

Research Article

The Application of Reality Counseling as an Effort to Increase Prisoners' Resilience in Facing Negative Community Stigma

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Abstract.

This research is about prisoners experiencing mental disorders due to the existence of rules and laws in the community environment, which creates a negative public perception of convicts. This research aims to provide information to the general public about the magnitude of the negative stigma received by prisoners and the importance of eroding this stigma, because of the various negative impacts caused. Apart from that, this research will also comprehensively examine how big the role of reality counseling is in increasing resilience for prisoners, as well as how urgent is the counselor's role in the resilience process. This research uses a literature study method to examine the issue of protecting the human rights of former prisoners against the negative stigma of the general public and specifically looks at Law No. 39 of 1999 concerning Human Rights. The results of this research show that there are several approaches to responding to this problem, namely the reality counseling method which acts as a means of restoring the self-confidence of former prisoners.

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1. Introduction

Humans as social creatures (*zoon politicon*) who do not live without the company of other humans make them always live in society. Social life certainly has rules and some laws strengthen it. This rule is used as a regulator of order so that everything is expected to run in an organized and measurable manner [1]. The law itself is firm and coercive so anyone guilty must get the appropriate punishment by existing provisions. A person who is convicted of a criminal offense and sentenced to imprisonment undergoes rehabilitation, re-education, reintegration, and protection training in a correctional institution. This condition makes those convicted unable to fulfill their needs as social beings.

The guilty party is called an inmate, according to Law No. 22 of 2022 concerning corrections, an inmate is a convict who is serving a prison sentence for a certain period under a decision made by a judge. Prisoners must live separately from their families

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and other communities so that the need to socialize is not fulfilled. Of course, this condition creates various gaps and problems such as loneliness. Prisons with harsh and tense nuances can have a negative influence on psychological conditions, ranging from various mental to emotional problems [2]. In addition, prisoners are also vulnerable to stress because they are trapped in the confines of guilt, worry, uncertainty about the future, and even disharmonious relationships with other prisoners [3]. It is also not uncommon to find the fact that prisoners are very unfairly treated by being given very small portions of food, bread, and mineral water which are not commensurate with the activities carried out in correctional institutions.

Various problems that occur in correctional institutions are clear evidence that losing the space to adapt freely can cause stress and inner conflict and even these wounds have the potential to cause trauma [4]. The American Psychiatric Association defines Trauma as occurring because there is extreme worry about physical and psychological effects that can cause emotional disturbances triggered by acute bitter events [2]. A strong sense of worry for prisoners mainly arises because of the fear of facing the future.

In addition to having to face the rigors of life in a correctional institution, prisoners also have the potential to gain considerable negative stigma in society. Prisoners are often ostracized, gossiped about, and alienated in their environment. This makes it difficult for prisoners to interact with the social environment again due to loss of self-confidence, thus making the lives of former prisoners increasingly trapped and unbalanced. The existence of stigma in society turns out to be a symbol of injustice for several parties, one of the victims is the former prisoner.

So in facing this precarious and heated situation, a prisoner must have resilience skills when declared free and can return to society. Resilience is a person's ability to adapt positively to an event that occurs in his life. Even the crimes that have been committed by prisoners become evidence of a person's low resilience in dealing with life conditions (evidence of a person's low resilience in dealing with life conditions [3]).

Based on the above components, it can be concluded that a person is considered *resilient* if individuals realize the social support they have called "*I have*", have self-confidence, confidence, optimism, and hope called "*am I*", as well as emotional management and efforts to rise from adversity so that they can make full peace with the difficulties faced called "*what I can do*" component.

Resilience skills for prisoners are needed to improve prisoners' mental health, help them accept themselves, and prepare for reintegration into community life. Otherwise,



Figure 1: Components that influence resilience.

this can make prisoners isolate themselves even more and cannot get out of the confinement of other negative feelings and even decide to end their lives. However, this process is not as easy as imagined they need the help of a second person in the recovery process. This is where the role of counseling is needed. Counseling for prisoners serves to overcome loneliness, feelings of guilt, and help develop better coping mechanisms when facing difficult situations and improve the quality of relationships between fellow prisoners [5].

One of the reality counseling techniques is because reality counseling is more demanding focusing on responsibility, truth, and reality. The achievement of identity is related to the 3R concept, namely the condition of the individual to be able to accept the reality of the facts he faces, by displaying total behavior, carrying out something, thinking, feeling, and carrying out physiological reactions responsibly, factually, and fairly. The figurehead of the reality approach theory is William Glasser, who expressed the opinion that the flow brought by Freud about the urge must be changed and based on a clearer theoretical basis. According to Glasser, this reality approach can produce principles and procedures that can help counselees achieve a “successful identity”.

In connection with the various backgrounds that have been mentioned, it turns out that there have been many previous studies that try to prove the effectiveness of these methods [6]. The results showed that cognitive behavioral counseling and reality counseling were effective in overcoming problems due to drug use”.The question that eventually arises is whether this counseling is also suitable for all prisoners with different backgrounds?

Therefore, this research aims to provide information to the general public on the amount of negative stigma received by prisoners and the importance of eroding this

stigma, because of the various negative impacts caused, this research will also comprehensively examine how much the role of reality counseling is to increase resilience for prisoners, and how urgent the role of counselors in the resilience process is. The novelty of this research when compared to previous research certainly lies in the information presented which is more complex and the novelty of solutions that are more adaptive to the times. This research will try to explore the types of solutions that are in accordance with the theory of the reality counseling approach but are more modern and able to adapt to the digitalization era, a new innovative idea by utilizing technology that has never existed in previous research.

2. Literature Review

TABLE 1: Collection of Previous Research.

NO	Title	Focus/Problem Formulation	Method/Theory	Results
1	The Protection of the Rights of Former Prisoners Against Negative Stigma in the Community Reviewed by Law from Law No. 39 Year 1999 on Human Rights [7]	Analyze the protection of human rights of ex-convicts against the negative stigma of society based on Law No. 39 of 1999 concerning Human Rights.	Normative research with a legal approach.	<ul style="list-style-type: none"> ● Former prisoners have the same human rights as other citizens, including the right to life, the right to work, and the right to education. ● Stigma of society towards former Prisoners are a violation of human rights. ● Law No. 39 Year 1999 about Human Rights provides legal protection for former prisoners. <p>Government and society need make efforts to remove the stigma negative against ex-convicts.</p>
2	The Effect of Counseling Guidance on the Level of Loneliness of Female Prisoners at the Women's Penitentiary Class IIA Tangerang [5]	Analyzing the effect of counseling guidance on the level of loneliness of female prisoners at the Women's Correctional Institution Class IIA Tangerang.	Quantitative research with regression design.	<ul style="list-style-type: none"> ● There is a significant influence of counseling guidance on the level of loneliness of female prisoners. ● Counseling guidance can he women prisoners to develop better-coping mechanisms in dealing with difficult situations difficult situation and improve social with fellow prisoners. ● Effective counseling can help reduce the level of loneliness of female prisoners.

TABLE 1: Continued.

NO	Title	Focus/Problem Formulation	Method/Theory	Results
3	The Role of Reality Counseling Services to Build Self-Confidence Prisoners Former Drug User in Correctional Facility Klas II A Curup [8]	Research This research uses an experimental method with the type of pre-experimental design, with reasons researchers only use counseling steps and assessment.	This research aims to see how reality counseling in building self-confidence in former prisoners. former prisoners for interact back in the community environment	<ul style="list-style-type: none"> ● The results showed that; first, their confidence self-confidence becomes stronger when they are with fellow ● Second; worried about getting a rejection from the community so that this is a separate reason for they find it difficult to adapt back to society ● Third; Counseling reality able to foster self-confidence for ex-prisoners
4	The Effectiveness of Trauma-Focused Counseling Therapy on Children of Prisoners in LPKA Tomohon [2]	Analyzing the effectiveness of counseling therapy trauma-focused on child prisoners in LPKA Tomohon.	Quantitative research with design quasi-experimental.	<ul style="list-style-type: none"> ● Therapy trauma-focused counseling helps the child to fully reconcile with the trauma experienced as well as helping to develop coping mechanisms in their most difficult conditions so that they will so that they will more resilience when facing difficult situations
5	Influence of Self-Disclosure Self on Resilience of Prisoners of Child Protection Crime at Purwokerto Class IIA Penitentiary [9]	Analyzing the influence of self-disclosure on the resilience of convicts of child protection crimes at the Correctional Institution Class IIA Purwokerto.	<ul style="list-style-type: none"> ● Quantitative Research with Correlational Design 	<p>Self disclosure increase their level of resilience.</p> <ul style="list-style-type: none"> ● Disclosure helps inmates accept reality and build re-identify themselves. ● Disclosure helps inmates to get social support from others.
6	The Effect of Social Rehabilitation on Legal Awareness of Drug Prisoners in Class Correctio-nal Institution Surabaya [10]	Examining the effect of social rehabilitation on the legal awareness of drug convicts at Surabaya Class 1 Correctional Institution.	Quantitative research with pre-test and post-test design with a control group.	<ul style="list-style-type: none"> ● Social rehabilitation helps drug offenders to understand their rights and obligations as citizens. ● Social rehabilitation helps drug offenders to develop attitudes and behaviors that are in line with legal norms.
7	The Effective-ness of Reality Therapy in Reducing the potential for relapse in inmates of class I narcotics Prison II A Sungguminasa [11]	The purpose of research is to determine whether therapy Reality can effectively reduce the potential for relapse in prisoners of Lapas Narkotika Class IIA Sungguminasa.	This research uses pre-experimental designs with a one-group pretest-posttest design.	<ul style="list-style-type: none"> ● The results of hypothe-sis testing show that reality therapy is effective in reducing the potential for inmate relapse. relapse potential of prisoners who are in the high category.

TABLE 1: Continued.

NO	Title	Focus/Problem Formulation	Method/Theory	Results
8	Improving Resilience of Prisoners with counseling [8]	Digging deeper into the social reintegration that is the basis for the philosophical emergence of the Correctional System with the purpose main aspects of returning citizens Prisoners(WBP) to society	Research methods used library research with exposure data at descriptive. in the discussion.	<ul style="list-style-type: none"> ● Results Research that resilience is very important for the WBP to be able to rise adapt to existing conditions. Here, of course, it really requires a big role counseling in dynamizing the condition of WBP
9	Resilience and Meaningfulness Life Former Prisoners of Drug Abuse in Korong Tigo Jerong District V Koto East Padang Pariaman Regency [12]	Searching for the dynamics of resilience and meaningfulness of life in former prisoners	This is a Qualitative Research Method which is a research which is based on the collection, analysis, and interpretation of data in the form of narratives and visuals (not numbers) to gain an in-depth understanding of a particular phenomenon of interest.	<ul style="list-style-type: none"> ● Findings from data obtained, the testimony of both people understand the problems that they face so feel regret and previously have been involved in drug abuse cases. We want to improve our attitude and behavior towards society. As a result, you will also become more resilient. On the other hand, the meaning of life arises because a life goal is achieved or benefits oneself or others.
10	Communiy Perceptions of Former Prisoners	This research aims to know and understand the view of	This research uses descriptive qualitative research methods. Data obtained	<ul style="list-style-type: none"> ● The results of this study show that the social interactions created between a former prisoners with the surrounding community needs to continue us and/or intensive. Still, some communities have a negative stigma towards former prisoners, although some view them positively. view them positively. If this continues to happen, it will very disturbing to the psychological condition of of ex- prisoners crime future drug offending by released prisoners who are released are evaluated. ● This article highlights the challenges and successes of coaching programs for drug-addicted prisoners.
	[13]	Latuhalat community regarding convicts. ex-	based on observation, interview and documentation.	

3. Method

This research uses the literature review method. The literature review is a research method that involves searching, evaluating, and synthesizing information from various literature sources relevant to a particular topic or research question [14]. The main purpose of a literature study is to provide a comprehensive overview of current knowledge and findings in a field, identify gaps in research, and provide a theoretical foundation for future research [15]. The literature used is literature sources that examine the issue of protecting the human rights of ex-prisoners against the negative stigma of society, especially in terms of Law No. 39/1999 on Human Rights. This study targets the general public as the main audience, with the research subjects being former prisoners.

The research procedure begins with collecting and reviewing related literature, whether in the form of scientific journals, books, or *other* literature sources. The researcher will analyze the main issues and findings from the reviewed literature, as well as identify gaps or shortcomings in previous research. Furthermore, critical analysis and synthesis are conducted to develop recommendations based on a comprehensive understanding of the research topic.

The data analysis techniques applied include *content analysis*, *critical analysis*, and synthesis. In addition, this research also pays attention to ethical aspects, especially related to the privacy and confidentiality of information of former prisoners. The researcher will refer to human rights principles in analyzing the protection and stigma experienced by former prisoners.

Through this literature study, researchers sought to explore the perspectives and experiences of former prisoners, identify best practices or positive initiatives related to their rehabilitation and reintegration into society, and formulate policy recommendations and interventions that can improve the protection of the human rights of former prisoners.

4. Result & Discussion

Although prisoners have previously committed offenses in society, it does not mean that they continue to be treated unfairly in various aspects of life. In reality, Until now, there is still often a negative stigma attached to prisoners and this even hampers the ability of prisoners to adapt back into the community. The restoration of the rights and obligations of prisoners is the main objective of the correctional system of Law Number

12 of 1995. The hope is that all prisoners regret their actions, and want to admit mistakes so that they can play an active role back in society and not commit deviations for the second time.

The negative stigma on prisoners can cause a variety of chronic problems ranging from the difficulty of prisoners in finding a job because many companies have special regulations not to accept ex-prisoner workers. Prisoners are often isolated from their environment which in turn makes them feel lonely and sink further into psychological disorders. The inability to reintegrate effectively into society can increase the risk of ex-prisoners re-offending. Economic hardship and lack of social support can force them to return to criminal behavior. Experiences of discrimination and constant rejection can undermine ex-offenders' self-confidence. They may feel worthless and lose motivation to improve themselves.

Negative perceptions of society will make it more difficult for former prisoners to re-adapt and continue their lives as before, due to the emergence of insecurity, fear of rejection and other worse possibilities [13]. This means that in this condition there is one human psychological need that must be met, namely the need to be accepted in society [16].

So one of the main abilities that a former prisoner must have is resilience. According to Richardson, resilience is a person's ability to overcome and find meaning in every difficult situation faced so that individuals will easily recover from every adversity faced. A prisoner certainly really needs this ability so that they can all prepare themselves to face every negative possibility that they will encounter after leaving the correctional institution. This statement is of course also supported by previous research by Beni Azwar and Abdurrahman in 2022 entitled Increasing the "Resilience of Prisoners with Counseling" that resilience can increase a person's ability to assess risk and interpret a problem or challenge in his life [8]. So that individuals will continue to improve their ability to face problems and stay focused on finding the meaning of life. This means that if a prisoner does not have this ability, of course they will find it difficult to make peace with the situation and be confined continuously in the bondage of negative stigma [8].

This research is also supported by research from Syaputri in 2021 on resilience and meaningfulness of life [12]. That resilient individuals understand that every test is a challenge for better change, not something that destroys [12]. Most of the former prisoners cannot accept the situation at hand, are unable to explore the meaning of their lives, and cannot take advantage of the available time. So from some of these

facts, it is necessary to make an effort to increase the resilience of prisoners in dealing with negative situations that are likely to occur after they return to society. This is very important to help individuals rediscover and identify something that has been lost and changed in their lives and create optimal self-confidence [12].

One of the efforts to increase the resilience of former prisoners in readjusting to community life is counseling. Counseling here plays a very important role in overcoming prisoners who feel lonely, feel guilty, lose confidence, and even feel traumatized to foster psychological readiness and maturity when they are free from correctional institutions. Counseling has a role or influence in influencing the level of loneliness of prisoners [8]. This is sufficient evidence that counseling has the potential to modify the behavior of former prisoners to be more positive as well as support character building and independence so that the negative behavior that has been done will not be repeated.

Counseling itself can be done with various methods tailored to the conditions and needs of the client, there are several counseling techniques that are usually used in handling prisoners and prisoners, one of which is the Trauma-Focused counseling technique [8]. Trauma occurs because there is extreme concern manifested by physical and psychological symptoms that can cause behavioral changes and even emotional disturbances triggered by bitter events [8]. This means that a prisoner has the potential to have considerable trauma because their freedom must be taken away, away from the family environment, loss of profession and even a good name that has been damaged, for some people it can cause deep wounds, not to mention they have to face ostracism from society. *Trauma-focused counseling* is a form of counseling designed to help individuals who have been traumatized by negative experiences in life. This therapy focuses on teaching emotion management skills and coping strategies to overcome negative memories in the past [17]. Counseling technique can help prisoners recover from trauma and foster coping mechanisms in facing the outside world again [2].

The next counseling technique that is usually used is also the reality counseling technique. Glasser's concept of reality counseling has the principle that a person can receive help and therapy to meet his basic needs and be trained to face reality in any bad situation with full optimism, without harming others [2]. Reality counseling is considered a rational counseling process. Reality counseling focuses on the present. Therefore, when providing alternative support, there is no need to blame the person seeking advice with a previous degree, more importantly, how those seeking advice can prepare and shape their future to better suit their life needs. Reality Counseling is a very practical form of counseling or assistance technique, provided in a relatively

simple and immediate form, which aims to enable the person seeking advice to face the reality of the future with optimism. The purpose of this consultation is for individuals to understand their condition, accept themselves, orient themselves to new things, and achieve the ability to realize themselves according to their ability to adapt to the environment [17] [18].

Reality therapy was effectively able and played a role in reducing the potential for relapse in inmates of Class IIA Sungguminasa Narcotics Prison [11]. Reality counseling also plays a role in developing resilience in prisoners [9]. The higher the level of self-disclosure of prisoners, the higher their level of resilience. Self-disclosure helps prisoners to accept reality and rebuild their self-identity. Self-disclosure helps prisoners to get social support from others, while in reality counseling itself will focus more on self-disclosure as well.

So from the results of the literature study, it can be said that the counseling technique that has the potential to be more optimal in providing guidance to former prisoners is reality counseling for several reasons. Helping inmates develop faster resilience skills, increase self-care, make it easier for individuals to self-disclose and accept themselves. Reality counseling is also very instrumental in restoring self-confidence in former prisoners. So that they are able to realize where their mistakes lie, know that the deviations that have been committed have indeed occurred because of their negligence so that they can easily find a solution step and be able to make full peace with what has happened. Reality counseling also does not focus too much on a person's past so it seems more realistic.

This reality counseling technique is about self-regulation. The form of a sense of responsibility, evaluation, and future management that is the focus of reality counseling techniques is part of a form of self-regulation where this self-regulation is part of the resilience aspect, namely when someone is able to manage themselves and have good self-regulation, it will make that person more *resilience* in circumstances. Therefore, reality counseling is one of the best counseling techniques to prepare ex-prisoners in adapting back to the community because in addition to the many supporting studies, it has also been supported by several theories. However, along with the development of the era, currently there are many online counseling through chat, call, or video call so that the innovation that can be provided is to provide reality counseling services through digital media as well and packaged in a more modern way, namely the creation of a platform that specifically provides reality counseling services for former prisoners so that counseling will run more optimally.

The problems that arise in correctional institutions are clear evidence that the loss of freedom to adapt can cause stress and internal conflict for prisoners. Even the wounds caused can cause prolonged trauma, especially the most difficult stage is reintegration into society after the sentence is completed. This stage is not easy and they must be able to tolerate the negative possibilities that arise, including negative social prejudices such as exclusion and labeling. In response to this problem, various approaches have emerged, including counseling techniques. A commonly used counseling technique is reality counseling. Due to the role of reality counseling.

From this research, there are still some things that have not been explored, namely related to the effectiveness of utilizing digital media to maximize reality counseling services for former prisoners. So that researchers suggest that further research be carried out with qualitative and quantitative research methods so as to produce more primary and in-depth information.

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