

## Research Article

# The Influence of Self Confidence on Inmates' Social Skills at a Correctional Institution in Malang

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## Abstract.

The prisonisation or socialization program for inmates still shows that there are problems related to social interaction that can lead to anti-social behaviors. For this reason, it is important for inmates to have *good social skills* and it can also be influenced by a person's beliefs. For this reason, this study aimed to determine the influence of self-confidence on the social skills of inmates in Class 1 Correctional Institution Malang. The design of this study is causal correlation. This study used a purposive sample and obtained 40 inmates who participated in the socialization program, were aged 20 – 45 years, and had served one-third of their sentences. Two questionnaires in the form of a self-confidence scale and a social skills scale were used to collect data. Data analyses used a simple linear regression technique. The results of the study show that the self-confidence of inmates has a positive and significant effect on the social skills of inmates; with the magnitude of the influence of the self-confidence variable on social skills of 34.7% based on R square.

**Keywords:** prisoner, self-confidence, social skills

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## 1. Introduction

Correctional Institutions or Prisons as a public service as their function have duties that have been regulated in the law as an institution for coaching, guiding, and developing inmates after obtaining a court decision [1]. Furthermore, the goal is to make human beings whole, and to be accepted in society [2]. Coaching or guidance efforts should be the core of activities in the correctional system and are a means to provide new treatment for inmates to help them adapt to the new environment, and even many coaching efforts are now more directed at preparing inmates to re-enter the community and return to their families [3].

In the process of coaching through social interaction, correctional institutions have norms, habits, values, and culture or social environment that play a role in increasing the success of inmates in carrying out socialization or prisonisation [4]. Socialization is very

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important because context and communication in prison are different from the outside context, making inmates experience stressful situations [5]. In addition, conditions in prisons can inhibit social interaction and create traumatic experiences [6] because of hostile conditions, or restrictions on activities and damaged social relationships, which in turn leads to the alienation of inmates, and lead to a loss of meaning in life [7].

A study by Hearn et al. [5] said that as many as 75% of inmates have traumatic problems while in prison. This condition can cause psychological problems that have an impact on social relationships and inmates' confidence. Another research revealed that conditions in prison affect the social problems, confidence, and personality problems of inmates [8]. Then, the primary data obtained by the researcher from the ISPN (Prisoner Placement Screening Instrument) assessment at the Class 1 Malang Correctional Institution found demographic data to determine the behavior of inmates during the coaching program; and from the results of the assessment, was found that there were problems with social interaction that may lead to anti-social attitudes.

Social interaction for inmates is needed to communicate in their daily lives as a tool to build relationships with individuals around them [9]. Social skills are also a tool to be maximally involved in the coaching or prisonisation process because it makes individuals sensitive to the social situations they face [10]. Furthermore, the implementation of a good communication process during the prison period aims to re-educate inmates so that later when they return to society, they become better individuals and do not relapse into recidivists or become a source of unrest in the community [11].

Social skills are important for people to engage successfully in social interaction and interpersonal relationships [12]. Other research found a significant influence between self-confidence and social skills where individuals who have high self-confidence will also have high social skills, and self-confidence will also direct the individual's goal to understand the process of interaction with others, as well as help individuals master the necessary social skills [13].

Self-confidence is an individual's belief in the individual's ability to act without anxiety and be free to act according to the wishes and ethics of interaction, and the existence of awareness related to individual strengths and limitations [14]. In terms of communication, self-confidence is also seen when a person approaches or avoids when interacting with others, whether they have openness, and can recognize the strengths and weaknesses of themselves and others [15]. In addition, individuals who have good self-confidence

can have confidence in something that is done, such as the ability to interact with others and start relationships with people around them [16].

Based on the description above, the researcher investigated to determine the effect of self-confidence on social skills in inmates during the coaching program. It is hoped that with a better understanding of the relationship, a solution will be found to overcome social skills problems related to self-confidence that can reduce the possibility of inmates committing crimes again.

## 2. Self Confidence

Self-confidence is the ability to think rationally in the form of assessing one's own beliefs, ideas, and thought processes against one's own ability to take action to solve problems to achieve a result (Mich et al. 2014); and is one's own skills and abilities to achieve success [17]. In addition, individuals who have sufficient self-confidence will show an understanding of themselves and have clear goals, as well as be able to think well [18]. Self-confidence is also able to encourage individuals to ultimately have happiness, a sense of worth, the right to express their needs, and the desire to enjoy the results of their efforts [19]. In simpler terms, self-confidence refers to it as simply believing in oneself [20].

Based on Branden's opinion, self-confidence in its application has several aspects. The first is the cognitive aspect which consists of realistic outlook, the ability to think rationally and love oneself; and second, the affective aspect related to feelings about one's own abilities, self-esteem, thinking positively about problems and people around them; and third, motor aspects related to behaviours such as good communication skills, attentive listening and the courage to speak in public. With good self-confidence, of course, the ability to socialize in prison is more feasible.

## 3. Social Skills

Social skills are an important aspect that every individual must have in order to be able to establish effective communication with other individuals [21], [22]. Therefore, increasing social skills can encourage a person to be more able to express what they think or feel more wisely and successfully, which further encourages the individual concerned to continue to engage in social interaction with the individuals around them.

Social skills required in the prison environment are different from social skills outside prisons, because the socialization process in the correctional institution environment has its own value [4]. According to Lawson et al. [8] social skills in inmates are influenced by two factors, namely from inside and outside the penitentiary.

## 4. The Relationship Between Self Confidence and Social Skills

According to Lawson et al. [8] within the scope of prison, social skills involve the fluency of individuals in the implementation of social contacts such as negotiation, problem-solving interactions and interactions with people of higher or lower status. Meanwhile, self-confidence is part of the self-concept in the form of beliefs seen from one's attitude towards the social environment through an interaction process to face the problems [23]. From all the reviews above, self-confidence will be important to improve social skills that a person has, that subsequently will help individuals achieve their desired goals and help in adjustments and social problems.

## 5. Method

### 5.1. Research Design

The approach of this research is quantitative correlation, with a causal correlational research design where the self-confidence variable becomes an independent variable and its influence on the social skills variable is sought as a bound or dependent variable.

### 5.2. Population and Sample

The population of this study is inmates who are serving a prison term located in the Class 1 Malang Correctional Institution who are undergoing a coaching, independence and skills program. The purposive sampling technique was used to get 40 inmates with an age range of 20 – 40 years, and are undergoing a coaching program, and have served a third of their sentences. The criteria are taken because inmates have had enough time to adapt to the prison environment through experience during coaching.

### 5.3. Instruments

There are two data collection instruments in the form of a likert scale used. First, the self-confidence scale modified from Sakdiyah's research [15], based on the theory developed from Branden [19] includes cognitive, affective and motor aspects. In the context of this study, the instrument was modified by changing the word subject, which was previously used for students and then modified for prisoners. The scale was compiled by the researcher as many as 35 items consisting of favorable and unfavorable statements. Based on the results of the trial, 21 statement items were used in the study with a reliability of 8.63.

Second, the scale of social skills created by researchers is developed based on the theory of [21]. The aspects of social skills in it that have been adjusted to the conditions of inmates in prison consist of 5 aspects, namely initiating relationships, emotional support, negative assertions, disclosing personal information, and conflict management. The scale was made by the researcher as many as 30 items consisting of favorable and unfavorable statements. Based on the results of the trial, 24 statement items were used in the study with a reliability of 8.51. Both scales use the Likert scale consisting of "SDA" strongly disagree, "TS" disagree, "N" neutral, "S" agree, and "SA" strongly agree.

### 5.4. Data Analysis

To test the hypothesis, T-test analysis was used to see the influence of the independent variable (Self-confidence) on the independent variable (Social skills). The research hypothesis is as follows:

$H_0$ : There is no effect of self-confidence on social skills in inmates of Class I Correctional Institution Malang.

$H_1$ : There is an effect of self-confidence on social skills in inmates of Class I Correctional Institution Malang.

## 6. Result and Discussion

### 6.1. Descriptive data

TABLE 1: Comparison of hypothetical and empirical data.

Variable	Hypothetic				Empiric			
	Max	Min	Mean	SD	Max	Min	Mean	SD
Self confidence	130	26	73	17,3	130	83	98,9	10,6
Social Skills	120	24	72	16	120	73	93,6	8,96

From table 1, it was found that the level of self-confidence and social skills of the respondents had a higher empirical mean compared to the hypothetical mean, which means that the respondents had both abilities better than the average in general.

TABLE 2: Categorization of Self Confidence Score Based on Hypothetical Data.

Category	Interval	Freq	Percentage
Very Low	$X < 47,5$	0	0%
low	$47,5 < X < 64,5$	0	0%
moderate	$64,5 < X < 81,5$	0	0 %
high	$81,5 < X \leq 98,5$	17	42,5 %
Very high	$98,5 < X$	23	57,5 %

Based on table 2 d above to describe the characteristics of the research subjects, all of them have a high level of self-confidence that tends to be high and very high.

TABLE 3: Categorization of Social Skills Score Based on Hypothetical Data.

Category	Interval	Freq	Percentage
Very Low	$X < 48$	0	0 %
low	$48 < X < 64$	0	0 %
moderate	$64 < X \leq 80$	1	2,5 %
high	$80 < X \leq 96$	32	80 %
Very high	$96 < X$	7	17,5 %

Based on table 3, almost all respondents are in the high and very high categories.

TABLE 4: Normality Test.

Sample Kolmogorov-Smirnov Test Asymp. Sig. (2-tailed)	Remark
Unstandardized Residual	0,200 Normal

## 6.2. Assumption Test

Based on the results of the normality test, a significance value of  $0.200 > 0.05$  was obtained, so it was concluded that the residual test was normally distributed.

TABLE 5: Linearity Test.

Variable	Sig. Deviation from Linearity	Remark
Self confidence and Social skills	0,166	Linier

From table 5, the significance value of deviation from linearity was obtained  $0.166 > 0.05$  — meaning that there was a significant linear relationship between the variable (X) self-confidence and the variable (Y) social skills.

## 6.3. Heteroskedacity Test

TABLE 6: Heteroskedastiness.

Variable	Significance	Remark
Self confidence (X)	0,328	No hetroskedaity occurs

With the results of the Glejser test with a significance of  $> 0.05$ , the researcher proceeded to the hypothesis test stage with a simple linear regression test.

## 6.4. Hypothesis Test Results

### 6.4.1. Simple Linear Regression Test

TABLE 7: Coefficients.

Model	Unstandardized Coefficients			Standardized Coefficients	t	Sig.
		B	Std. Error			
1	(Constant)	45,594	10,751		4,241	0,00
	X	0,485	0,108	0,589	4,492	0,00

Table 7 shows a significance value of  $0.00 < 0.05$  which means that there is an influence of the self-confidence variable on the social skills variable or in other words  $H_0$  is rejected and  $H_1$  is accepted.

TABLE 8: Model Summary.

Model	R	R Square	Adjusted Square	R	Std. Error of the Estimate
1	0,589	0,347	0,330		7,342

Based on table 8, a correlation of 0.589, and a determination coefficient (R Square) of 0.347 can be concluded that the influence of the independent variable (Self-confidence) on the dependent variable (Social skills) is 34.7%, and the direction is positive.

The results of the study show that there is an influence of self-confidence on social skills in prisoners, the higher the self-confidence, the higher the social skills possessed in the group of prisoners. These results provide clues that self-confidence can be one of the protective and positive factors when it comes to improving one's social skills, especially those in prison. This reaffirms the previous research that self-confidence has a correlation with social skills [16]. And in this study, it was also found that the influence of self-confidence toward social skills was 34.7%. Descriptively, it was also found that the scores of each variable were in the high and very high categories. The direction of these two variables is also positive, meaning that high confidence will improve social skills, or vice versa.

On the other hand, if the individual is not confident in his or her abilities, — may find it difficult to communicate their thoughts, desires, or needs clearly to others [24], especially when dealing with different environments such as in prison. Therefore, the results of this study in the Malang Class 1 Correctional Institution can be predicted that the respondents have enough characteristics necessary to coexist in prison. At the same time, if there are individuals who have low social skills in prison, self-confidence can be one of the factors that can help — so that the individual is able to adapt socially better.

## 7. Conclusion

Based on the research that has been conducted, it can be concluded that inmates in the Class 1 Correctional Institution of Malang were found to have an influence of self-confidence on social skills, and the influence was 34% and the direction was positive.

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