

Conference Paper

Emotion-Focused Coping Strategies As Predictors of New Inmates' Adjustment in the Pandemic Era

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Abstract

This study aims to (1) find out the emotion-focused coping strategies used by the new inmates in the Class IIA Female Correctional Facility of Malang City, (2) understand the illustration of new inmates' adjustment, (3) find out whether emotion-focused coping is a predictor of new inmates' adjustment. This study employs predictive-quantitative research with descriptive analysis and applies simple linear regression on the population of new inmates at the Class IIA Female Correctional Facility of Malang City. The study uses the one-shot tryout technique. The subjects were selected using a saturated sample of 118 respondents. The instruments used were the adaptation of the Prison Adjustment Questionnaire (PAQ) and the adaptation of the Ways of Coping Scale (WCQ). The descriptive analysis uses categorization based on the T value, while hypothesis testing uses simple linear regression analysis techniques. This study resulted in an accepted hypothesis with a significance value of 0.014, an R value of 0.336, and an R square value of 0.181, which indicated that emotion-focused coping contributed to the emergence of self-adjustment by 18.1%. The use of emotion-focused coping can be used to develop self-adjustment for inmates in correctional environments, in addition to the emotion-focused coping that successfully applied can increase the self-esteem and capacity of inmates to overcome their problems in the future.

Keywords: emotion-focused coping, adjustment, new inmates

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1. Introduction

Correctional Facility (LAPAS) is a place utilized to carry out mentoring activities for inmates and Incarcerated juveniles (U.U.D.N.R.I 1945, 1945). Life in a penitentiary is a form of punishment as a consequence of law-violating behavior committed by individuals. Based on observations and interviews at the Class IIA Female Correctional Facility of Malang City, it could be seen that new inmates violate existing regulations more often and were not disciplined towards the daily schedule assigned by the officers. As a result, they received punishment in the form of cleaning the surroundings of the correctional

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facility. Furthermore, from the interview process with the convicts, the researcher found that they faced plenty of problems, especially for the new inmates. One of which was the problem of adjustment. The inmates admitted that they were still unable to adapt perfectly or were not accustomed to the environment and prison regulations because of many things; ranging from monotonous activities, beds that were not as comfortable as at home, to conflicts with other inmates.

The situation in which inmates are in the early incarceration stage is a condition that most affects their psychological state (Warren, Hurt, Loper, & Chauhan, 2016). A convict's new life is certainly very different from their previous life. They cannot experience freedom such as life outside the correctional facility, this is related to scheduled activities, strict and drastic regulations, as well as time restrictions to meet family and those closest to them. The previous research also found out that the inmates greatest difficulty lies in binding regulations and the inability to feel the freedom as before (MacKenzie & Goodstein, 1985). The emergence of these feelings forces inmates to immediately adjust to their new life, which is life in a correctional facility.

Inmate adjustment focuses on the inmate's psychological processes in managing and coping with the demands in their daily lives after experiencing a life transition. Inmate adjustment refers to the process of increasing the ability to deal with demands from oneself and demands to obey or abide by the rules and expectations that are enforced in the institution (Toman, Cochran, Cochran, & Bales, 2015). Inmates' lives in prison can be balanced and go well if they can adjust to the environment and comply with existing regulations.

A previous study on correctional facility regarding adjustment, namely adjustment associated with religious coping obtained a result illustrating that most of the inmate adjustment was in a low category and their religious coping were high (Murti, 2019). Then, it was also found from the research that religious coping is a predictor of adjustment to inmates in the Class IA Correctional Facility of Malang City.

Furthermore, there is also a study that links adjustment to the level of anxiety that has been carried out, which was titled "The Relationship of Anxiety with Self-Adjustment Ability of Incarcerated Citizen in Class IA Correctional Facility of Malang City." The results of this study indicated that inmate adjustment in Class IA Correctional Facility of Malang City was high, and their level of anxiety was low (Puspitasari, 2015). From the research, it can be concluded that there is a relationship between anxiety and adjustment ability of incarcerated citizens in the Class IA Correctional Facility of Malang city, which means that if the anxiety of the incarcerated citizen is high, then the self-adjustment is low. The same applied vice versa; if the anxiety of the incarcerated citizen is low then their

adjustment is high. In addition, currently, there is a Covid-19 pandemic situation that can add to the anxiety of the correctional facility residents. This anxiety consists of anxiety contracting the coronavirus, anxiety on the condition of their family, and etcetera. In line with the research conducted by Puspitasari (2015), this increasing anxiety can affect Inmate adjustment during this pandemic.

Many studies have highlighted how male inmates adjust to incarceration. On the contrary, relatively only a few studies examine variables that can be used to predict prison adjustment in female inmates (Gonçalves, 2014). Female inmates are rarely in the spotlight regarding variables that can predict the adjustment process at the start of their incarceration. It was further stated that female inmates often experienced uncomfortable feelings and were afraid of experiencing undesirable things while living in prison. Furthermore, the previous research also mentioned that it is likely that female inmates experience a more complex overlap by being in a confined environment; they will almost certainly always have a conflict with rules and principles and experience more difficulty in overcoming their sentences in the correctional facility (Liu & Chui, 2014).

In congruence with the changes and fears experienced by female inmates in life in the correctional facility, each of them has a different way of dealing with problems or stresses in their life. Coping strategy is a method used by each individual to overcome and control situations or problems they experienced which are seen as obstacles, painful challenges, and harmful threats (Mefoh, Ezeah, Odo, & Okafor, 2015). Coping strategies are essential to be applied when individuals try to adapt to a limited foreign environment (Carr, 2013). Inmates are individuals who live in a confined environment because of the strict regulations that make them unable to always solve their problems directly in the correctional environment.

In general, there are two forms of coping strategies, namely problem-focused coping and emotion-focused coping (Lazarus, 1993). Problem-focused coping is a coping strategy to deal with problems directly through actions aimed at eliminating or changing sources of stress. Meanwhile, emotion-focused coping is a strategy to relieve individual emotions that are caused by pressure, without trying to change a situation that becomes the source of pressure directly. Not all coping strategies can be used in overcoming the negative behavior of inmates (Picken, 2012). Problem-focused coping tends to be less effective for inmates due to the tightness of the prison environment.

Implementation of emotion-focused coping is an effort with the objective of overcoming, reducing, and even eliminating emotional tension arising from stressful situations or surviving negative emotional pressure due to problems that are faced at once (Taylor,

2018). By regulating emotions, inmates can survive stressful situations, manage, and overcome the demands or challenges of daily life. They will also adjust themselves after experiencing a life transition that is in a correctional facility that is very different from their previous life.

From those explanations, it can be concluded that the changes and fears in life experienced by female inmates have resulted in many problems that must be faced and resolved. Therefore, in dealing with these problems, emotion-focused coping is needed to help inmate adjustment in Class IIA Female Correctional Facility of Malang City. Previous research that has linked adjustment with emotion-focused coping is still very few and difficult to find. Thus, this topic can become one of the interesting new topics to study. This research aims to find out emotional-focused coping picture and self-adjustment picture of the new inmates in the Class IIA Women's Correctional Institution Malang and to find out if emotional-focused coping is a predictor of new inmate self-adjustment at The Class IIA Women's Correctional Institution Malang. With this research, it is hoped that the results will be used to encourage further research, help the improvement of the mentioned cause, and implementation of correctional programs that will support inmates to adjust to the correctional environment.

2. Method

The method used in this research is a causal descriptive quantitative method, namely research to investigate the possible cause-and-effect relationship of the phenomenon between certain factors that may be the cause of the investigated symptoms. Descriptive type of causal research is a type of research used to identify variables that will predict results or criteria (Sugiyono, 2014). Meanwhile, the instrument testing in this study used the one-shot tryout technique, which is a technique to test the validity and reliability of the study by collecting the data only once and then analyzing the valid data to test the hypothesis (Hadi, 2015).

The variables in this study are: (a) the independent variable or X is emotion-focused coping, and (b) the dependent variable or Y is adjustment. The location chosen in this study is the Class IIA Female Correctional Facility of Malang City. The population taken in this study are all new inmates at the Class IIA Female Correctional Facility of Malang City. The population characteristics are namely convicts with a period of stay under six months, totaling 118 inmates. The sampling technique in this study used a non-probability sampling with a saturated sampling method until the sample in this study become 118 inmates.

Data collection was carried out with a Likert scale from two adaptation instruments, namely (1) the Prison Adjustment Questionnaire (PAQ) scale which was first developed in 1985 by Wright to measure adjustment consisting of 29 valid items with the reliability of 0.761, and (2) the Ways of Coping scale (WCQ) which was developed for the first time in 1985 by Lazarus and Folkman. On this scale, the selected items are only those items related to emotion-focused coping, namely 24 items, where all of the selected items are valid and have reliability of 0.876. Both instruments were adapted using Brislin’s back-to-back translation procedure (Brislin, 1970; Cha, Kim, & Erlen, 2007; Jones, Lee, Phillips, Zhang, & Jaceldo, 2001; Tyupa, 2011; van Widenfelt, Treffers, de Beurs, Siebelink, & Koudijs, 2005).

The two analysis used in this research is descriptive analysis and hypothesis testing with the IBM SPSS 25 for Windows program. (1) The descriptive analysis in this study is arranged based on the T score. The T score is one of the ways to change an individual raw score into a standard score. Converting the X score into a T score causes the score to follow a score distribution that has a mean of $T = 50$ and a standard deviation of $St = 10$ (Azwar, 2015). The scores obtained are divided into two categories, namely high and low. Before testing the hypothesis, the researcher conducted an assumption test consisting of the Kolmogorov Smirnov normality test, linearity test, and heteroscedasticity test. Furthermore, hypothesis testing is carried out using simple linear regression analysis.

3. Result and Discussion

Based on the results of the description, the emotion-focused coping and adjustment’s data were categorized into high and low categories. The results of categorization can be seen in the following table:

TABLE 1: Categorization of Emotion-Focused Coping and Adjustment

Variable	Category	Frequency	Percentage
Emotion-Focused Coping	High	61	52%
	Low	57	48%
Adjustment	High	52	44%
	Low	66	56%

Based on the table above, it is known that the subjects with high emotion-focused coping levels are greater, namely 61 people or 52%. Conversely, there are more subjects with low levels of adjustment, with 66 people in the category of 56%.

TABLE 2: Results of Heteroscedasticity Test

Variable	Significance
Emotion-Focused Coping with Adjustment	0,337

Based on the table of heteroscedasticity test results, it can be seen that the significance value is $0.660 > 0.05$, which means that there are no symptoms of heteroscedasticity in the regression model on the emotion-focused coping and adjustment variables.

TABLE 3: Results of Hypothesis Test

Variable	R	R Square	Sig.
Emotion-Focused Coping with Adjustment	0,336	0,181	0,014

Based on the table of hypothesis test results using simple linear regression analysis techniques above, it can be seen that the outcomes in this study obtained an R value of 0.336. This means that emotion-focused coping has a significant contribution to the emergence of adjustment. Also, the R Square obtained is 0.181, with a significance of $0.014 < 0.05$. That finding means that emotion-focused coping contributes to the emergence of self-adjustment by 18.1%, it also means that the H_0 hypothesis is rejected, whereas the H_1 hypothesis is accepted. In other words, emotion-focused coping is a predictor of the new inmate's adjustment in Class IIA Female Correctional Facility of Malang City.

Based on the results of the analysis of the hypothesis test, it elucidated that emotion-focused coping is a predictor of the adjustment of new inmates in Class IIA Female Correctional Facility of Malang City. In other words, when inmates have good emotion-focused coping, it can encourage adjustment in the correctional environment. However, in this case, emotional-focused coping has very little determination in encouraging the emergence of new inmates adjustment at the Class IIA Female Correctional Facility of Malang City.

Incarceration as the inmate's ability to successfully make a transition into an unfamiliar environment and is based on an orientation towards long-term rehabilitation (Tongeren & Klebe, 2010). Adjustment is a process that inmates go through during the initial period of incarceration to make a transition to a new environment that has strict rules and demands active participation in the correctional environment programs to prepare for a more meaningful life after the end of incarceration. Furthermore, five factors that influence inmate adjustment during the initial period of their imprisonment. Factors that influence inmate adjustment include the physical condition, development and maturity, experience and learning, environmental conditions, level of religiosity, and culture of the individuals (Schneiders, 1964).

Inmates in this study are convicts who are still in their initial period of incarceration, which is approximately six months serving in the correctional facility. In that period, they continue to make efforts to identify the environment and other individuals in order to find suitable patterns of adjustment. The correctional setting is always considered a dangerous environment for newcomers (Cattan & Tilford, 2006). At the beginning of their sentence, inmates continue to try to gather information about the contexts of the correctional facility and self-protection efforts, either by facing or preventing threatening situations.

This is consistent with previous research, which investigated the adjustment patterns of inmates in Portugal (Gonçalves, 2014). The results of his study stated that inmates who were at the beginning of incarceration had a fairly low level of adjustment. Researchers also added that adjustment in the correctional environment is a complex process that requires continuous effort, training, and even assessment, which should be implemented right at the beginning of the inmate's imprisonment period.

The behavioral domain associated with inmate adjustment is the individual's ability to cope effectively with pressure and tension (Massoglia, 2008). Emotion-focused coping and adjustment are a unit that is difficult to separate because emotion-focused coping is a domain of behavior that can effectively eliminate inmate's anxieties and worries about the prison environment, where it is related to the emergence of adjustment. Emotion-focused coping strategies are an essential strategy needed for inmates to develop the ability to adapt well and effectively (Visser, 2010). This strategy is quite popular among inmates and people within the correctional settings because it is considered effective and suitable to be implemented. Emotion-focused coping strategies refer more to the efforts made to master, reduce, or tolerate the demands created by stress (Weiten, Dunn, & Hammer, 2018).

The results of this study are in congruence with several theories and studies regarding the relationship between coping strategies and adjustment of female convicts in a correctional setting with minimum security establishment in Texas (Negy, Woods, & Carlson, 1997). The results of the study indicated that coping strategies had a positive correlation with inmate adjustment. Then, it was further explained that emotion-focused coping had more relationships with adjustment than other coping strategies in the correctional environment. This means that the higher the level of coping strategy used, especially emotion-focused coping, the easier it is for inmates to adapt to the correctional environment.

Emotion-focused coping can be the right choice to increase inmate adjustment and encourage inmates to solve their problems even until their sentence period ends, and

they are free to return to the community. This statement is in accordance with the previous research stated that the use of emotion-focused coping could be utilized to develop inmate adjustment in the correctional environment (Rocheleau, 2013). Besides that, successfully applied emotion-focused coping can increase self-esteem and the capacity of inmates to overcome their problems in the future.

The results in this study are also in congruence with previous research regarding the coping patterns of of convicts in Ontario, a prison in Canada. They concluded that the inability of inmates to adapt to the correctional environment is closely related to bad coping habits (Zamble & Porporino, 1990). Furthermore, the research also stated that there could be other aspects of the inmate's personal lives that affect their adjustment outside their coping patterns. In this study, it is also aforementioned that to reduce recidivism in the correctional facility population, a behavior treatment program that focuses on the individual coping needs of inmates who are in the early stages of imprisonment is needed in the correctional environment. Emotion-focused coping is said to be an option to apply to inmates who are in a strict and regulated environment.

Thus, it can be concluded from the results of the research on new inmates that the level of emotion-focused coping possessed by the inmates is mostly high because it brings up factors that influence the high use of emotion-focused coping as described in the previous chapter. However, the adjustment in most of the new inmates is still quite low because other factors affect adjustment in the correctional environment. The researchers also discovered that emotion-focused coping was a predictor of the emergence of adjustment to new inmates at the Class IIA Female Correctional Facility (LAPAS) of Malang City, but the bestowed contribution was not high enough. Therefore, it can be interpreted that most of the variables that influence the appearance of adjustment in research subjects are variables other than emotion-focused coping.

4. Conclusion

Based on the results of the analysis and discussion in the previous chapter, the conclusion obtained by the researcher is that new inmates at the Class IIA Female Correctional Facility of Malang City generally have high emotion-focused coping. The next conclusion is that new inmates at the Class IIA Female Correctional Facility of Malang City have a low adjustment in general. Thus, it can be concluded that emotion-focused coping is a predictor of adjustment to new inmates at the Class IIA Female Correctional Facility of Malang City. In other words, it can be described that emotion-focused coping

encourages the emergence of adjustment to new inmates at the Class IIA Female Correctional Facility of Malang City.

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