

RESILIENCE OF CONVICTS OF CHILD PROTECTION CRIMES IN CLASS IIA METRO CORRECTIONAL INSTITUTION



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ABSTRACT

This study aims to examine how inmates convicted of child protection crimes at the Class IIA Metro Correctional Institution develop resilience in facing strong social stigma. Using a qualitative descriptive approach, the findings show that resilience is not an inherent trait but a dynamic process shaped through emotion regulation, social support, and participation in correctional development programs. By referring to the resilience framework of Edith Grotberg (I Have, I Am, I Can) and the resilience factors proposed by Karen Reivich and Andrew Shatté, the study finds that emotion regulation and the ability to reach out are the most dominant factors in building resilience. In contrast, aspects such as causal analysis and empathy are less developed among inmates. Institutional support, nondiscriminatory treatment by correctional officers, and inclusive coaching programs play a significant role in strengthening inmates' psychological resilience. These elements help inmates cope with stigma and support their personal development during incarceration. This study highlights the importance of a humanistic and equitable correctional approach in fostering resilience as a foundation for successful rehabilitation and social reintegration.

Keywords: Resilience; Prisoners; Child Protection; Stigma; Correctional; Coaching; Emotion Regulation

INTRODUCTION

Child protection is a very important issue in the social, legal and humanitarian spheres. Children, as the most vulnerable group in society, have the right to grow and develop in a safe environment, free from violence and exploitation. But in reality, the number of violence against children in Indonesia continues to show an alarming trend. Based on data from the Ministry of Women's Empowerment and Child Protection (Kemen PPPA), during the period January 1 to February 23, 2025 alone, 4,839 cases of violence against children were recorded. The most dominant form of crime is sexual violence, followed by physical violence, psychological violence, and exploitation. This fact shows that in less than two months, cases of violence against children have reached a high number, indicating that crimes against children are still a serious problem that has not been handled optimally.

Violence against children does not stand alone; it is closely related to structural and socio-economic factors in society. One factor that has been found in various studies is the economic condition of the family. Families with low income levels often face great life pressure, which in turn creates an opening for abusers to exploit the situation. As stated by Subawa and Saraswati (2021), perpetrators of child sexual abuse often target children from poor families, pretending to offer financial or material assistance in order to gain the trust of victims and their families. This manipulative strategy is one of the modes of sexual crimes against children that is difficult to detect from the beginning.

Geographically, Metro City in Lampung Province is one of the areas that face severe economic challenges. Based on data from the Lampung Province Central Bureau of Statistics in 2024, the Gross Regional Domestic Product (GRDP) per capita of Metro City in 2023 was IDR 45,236,830, which is below the provincial average of IDR 48,194,215. This indicates that the Metro community tends to be in a middle to lower economic position. This economic limitation is also one of the risk factors for increasing children's vulnerability to violence and exploitation, including in the form of sexual violence. This means that unstable social and economic dynamics are fertile ground for crimes against children to continue to grow.

When perpetrators of crimes against children are successfully prosecuted and sentenced, they will then serve their sentences in correctional institutions (Lapas). This is where a new and equally important issue arises, namely the social treatment of convicted child abusers in the correctional system. Class IIA Metro Correctional Facility, as an institution that carries out the function of fostering and rehabilitating prisoners, reflects social conditions that represent the wider community on a micro scale. However, in practice, inmates of child protection cases are actually one of the most discriminated and stigmatized groups in the prison.

Table 1
Data on Criminal Offenses of Prisoners of Class IIA Metro Correctional Facility

No	Type of criminal offense	Number
1.	Narcotics	238
2.	Theft	108
3.	Child Protection	63
4.	Homicide	15
5.	Embezzlement	20
6.	Health	6
7.	ITE LAW	7
8.	Fraud	11

9.	Persecution	19
10.	Corruption	6
11.	Immorality	5
12.	Banking	4
13.	Sharps / Firearms / Explosives	5
14.	Gambling	1
15.	Mail Forgery	5
16.	Currency	1
17.	Human Trafficking	1
18.	Sexual Violence	2
19.	Terrorism	4
TOTAL		521

Source: Report on the number of prisoners of Class II A Metro Correctional Institution

Based on internal data from Class IIA Metro Correctional Facility, out of a total of 521 prisoners, there are 63 people convicted of violations of the Child Protection Law. This figure puts child protection cases in the third highest position after drug offenses and theft. This shows that cases of violence against children are not only prevalent in the community, but also create a sizable group of prisoners in the correctional environment. Unfortunately, their existence is often considered "different" by other prisoners.

The phenomenon of stigma and labelling against convicts of Child Protection Crimes is a social problem that deserves attention. In the social hierarchy of prisoners, perpetrators of sexual violence against children are usually placed at the bottom, considered as individuals who commit crimes that are disgusting, inhumane, and do not deserve empathy (Goffman in Fristian et al., 2020). As a result, they are often subjected to bullying, physical violence, social exclusion, and psychological exploitation by other prisoners. In fact, at Class IIA Metro Correctional Facility, there were cases in 2017 and 2019 where child protection inmates experienced hazing and were ostracized in residential rooms.

This phenomenon of discrimination clearly contradicts the principle of nondiscrimination which should be the cornerstone of the correctional system in Indonesia. Law No. 12 of 1995 concerning Corrections states that every prisoner is entitled to humane and non-discriminatory treatment, and to receive guidance to return to social functioning in society. However, reality shows that there is a gap between policy idealism and empirical conditions in the field.

In such a difficult situation, resilience is a very important psychological aspect to study. Resilience is an individual's ability to survive, rise, and adjust in the face of pressure, trauma, or life difficulties (Reivich & Shatté, 2002). In the context of child protection inmates, resilience acts as a psychological fortress that helps them survive the social pressure, stigma, and bullying they experience during their time in prison. The resilience process not only depends on internal factors such as motivation, optimism, and self-control, but is also influenced by external factors such as family support, prison services, rehabilitation programs, and healthy social relationships.

Research on the resilience of prisoners in cases of violence against children is still relatively minimal, especially in the Indonesian context. Therefore, it is important to understand more deeply how inmates of Child Protection Crimes in Class IIA Metro Correctional Facility face these pressures and how they build and maintain their resilience. This research is expected to contribute to the development of correctional policies that are more humanist and inclusive and strengthen the rehabilitative approach

in the development of prisoners.

LITERATURE REVIEW

Several previous studies have shown that resilience is an important aspect in the process of prisoners' adaptation to the pressures of life in prison. Faruqi and Jarodi (2023) highlighted that recidivist prisoners experience obstacles in building resilience due to low education, negative habits, and lack of social support. Using the concepts of *I Am*, *I Can*, and *I Have*, this study shows that the negative perception of oneself as a recidivist is the main obstacle, although there is still potential for resilience through adaptive abilities and support from the environment. This finding is relevant to look at the dynamics of resilience in prisoners of child protection cases, who face more severe social pressure due to internal stigma and discrimination in prison.

Resilience Theory

Resilience is a multidimensional concept derived from various disciplines such as psychology, psychiatry, counseling, and sociology. In general, resilience can be understood as an individual's capacity to bounce back from adversity, face challenges, and recover from severe life stresses. In English, "resilience" means flexibility or the ability to return to form after experiencing stress. In a psychosocial context, resilience reflects the psychological strength to deal with stress, trauma and life risks in an adaptive and constructive way.

According to Connor and Davidson (in Nashori & Saputro, 2021), resilience is a dynamic adaptation process in which a person learns to overcome pressure and difficulties, and grows stronger. Resilience is not a fixed attribute, but rather a capacity that can be developed and influenced by life experiences, personality, and social environment. Each individual has different levels of resilience, depending on the interaction between internal and external factors that shape them.

Reivich and Shatté (2002) state that resilience is key to achieving success in the workplace, childhood life satisfaction, and quality interpersonal relationships. Resilience affects how individuals make decisions, manage social relationships and respond to psychological distress. Resilient individuals usually have strong self-confidence, good communication skills, and the ability to learn from negative experiences.

Grotberg (in Hendriani, 2018) developed a theory of three sources of resilience, namely: *I Have*, *I Am*, and *I Can*. These three sources are the main components that determine how a person can build resilience in the face of difficult situations:

1. *I Have*: Refers to the external support that individuals have, such as trusting relationships, consistent rules in the family environment, role models, encouragement to be independent, and access to basic services such as health, education, and security. These supports form a safe environment that helps individuals face challenges.
2. *I Am*: Relates to an individual's character and personal strengths, such as feeling loved and accepted, having a sense of empathy, being proud of oneself, taking responsibility, and having a positive outlook on the future. These traits become the psychological foundation for building confidence and motivation to rise.
3. *I Can*: Describes an individual's ability to solve problems and interact socially. This includes communication skills, problem solving, emotion and impulse regulation, and the ability to build healthy social relationships. This aspect is very important in the adaptation process in challenging environments such as correctional institutions.

In addition, Reivich and Shatté (2002) also identified seven main factors that make up resilience, namely: emotion regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and reaching out. These seven factors provide a more detailed understanding of the psychological mechanisms involved in the resilience building process. Individuals who are able to manage their emotions, think optimistically, have empathy, and believe in their own abilities, tend to be more resilient in facing pressure and able to rise from adversity.

In the context of inmates of Child Protection Crime cases, resilience is very important considering the dual psychosocial pressures they face, namely stigma from the wider community and from fellow inmates. Therefore, understanding and strengthening these resilience factors is an integral part of inmate rehabilitation efforts.

Labelling Theory

Labelling theory is part of the symbolic interactionism approach in sociology, which emphasizes how social identities are formed through social interaction and the assignment of meaning. This theory was developed by sociologists such as Howard Becker and Edwin Lemert, who highlighted that deviant behavior is not only determined by the individual's own actions, but also by social reactions to these actions. In other words, a person is considered deviant because society labels the behavior as "deviant".

In the correctional context, labelling theory is very relevant to understand how prisoners, especially those caught in child protection cases, experience stigma and marginalization. Labeling as "perpetrators of crimes against children" is often a major source of discrimination, not only from the general public, but also from fellow prisoners and prison officers. This label creates a new, negative identity, which then affects how the individual views himself and how he is treated by his surroundings.

Negative labels attached to prisoners can interfere with the rehabilitation and social reintegration process. In many cases, individuals who have been labeled deviant tend to experience social isolation, lose self-confidence, and internalize the negative identity. This strengthens their likelihood of re-engaging in deviant behavior upon release from correctional institutions. Therefore, the social stigma attached to inmates of child protection cases is a serious obstacle in their psychological development and recovery efforts.

In this research framework, labelling theory is used to see how social stigma within prisons can affect the formation of resilience of prisoners. Social pressure due to negative labeling can erode the sources of resilience, especially the *I Am* aspect related to self-image and individual beliefs. Thus, it is important to understand the interaction between the social label given and the individual's efforts in building resilience. This approach allows researchers to analyze the complex psychosocial dynamics between social structures and individuals' internal strengths in the face of stress in a correctional environment.

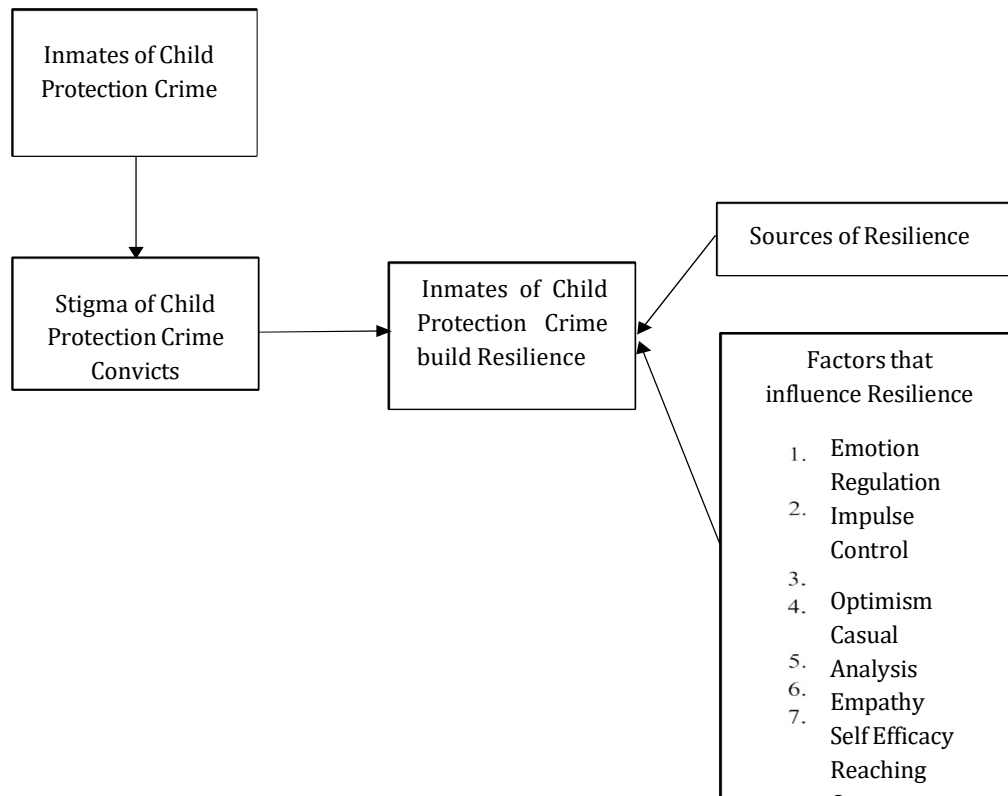
Thinking Framework

This research departs from the phenomenon of social stigma experienced by convicts of Child Protection Crimes at the Class IIA Metro Correctional Institution. The stigma triggers discrimination and social barriers, which have an impact on the psychological condition of prisoners and interfere with the rehabilitation process. In this situation, resilience becomes an important aspect that allows prisoners to survive and adjust.

Resilience is understood as the ability to recover from pressure and bounce back from difficult conditions. Referring to Grotberg's theory, resilience is formed from three

main sources: I Have (social support), I Am (attitude and self-belief), and I Can (problem-solving ability). In addition, this study also considers the seven factors that form resilience according to Reivich and Shatté, namely emotion regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and the ability to establish social relationships.

By combining these two theoretical approaches, this study aims to analyze how inmates of Child Protection Crimes form resilience in facing social stigma while serving a sentence at Class IIA Metro Correctional Facility.



Source: Processed by Researchers, 2025

Figure 1
Thinking Framework

METHOD

This research uses a qualitative approach with a descriptive method. This approach was chosen because it allows researchers to explore the subjective experiences of inmates of child protection crimes in dealing with the social stigma they experience in the Class IIA Metro Correctional Institution. The purpose of this method is to understand the resilience process of prisoners in depth, through their point of view and direct experience. This research is not intended to statistically measure variables, but rather to understand the meaning of events and the psychological responses that accompany them.

The subjects of this study consisted of five convicted child protection offenders and four prison officers who were selected through purposive sampling technique, namely based on certain criteria such as involvement in coaching programs and experience in facing social stigma in the prison environment. The data collected consisted

of primary and secondary data. Primary data was obtained through in-depth interviews and direct observation, while secondary data was collected from supporting documents such as the Minutes of Examination (BAP), inmate profiles, and archives of coaching activities in the prison. Data collection techniques were conducted through participatory observation, semi-structured interviews, and documentation. Observation is used to directly observe the social interaction and adaptation patterns of prisoners in daily life in prison. Semi-structured interviews were conducted to explore individuals' narratives and meanings of their experiences facing stigma and building resilience.

Meanwhile, documentation studies were used to complement and confirm data from observations and interviews. The data obtained were analyzed using Miles and Huberman's interactive model, which includes three main stages: data reduction, data presentation, and conclusion drawing. Data reduction was done by sorting out important information relevant to the research focus, data presentation was done in the form of narratives and direct quotes from informants, while conclusions were drawn inductively based on field findings that had been validated through triangulation of sources and techniques. With this approach, researchers hope to provide a complete and in-depth picture of how prisoners build resilience in facing social stigma in correctional institutions.

RESULTS AND DISCUSSION

Forms of Social Stigma against Prisoners of Child Protection Crimes

This study found that convicts of child protection crimes at the Class IIA Metro Correctional Institution experience strong social stigma from the surrounding environment. This stigma arises from both fellow prisoners and some officers, and appears in the form of discriminatory treatment such as exclusion, bullying, and verbal violence. The negative label attached to inmates of child protection cases puts them in a very vulnerable position psychologically and socially. They are perceived as unacceptable offenders, and thus experience isolation in social interactions.

As a result, many of them experience mental distress, decreased self-confidence, and difficulty participating in coaching programs that are supposed to be a means of self-recovery. In this situation, the social identity of prisoners as individuals who have the potential to change is hampered by the negative perceptions they continue to receive.

Resilience Strategies of Prisoners: Review of Resilience Sources (I Have, I Am, I Can)

Despite being under severe social pressure, some child protection offenders demonstrate efforts to survive and adapt to the environment. This process is referred to as resilience, which is the ability to recover and rise from adversity. The resilience of inmates in this study was analyzed through Grotberg's concept which divides the sources of resilience into three, namely I Have, I Am, and I Can. In the I Have aspect, some prisoners have social support from fair officers and fellow prisoners who do not discriminate, as well as support from family.

In the I Am aspect, prisoners show an attitude of responsibility, self-confidence, and motivation to improve themselves, including through religious activities and moral reflection. While in the I Can aspect, they develop the ability to solve problems, control emotions, and establish healthy social relationships, showing that resilience can grow through the learning process and habituation in their daily lives in prison.

Resilience Indicators according to Reivich and Shatte

To understand more deeply the process of resilience formation, this study also uses

Reivich and Shatte's approach, which mentions seven factors that form resilience. The first factor is emotion regulation, which can be seen in the inmates' ability to manage feelings of anger, sadness or fear by calming themselves through spiritual activities. Second, impulse control, which is the ability to control negative urges and respond rationally to pressure, which began to be seen from prisoners who chose peaceful paths in resolving conflicts.

Third, optimism, reflected in their belief that the future can still be improved and that post-prison life can be lived better. Fourth, the ability of causal analysis, which is the prisoners' awareness of past mistakes and the desire not to repeat them. Fifth, empathy, which is the ability to understand the conditions and feelings of others, which strengthens social relationships. Sixth, self- efficacy, which is shown in the belief that they are able to change and control their lives. And seventh, reaching out, which is the ability to establish relationships and seek support, both from inside and outside the prison.

The Role of Prison Officers and the Prison Environment in the Formation of Resilience

The social environment in the prison is very influential on the process of forming resilience of prisoners. Correctional officers who are professional, fair, and empathetic are able to become important agents in building the psychological resilience of prisoners. This study found that when officers provide humane treatment without distinguishing criminal cases, prisoners feel more accepted and motivated to participate in coaching. In contrast, discrimination and stigmatization from officers will only worsen the condition of prisoners and hinder the rehabilitation process.

Development programs such as skills training, spiritual guidance, and counseling also play a major role in strengthening the identity and adaptability of prisoners. However, the success of this program is still constrained by limited facilities, professional staff, and low participation of prisoners due to social pressure. Therefore, it is important for correctional institutions to reorganize the development strategy by prioritizing a psychosocial approach and encouraging the creation of an inclusive environment in the prison.

Social and Correctional Implications

The formation of resilience in prisoners is not only an individual problem, but also an institutional responsibility. This research confirms that support from the correctional system, social environment, and non-discriminatory policies will greatly determine the success of the social reintegration of prisoners into society. With the right approach, inmates of child protection cases can also rebuild their social identity positively, provided they are given equal opportunities in guidance and free from stigma.

The implications of this research encourage reforms in correctional policy that focus on recovery and character building, not just punishment. The inculcation of human values in prison services is key to reducing recidivism rates and shaping a more just society for all prisoners, including those who are most stigmatized. Therefore, strengthening resilience should be one of the pillars in the corrections system.

CONCLUSIONS AND SUGGESTIONS

Based on the results of research that has been conducted at the Class IIA Metro Correctional Institution. This study concludes that the resilience of convicts of child protection crimes at the Class IIA Metro Correctional Institution is formed through a complex and non-instant process, involving individual psychological strengths as well as

social support and coaching programs. Emotion regulation factors and the ability to establish social relationships (reaching out) are the most dominant elements in shaping their resilience to heavy social stigma.

Meanwhile, the factors of self-reflection (causal analysis) and empathy are still unevenly developed, indicating the need for a more in-depth and personalized coaching approach. Prisoners show potential to grow and change, but the success of this process is highly dependent on the quality of social interactions within the prison and the support of a sustainable coaching system. Based on these findings, it is recommended that the Class IIA Metro prison improve the quality of the coaching program by adding self-reflection material, personality guidance, as well as empathy and interpersonal communication training.

It is also necessary to develop a more humanist and non-discriminatory approach, including training officers in understanding the psychosocial aspects of prisoners in order to create a climate that supports recovery and positive identity formation. In addition, the involvement of families and outside communities in the coaching program needs to be expanded, given the importance of external support in strengthening resilience and preparing for the social reintegration of prisoners more optimally.

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