the criteria for the normality test, where the significance value of 0.072 is greater than 0.05. This means that the data are normally distributed since the significance value is higher than the threshold.

### Simple Linear Regression Test

Based on the regression table, specifically in the Unstandardized Coefficients column (sub-column B), we obtain a constant value of 9.487 and a regression coefficient of 0.612. Using these values, the regression equation can be formulated as follows:

$$Y=a+bX \quad Y=9.487+0.612X$$

where:

YY: Adjustment Variable

XX: Social Support Variable

aa: Constant

bb: Regression Coefficient

### Significant Test

Based on the significance testing results, we can evaluate the hypothesis by comparing the calculated t-value and the critical t-value. The calculated t-value is 11.224, while the critical t-value is 1.985 at a 5% significance level. Since  $t_{hitung} > t_{tabel}$  ( $11.224 > 1.985$ ), we conclude that there is a significant effect. Additionally, the significance value obtained in this study is 0.000, which indicates that  $0.000 < 0.05$ . This further supports the conclusion that there is a significant effect of the social support variable on the adjustment variable.

Following the t-test, the researcher draws a conclusion regarding the hypothesis on the influence of social support on the adjustment of narcotics inmates at Lembaga Pemasyarakatan Kelas I Cipinang. The hypotheses proposed at the beginning of the study are as follows:

H0: There is no effect of social support on the adjustment of narcotics inmates at Lembaga Pemasyarakatan Kelas I Cipinang.

H1: There is an effect of social support on the adjustment of narcotics inmates at Lembaga Pemasyarakatan Kelas I Cipinang.

Given the results, we reject H0 and accept H1, confirming that social support significantly influences the adjustment of narcotics inmates.

### Determination Test

Based on the results of the determination test, the R value obtained is 0.737, which indicates a strong and positive relationship between the variables of social support and prisoner self-adjustment. The correlation coefficient value of 0.737 indicates that the higher the social support received by prisoners, the better their self-adjustment.

In addition, the R square value (coefficient of determination) of 0.543 indicates that 54.3% of the variability in prisoners' self-adjustment can be explained by social support. This means that social support makes a significant contribution to prisoners' self-adjustment. However, 45.7% of the variability is influenced by other factors that are not explained in this study. This shows that there are still other variables that have the

potential to affect the self-adjustment of narcotics prisoners at Cipinang Class I Correctional Institution, which need further research.

### **Perception of Social Support Among Drug Offenders at Class I Cipinang Correctional Facility**

This study employs the social support variable theory proposed by Zimet, which includes three aspects or dimensions: significant other, family, and friends. Social support is viewed as assistance from those around, which is then perceived as support (Zimet, 1988). This concept serves as the framework for this research.

Based on the data analysis conducted at the Class I Cipinang Correctional Facility regarding the three dimensions of social support, it was found that respondents perceive their social support as adequate or in the moderate category. The research revealed that out of 108 drug offenders surveyed, 84 individuals (77.8%) have a moderate level of social support. This indicates that the offenders have received sufficient social support while incarcerated, having adequate presence of significant others, moderate communication and support from family, and enough support from friends within the correctional facility.

The analysis indicated that offenders aged 18-27 years dominate the social support category, with 84% falling into the moderate category. This age group is in a dynamic phase of emotional, social, and psychological development. Thus, the presence of social support can help them serve their sentences better and prepare them for reintegration into society upon release.

In terms of education, 75% of offenders have completed education up to the high school level (SMA), which is categorized as moderate. The majority of offenders (76%) serve sentences ranging from 2 to 6 years, suggesting they still have hope for early release and reintegration into society, which likely results in more support from family and friends compared to those serving longer sentences.

The study found that in the dimension of significant others, there are 11 offenders (10.2%) in the low category, 82 offenders (75.9%) in the moderate category, and 15 offenders (15.9%) in the high category. This indicates that 93 offenders in the low and moderate categories need to improve their attitudes, participate in rehabilitation programs, and adhere to prison rules to demonstrate a serious commitment to changing their lives. The significant others dimension refers to individuals who play important roles in a person's life, such as partners, friends, or other close and meaningful figures who can significantly impact the emotional well-being of offenders.

Offenders aged 18-27 years have a moderate level of social support at 84%. This age group is undergoing identity formation, thus requiring good support to help maintain emotional stability and reduce feelings of loneliness. This is crucial to prevent them from falling into a cycle of depression and to motivate them to take rehabilitation programs seriously.

The education level of drug offenders is mostly moderate, with 74% having only a high school diploma (SMA). Most offenders serve sentences of 2 to 5 years, which falls under the moderate category (76%). Support from significant others can have a positive psychological impact, especially for those serving 2 to 5-year sentences. This duration is significant enough to impact one's life, yet not excessively long. Support from significant others, such as partners or close friends, can motivate offenders to use their time productively, such as participating in rehabilitation programs or skill training in prison. Given that many offenders with a high school education may lack broader perspectives



on complex problem-solving, support from significant others can help balance their emotions and assist them in coping with anxiety or stress within the prison environment.

In the friend dimension, there are 9 offenders (8.3%) in the low category, 84 offenders (77.8%) in the moderate category, and 15 offenders (13.9%) in the high category. This indicates that 93 offenders in the low and moderate categories require support in rehabilitation and development activities. Offenders involved in social activities, such as sports, skill training, or group activities, tend to find it easier to build positive friendships. The friend dimension encompasses close interpersonal relationships, where friends can serve as sources of emotional support, places to share feelings, or provide assistance in facing difficult situations.

Offenders with education up to high school (SMA) fall into the moderate category at 75%, meaning that 63 out of 84 drug offenders have completed their education at this level. Some offenders with a high school education may lack broader social or professional experiences, which can limit their perspectives when confronting certain problems or situations, ultimately affecting how they form friendships. This is also true for offenders serving 2-5 year sentences, which dominate the moderate category at 77%. During this period, offenders need to create situations to build social relationships as a form of emotional support to manage their psychological well-being during their remaining time in incarceration. Offenders are more likely to adapt and seek friends as a way to reduce stress and loneliness while serving their sentences. Support from friends helps them cope with daily routines and psychological issues that arise, such as anxiety or uncertainty about the future.

In the family dimension, 17 offenders (15.7%) are in the low category, 73 offenders (67.6%) in the moderate category, and 18 offenders (16.7%) in the high category. This indicates that 90 offenders in the low and moderate categories require better guidance. Offenders who actively participate in rehabilitation programs and demonstrate good behavior during their incarceration are more likely to receive greater support from their families, as this reflects a strong intention to change and reintegrate positively into society. Among drug offenders, those aged 18-27 dominate the moderate category, comprising 85% of the total, with 62 out of 73 offenders in the sample. For this age group, family ties tend to be strong, and offenders often rely on emotional support from parents, siblings, or other close family members. This support can help them face psychological challenges during their sentences, such as loneliness, stress, or anxiety.

Offenders with high school education fall into the moderate category at 75%, meaning that 55 out of 73 offenders have adequate social support in the family dimension. However, those with only a high school education may lack the skills to handle social and emotional pressures in prison. Thus, family support is crucial for maintaining their mental health. Families provide a sense of security, attention, and encouragement to remain strong during their incarceration.

Based on the data, the researcher analyzed that the dominant respondents categorized as moderate are considered to have adequate social support. The respondents, who are drug offenders, possess sufficient social support, and they also exercise their rights as inmates, which include receiving family visits. According to Law No. 22 of 2022 concerning Corrections, Article 7 states that inmates can accept or decline visits from family members. Furthermore, Government Regulation No. 32 of 1999 emphasizes the importance of granting inmates their rights, such as family visits, which play a significant role in providing social support for inmates. Social support from family, friends, and the outside community positively impacts the rehabilitation process. The emotional support and motivation provided through visits and social interactions help

inmates cope with stress, improve their adjustment, and reduce the risk of recidivism. Therefore, collaboration between correctional policies, the implementation of regulations, and social support is crucial for the successful reintegration of inmates.

### **Perception of Adaptation Among Drug Offenders at Cipinang Class I Correctional Facility**

In this study, 10 offenders (9.3%) were found to have low adaptation, 73 offenders (67.6%) were categorized as having moderate adaptation, and 25 offenders (23.1%) exhibited high adaptation. The findings revealed that 73 offenders (67.6%) have a moderate level of adaptation, indicating that they have shown sufficient adjustment during their time in the correctional facility. Drug offenders with good adaptation are able to endure the limitations and various difficulties they face while serving their sentences. Among those serving 2-5 year sentences, 78% fall into the moderate adaptation category. This duration provides sufficient time for offenders to undergo a deeper adjustment process.

Offenders with a high school education (SMA) also fall into the moderate adaptation category at 79%. This suggests that having a high school education enables offenders to establish social relationships as part of their adjustment process, although not optimally, indicating that they require a considerable amount of time to adjust within the correctional facility.

The research findings also indicate that the adaptation variable is influenced by its dimensions, which include reality perception accuracy, stress and anxiety coping ability, positive self-image, emotional expression capability, and interpersonal relationships. In the reality perception accuracy dimension, 5 offenders (4.6%) fall into the low category, 73 respondents (67.6%) into the moderate category, and 30 offenders (27.8%) into the high category. This means that 78 offenders in the low and moderate categories need rehabilitation programs that provide job training and counseling to help them improve their social and emotional skills, enabling them to better understand and face reality.

In the reality perception accuracy dimension, 78% of offenders with high school education are categorized as moderate, suggesting that their moderate level of reality perception accuracy impacts their ability to adapt to the environment in the correctional facility.

In the stress and anxiety coping ability dimension, 12 offenders (12.2%) are in the low category, 72 offenders (73.5%) in the moderate category, and 14 offenders (14.3%) in the high category. This indicates that 84 offenders in the low and moderate categories require effective spiritual guidance. This guidance can be utilized to enhance the mental and spiritual well-being of the offenders.

Among inmates aged 18-27, 86% fall into this age group, and 81% have completed high school. At this age, inmates tend to be influenced by their social environment. Social pressure from fellow inmates can affect how they cope with stress. They may attempt to adjust to their surroundings but often lack the mental resilience necessary to manage stress and anxiety effectively. A high school education may not sufficiently equip them with the social skills needed to handle more complex environmental pressures.

In the dimension of positive self-image, 12 inmates (12.2%) are categorized as low, 72 inmates (73.5%) as moderate, and 14 inmates (14.3%) as high. Notably, 94% of inmates aged 18-27 are in the high category for this dimension. This suggests that younger inmates may sometimes view situations more positively and believe that their

problems will eventually pass. In contrast, there are no inmates over 45 years old who exhibit a high level of adaptation in this dimension. This indicates that age is not necessarily a factor that ensures a person can remain calm and focused in the face of difficulties; sometimes, older age can lead to prolonged struggles with life's challenges.

Among inmates serving 2-5 year sentences, 74% are classified as having high adaptation. Those serving sentences within this range typically find it easier to adjust compared to inmates with longer sentences. Good adaptation includes their ability to understand and accept the realities of life in prison, which helps them develop a more positive self-image. Effective adaptation can also empower inmates to feel more in control of their lives, reinforcing their belief in their ability to improve during their time in prison.

In the dimension of emotional expression, 16 respondents (12.2%) are in the low category, 45 respondents (73.5%) in the moderate category, and 47 (14.3%) in the high category. This indicates that 64 inmates in the low and moderate categories require activities related to emotional awareness and management. Emotional awareness is a foundational step that supports behavioral change in how inmates communicate and interact. This awareness is crucial because inmates often struggle to recognize and understand their own emotions. Engaging in activities such as exercise can help reduce stress and anxiety.

In the emotional expression dimension, 71% of inmates serving 2-5 year sentences fall into the moderate category, which is the highest among other sentence durations. This time frame places inmates in a transitional phase where they have overcome the initial emotional adjustment challenges but have not yet reached a higher level of emotional maturity. During this period, inmates need time and support to learn to control their emotions effectively. Among younger inmates aged 18-27, 78% are in the moderate category, indicating that at this age, they often struggle to manage their emotions well.

In the dimension of interpersonal relationships, 17 respondents (12.2%) are in the low category, 45 respondents (73.5%) in the moderate category, and 46 (14.3%) in the high category. This means that 62 inmates in the low and moderate categories require social support from family, friends, and their surroundings. This support helps inmates feel cared for, loved, and motivated, which can enhance their self-confidence and ability to interact positively with others. Among inmates aged 18-27, 87% fall into the moderate category for interpersonal relationships. However, these younger inmates face challenges in establishing and maintaining relationships due to various factors, including social environment influences, limited life experience, and a lack of direct social support. Structured rehabilitation programs and strong social support, especially from family and close friends, can help improve the quality of their interpersonal relationships.

Overall, based on the responses regarding the 10 statements related to the 5 dimensions of self-adjustment, it is indicated that drug offenders in Lembaga Pemasyarakatan Kelas I Cipinang possess a fairly good perception of self-adjustment. This suggests that these inmates are sometimes capable of adjusting themselves effectively, although there are moments when they struggle to do so. One evident example is that these inmates have been found guilty of violating the law, indicating a lack of openness to the issues they face.

Good self-adjustment enables inmates to manage stress and anxiety more effectively. It also allows them to build healthier relationships with fellow inmates and prison staff. This can create a more harmonious environment, reduce conflicts, and foster a more conducive atmosphere within the prison. Additionally, inmates demonstrate

better mental readiness and social skills for reintegrating into society, helping them avoid repeated criminal behavior (recidivism).

### **The Influence of Social Support on the Self-Adjustment of Drug Offenders in Lembaga Pemasyarakatan Kelas I Cipinang**

This study utilized various statistical tests to determine and measure the level of influence between the social support variable and the self-adjustment of drug offenders at Lembaga Pemasyarakatan Kelas I Cipinang. A sample of 108 inmates convicted of drug-related offenses was used. The statistical tests conducted included a normality test to check whether the data were normally distributed, simple linear regression, and a coefficient of determination test to evaluate the impact of the independent variable on the dependent variable, along with significance tests (t-tests) to test the research hypotheses. A significance level of 5% was used, corresponding to a confidence level of 95%, thus setting  $\alpha = 0.05$ .

The normality test conducted using the One Sample Kolmogorov-Smirnov Test yielded an Asymp. Sig. (2-tailed) value of 0.072. This value meets the criteria for normality, as the significance value of  $0.072 > 0.05$ , allowing us to conclude that the data used in this study are normally distributed. The simple linear regression test resulted in an F value of 125.970 with a significance probability of 0.000. The significance value of  $0.000 < 0.05$  indicates that the regression test is valid for measuring the influence of social support on self-adjustment. It can also be concluded that there is an effect of the social support variable (X) on the self-adjustment variable (Y) of drug offenders in Lembaga Pemasyarakatan Kelas I Cipinang.

The constant value in the simple linear regression test was found to be 33.920, and the regression coefficient was 0.612. This leads to the equation  $Y = 9.487 + 0.612X$ , where the constant for the social support variable (X) is 9.487, and the self-adjustment variable (Y) has a coefficient of 0.612. The positive B coefficient in this equation indicates a direct relationship between social support and self-adjustment. An increase of 1% in social support leads to a 0.612 increase in self-adjustment. This direct regression indicates that the greater the social support provided to inmates, the higher their self-adjustment will be in Lembaga Pemasyarakatan Kelas I Cipinang.

The coefficient of determination was conducted to examine the magnitude of the influence of the independent variable on the dependent variable, revealing a strong positive correlation between social support and self-adjustment. The R value, as the correlation coefficient from the coefficient of determination test, was 0.737, and the R-squared value or coefficient of determination was 0.543. This result shows how much the independent variable collectively influences the fluctuations in the dependent variable. Based on this value, it can be explained that 54.3% of the self-adjustment exhibited by drug offenders in Lembaga Pemasyarakatan Kelas I Cipinang is influenced by social support, while the remaining 45.7% is influenced by other variables not covered in this study.

One of the other variables that influence self-adjustment is self-efficacy. A study conducted by Arfin Apriana & Nuram Mubina (2024) indicates a positive influence of self-efficacy on self-adjustment, with an R value of 0.240. This means that self-efficacy contributes to self-adjustment among the subjects, which in this case are new students. Additionally, research by Nurul Aini Nasution & Nurul Aini Nasution (2023) shows that interpersonal intelligence positively affects self-adjustment, with a coefficient R of 0.474. This suggests a positive relationship between interpersonal intelligence and self-adjustment, using students from a Madrasah as the research subjects.

Thus, it is clear that various variables influence self-adjustment, including self-efficacy, interpersonal intelligence, and other variables not mentioned in this study. These variables may account for the 45.7% influence on self-adjustment observed in this research, stemming from the previously mentioned variables or others not covered here.

The study also addresses the research questions or hypotheses using t-test results. If the calculated t value is greater than the t table value, then  $H_0$  is rejected and  $H_a$  is accepted, indicating a positive influence of self-disclosure on the self-adjustment of drug offenders in Lembaga Pemasyarakatan Kelas I Cipinang. Based on the t-test results, the calculated t value is 11.224, while the t table value is 1.985 at a 5% significance level. This leads to the conclusion that  $t_{\text{calculated}} > t_{\text{table}}$  ( $11.224 > 1.985$ ), showing a positive influence of social support on the self-adjustment of drug offenders in Lembaga Pemasyarakatan Kelas I Cipinang. The results indicate that  $H_0$  is rejected and  $H_a$  is accepted, aligning with previous research findings.

According to research by Mohd. Saenuddin (2023), there is a significant influence of social support on self-adjustment, with a reported contribution of 13.9%. This means that social support significantly affects the self-adjustment of students from Papua studying at UNJ, with results indicating a significant impact of 13.9%. Another study by Shania Aisyah (2021) also found a significant relationship between social support and self-adjustment, evidenced by  $t_{\text{calculated}} > t_{\text{table}}$  ( $7.497 > 0.374$ ).

Social support is crucial for the self-adjustment of inmates during their time in correctional facilities. It plays a significant role in reducing stress and anxiety experienced by inmates. Life within a correctional facility, governed by strict rules and separation from family, friends, and social environments, creates fear and worry among inmates. Moreover, drug offenders face additional challenges related to addiction and greater social pressure, necessitating strong emotional support to motivate them away from old habits. This social support also helps prevent deviant behavior in the facility, such as conflicts or rule violations. Inmates who feel supported by their social environment are more likely to focus on their recovery and avoid negative behaviors.

Most drug offenders receive social support in their daily lives, which positively impacts their self-adjustment and helps them endure their prison sentences. Good self-adjustment leads to a more effective rehabilitation process for these inmates. They become more open to change and guidance, allowing rehabilitation programs aimed at modifying behavior or enhancing their skills to run smoothly. Inmates who successfully navigate the rehabilitation process and adapt during their sentences are better prepared to face the challenges of life outside the correctional facility. They will possess the skills, attitudes, and social support necessary to lead better lives without reverting to criminal behavior.

## CONCLUSION AND SUGGESTION

There is a positive influence of social support on the self-adjustment of drug offenders at Class I Cipinang Correctional Facility, as evidenced by the linear regression test showing a significance value of 0.000 ( $< 0.05$ ). The significance test results also indicate that the calculated t (11.224) is greater than the table t (1.985), reinforcing this positive influence. There is a direct relationship between the variables of self-disclosure and resilience, with the regression equation  $Y = 9.487 + 0.612X$ . Each 1% increase in the resilience variable will enhance self-adjustment by 0.612. The relationship between social support and self-adjustment is strongly positive, with a correlation value of  $R = 0.737$  and a coefficient of determination  $R^2 = 0.543$ , indicating that 54.3% of the variation in self-adjustment can be explained by social support, while the remainder is influenced by other variables.



Based on the research findings, the researcher provides several recommendations:

1. **Enhancing Social Support:** Increase the intensity and quality of social support from family, friends, and correctional staff through more regular visitation programs, counseling services, and social reintegration programs involving the community
2. **Prioritizing Rehabilitation Programs:** Prioritize rehabilitation programs that include individual and group counseling to help inmates understand their conditions and develop effective coping mechanisms. The correctional facility should also provide facilities for sports, arts, and job skills activities.
3. **Sustained Collaboration:** Build ongoing collaboration between the correctional facility, families, and the outside community to ensure continuous social support, both during incarceration and after release, to maximize the adaptation process for inmates.

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