

The Relationship Between The Meanings of Life With Resilience for Prisoners in Makassar Correctional Institution

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Abstract

This study aims to determine the relationship between the meaning of life and resilience for prisoners of Class 1 Makassar Correctional Institution. Research is directed to find differences in the meaning of life and resilience for prisoners with cases of child protection, murder and theft. The subjects of this study were 134 prisoners with a sentence of more than five years. The scale used, namely the the meaning of life Scale and Resilience Scale. The Spearman Rank correlation analysis test showed that there was a correlation of the meaning of life and resilience in prisoners with strong significance and direction of positive relationships. Different Kruskal Wallis analysis showed that there were no significant differences between inmates with cases of child protection, murder and theft that described and explained the same characteristics.

Keywords: The Meaning of Life, Resilience, Prisoners

Introduction

Deviant behavior or violating is behavior that not in accordance with the norms, values or the rules that apply in a community environment. Behavior deviations that can cause the disturbance of order and human peace are said as a crime. More further, crime can be characterized if the motive for the action is not can be defined or exist complaints from others that the individual does the against society (Tannenbaum, 1938). Crime can be caused by the inability individual to control impulses criminal because of weakness characteristic development personality or self-defense owned by the individual (ego and superego) in behavior (Koentjoro, 2014).

The criminals who then processed will experience role change, the former are ordinary people now be a prisoner. Then, Prisoners will serve their sentence in prison or Correctional Institution (Lapas) described in the Law of the Republic of Indonesia number 12 of 1995 concerning Corrections as a series of law enforcement and development processes. These changes will certainly have an impact on the prisoners themselves during the law enforcement process and the guidance they undergo.

Prisoners in jail have a number of feelings such as hopelessness, helplessness, regret to depression. If this situation continues, it can lead to unwanted negative things as a result of the high stress conditions experienced by prisoners (Siswati, et al., 2012). Therefore, prisoners need the ability to overcome and adapt to severe events or problems that occur in their lives, which is called Resilience (Connor & Davidson, 2003). Prisoners with a high level of resilience will be able to adapt to their environment, be able to control their and have a positive view of the condition that is being experienced. On the other hand, prisoners who have low resilience are less able to adapt to the environment, are unable to control their emotions and always look at the conditions they experience negatively (Riza & Ike, 2013).

On the other hand, the thing that can make prisoners able to cope with and adapt to severe events or problems that occur in their lives is to have the ability to interpret life appropriately. The ability to choose positive activities or activities, such as participating in activities designed by the prison, worshiping and finding people around who can encourage him to live life in prison (Lubis & Maslihah, 2012). Therefore, prisoners need to be able to have a purpose in life and interpret their life as a positive thing even in a depressed state.

In this case, the individual has been equipped with a number of tools to be able to interpret his life, such as the freedom to will, the will to live a meaningful life and also an understanding of the discovery of the meaning of life. From these devices, prisoners should be able to interpret their lives so that they are able to rise, develop and live life, as they should. When prisoners are able to rise, develop and live life, as they should.

The meaning of life can be obtained or found from a long journey or objective experience that is passed throughout the human lifetime. Experiences of joy, happiness, difficulty, suffering and all the experiences that a person feels can influence and can shape the meaning of life, if a person is able to draw insight from every experience he goes through or experiences that make the individual able to live the life he is living (Bastaman, 2007).

The meaning of life can determine how individuals live every activity in their lives and become one of the important factors in achieving psychological well being. Individuals who are able to give meaning to life show higher psychological well-being and self-acceptance than individuals who do not give meaning to their lives (Dezutter et al, 2014: 334-341). Then, individuals who show a high level of meaning in life also have lower depressive symptoms and are less likely to develop depressive symptoms and will have a better or more positive quality of life (Kleftaras & Psarra, 2012: 337-345). The meaning of life itself is found through memorable experiences in several activities by showing satisfaction with life and the achievement of goals that have been carried out.

Literature Review

Resilience

Resilience is a self-quality that allows individuals to thrive in difficult conditions or suffering. Resilience is a multidimensional concept that varies with context, time, age, gender and culture of origin as well as individual characteristics in various life events; there is no trait or personality called resilience (Connor & Davidson, 2003). Aspects of resilience itself include:

- a. Personal Competence, High Standards, and Tenacity
Personal competence, high standards and tenacity become a unity that supports individuals to be strong and loyal to one goal when faced with traumatic situations.
- b. Trust in One's Instincts, Tolerance of Negative Affect, and Strengthening Effects of Stress
Individual belief in instincts, tolerance for negative influences and the ability to deal with the effects of stress. This aspect relates to the individual's ability to calm, make decisions and adapt to stress.
- c. Positive Acceptance of Change and Secure Relationships
Positive self-acceptance towards changes that occur in life and secure relationships with others. This aspect relates to the individual's ability to adapt to certain situations.
- d. Control
Control, including the ability of individuals to be able to control them to lead to life goals including efforts to gain support from others.
- e. Spiritual Influences
Belief in God and fate.

The Meaning Of Life

The meaning of life is a series of processes, events or activities that exist in an individual's life that are able to provide the life he lived. So that these objective experiences will be seen by the individual as something very important, true, valuable and coveted that is able to provide special value and can also be used as a life goal (Bastaman, H. D. (2007). The components of the meaning of life itself include:

a. Freedom of Will

Freedom of action is the freedom possessed by individuals to determine attitudes both towards environmental conditions and their own conditions in their lives.

b. The Will of a Meaningful Life

The desire to become a dignified and useful individual for every layer in life and oneself is something that every individual wants. Every individual has clear and important goals and objectives in life. Each of these things will certainly be fought for with a full sense of enthusiasm because it is a life goal that becomes the direction of all his activities.

c. Meaning of life

The meaning of life will make the individual's life obtain satisfaction and the individual will be able to overcome various difficulties and problems that exist in life by means of; (1) doing work and deeds, (2) experiencing a personal experience or through other individuals, (3) through an attitude towards suffering because the meaning of life can be found even in times of suffering.

Research Methods

This study uses a quantitative method using a scale to measure the level of meaningfulness of life and resilience of 134 prisoners of Class 1 Makassar Prison. The scale created by Rohmah (2011) is based on the aspects proposed by Bastaman (2007) to see the Meaning of Individual Life and the scale developed by the Connor Davidson Resilience Scale (CD-RISC) which has been adapted by Fatimah Azzahrah (2016) to see resilience individual.

Result

There are two statistical tests carried out, namely the correlation test to see the relationship between the two variables and the different test to see the difference in the meaning of life and resilience in prisoners with different cases, namely child protection, murder and theft.

Correlation Test

From the statistical correlation test, the following results were obtained:

Table 1: Correlation Test

	Value
N	134
<i>Spearman Correlation</i>	0,557**
Sig. (2-Tailed)	0,000

Table 1 shows the significance value of $p < 0.05$ which can be stated that there is a relationship between the meaning of life and resilience. Then, the results of the Spearman rank correlation test obtained a correlation coefficient value of 0.557 which can be categorized as having a strong correlation with the provisions of 0.51 - 0.75 (strong correlation). Furthermore, if the coefficient value moves from 0 to +1 then the two variables have a positive correlation, whereas if the correlation coefficient value moves from -1 to 0 then the two variables have a negative correlation.

The results of the statistical correlation test carried out can be seen in table 1 showing that there is a relationship between the meaning of life and resilience in Makassar Class 1 prison inmates. These results show that the higher the meaningfulness of the prisoner's life, the higher the resilience he has, and vice versa, the lower the meaning of the prisoner's life, the lower the resilience he has.

Different Test

From the different statistical tests carried out, the following results were obtained:

Table 2: Difference Test

	meaning of life	resilience
Chi-Square	0,084	0,002
df	1	1
Asymp. Sig.	0,772	0,966

Table 2 shows the significance value of $p > 0.05$ which can be stated that the hypothesis in this study is accepted or in other words H1 is rejected. Then, the results of the Kruskal Wallis difference test obtained values of 0.772 and 0.966, which means that there is no significant difference between respondents with cases of child protection, murder and theft, where the meaning of life and resilience of all respondents describe or explain the same characteristics.

Discussion

The results of this study found that the higher the meaningfulness of the prisoners' life, the higher the resilience they have, and vice versa, the lower the meaningfulness of the prisoners' lives, the lower the resilience they have. Research on resident respondents of rehabilitation at one of the BNN in Bogor City explains that the meaning of life training has an influence and is effective in increasing the resilience of respondents. This study uses an experimental technique by conducting training on the meaning of life which is effectively able to increase the resilience of respondents (Anindita, 2014).). Furthermore, there is a positive relationship with a very strong significance between the meaning of life and resilience in cancer patients as indicated by the correlation coefficient $p=0.953$ ($p>0.05$) (Kristin, 2015).

Besides that, research on breast cancer patients who initially experienced denial, hopeless and resigned as well as excessive anxiety and even had a perception of death; found that patients who were able to interpret the life they lived were able to make a difference. They have one of the resilience abilities called Reaching Out or survive, rise and adjust to difficult conditions (Pratiwi & Budiani, 2014). It was also found that there was a positive relationship with a strong enough significance between the meaning of life and resilience in scavengers in Jakarta as indicated by a correlation coefficient of 0.610 ($p>0.05$). Furthermore, the meaning of life and resilience also have a significant positive relationship among adolescents at the Kasih Bhakti Mandiri orphanage in Jakarta with a correlation coefficient of 0.0464 ($p>0.05$) (Mustamu, 2017), which means that resilient adolescents are able to avoid bad behavior, have purpose and meaning of life for himself, his family and others (Dumaris & Rahayu, 2019).

In the process of forming and discovering the purpose of life that is owned by prisoners, traumatic events experienced by individuals can cause negative effects to lose the meaning of life, but there are individuals who are able to overcome difficulties and unpleasant feelings as a result of their suffering, where they are able to change the condition of her appreciation from meaningless to meaningful (meaningful) and even finding wisdom from her suffering. Like Bastaman who explained that the meaning of life can be found even in a depressed state. Prisoners who have no meaning and purpose in life always view life with pessimism or even pessimism with their abilities (Ginneken, 2015). Inmates who also participate in various activities in prison (compulsory activities

or not) make them realize that they have meaning and value to their environment. (Lubis & Maslihah, 2012).

Additional data obtained through interviews with 4 subjects with different levels of meaning in life and resilience, explains that respondents with high categories have a positive perspective on prisons so that they get many life lessons, the process of adapting to a good prison environment and how they have goals when they are in prison. In prison or when they are released later.

Respondents in the moderate category also have a positive outlook on prisons, but have quite a lot of negative feelings such as feelings of sadness, loss and feelings of fear. Meanwhile, those in the low category lack a positive perspective on prisons, find it difficult to adapt and also have negative feelings such as sadness and often think about life outside prison.

The results of the different tests found stated that there was no significant difference between respondents and cases of children, murder and theft, where the meaning of life and resilience possessed by all respondents describe or explain the same characteristics. Resilience is a multidimensional concept that varies with context, time, age, gender and culture of origin as well as individual characteristics in various life events (Connor & Davidson, 2003; Newman, 2005). This also of course can affect how the perspective and meaning of life is owned by prisoners because the meaning of life itself has a special nature, namely unique and personal in the sense that what is considered important and meaningful today by individuals certainly not the same meaning to other people. It can be seen the differences found in this study and related studies. The differences that occur can be motivated by many things, such as research location, gender, number of respondents and so on.

In contrast to the findings obtained that there is a difference in the meaning of life between prisoners with life imprisonment and temporary prisoners, this is evidenced by looking at the Anova coefficient value of 0.000 and the F value = 95.317 which means the hypothesis that there is a difference in the meaning of life of prisoners with life sentences and temporary sentence convicts declared accepted (Pangaribuan, 2016). While the difference lies in how prisoners view life after this. Meanwhile, research on resilience which is also contrary to the results in this study found that there is a non-significant difference in the level of resilience between prisoners who have just entered prison and prisoners who will soon be released, where it is influenced by the coping strategy against stress that is applied by inmates (Anggraini et al, 2019).

Conclusion and Recommendation

Based on the description above, it can be concluded that there is a relationship between the meaningfulness of life and the resilience of Makassar Class 1 prisoners with a strong significance and a positive direction, namely the higher the meaning of life of the prisoners, the higher the resilience. On the other

hand, the lower the meaningfulness of the prisoner's life, the lower the resilience he has. While the analysis of the different tests can be concluded that there is no difference in the meaning of life and resilience of prisoners with cases of child protection, murder and theft.

This research will be more accurate if it is carried out with descriptive or experimental qualitative methods. Qualitative methods can explain more broadly about the factors that affect the meaning of life and resilience in prisoners. While the experimental method by providing training so as to improve the ability of prisoners in interpreting the life and self-development of prisoners so that they are able to become resilient individuals.***

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