



**DESCRIPTION OF SELF-EFFICACY OF FEMALE PRISONERS FACING
COMMUNITY STIGMA AFTER RELEASE: A CASE STUDY**

Sonetha Astilina Blegur*, Megah Andriany, Nur Setiawati Dewi

Master of Nursing Program, Faculty of Medicine, Universitas Diponegoro, Jl. Prof. Soedarto No.13, Tembalang,
Semarang, Jawa Tengah 50275, Indonesia.

*sonethablegur@gmail.com

ABSTRACT

The negative effects of stigma can cause anxiety in WBP, fear, low self-efficacy to re-adapt and even increase the number of recidivists due to the pressure of stigma experienced. Previous research examined the self-adjustment of former WBPs facing stigma after release, however, research on the self-efficacy of female WBPs in facing public stigma is still very limited, therefore researchers are interested in conducting research related to the self-efficacy of female prisoners in facing stigma in society. Objective: To describe the self-efficacy of female prisoners in facing stigma in the community after being released from prison. Methods: This study is a descriptive qualitative study to describe the self-efficacy of female prisoners in facing community stigma. Three participants were selected using purposive sampling and met the criteria of female prisoners who were willing to be participants and female prisoners who would be released in less than one year. The research was conducted at the Women's Correctional Center Class II A Semarang. Data collection was conducted through in-depth interviews and completed with field notes, according to the place agreed upon by the research and participants. Interviews were recorded then made verbatim transcripts and analyzed using the qualitative descriptive analysis method according to Miles and Huberman. Results: Two main themes were identified: the first theme was not caring and persevering in adversity, the second theme was working and realizing great expectations. Conclusion: The results showed that female prisoners who will be released show an attitude of not caring about the stigma they may face after returning to society, because they have confidence in their ability to overcome existing challenges. High self-efficacy plays an important role in helping female prisoners stay focused on their goals, such as finding a job or starting a new business, without being affected by negative views or stereotypes from society.

Keywords: female prisoners: self-efficacy: stigma

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INTRODUCTION

The global prevalence of female prisoners has increased from mid-2000 to 2022. Currently, there are around 740,000 female prisoners in prisons around the world. Some countries in Asia have the highest ratio of female prisoners, such as China (19.7%), Qatar (14.7%), Laos (13.7%), Myanmar (12.3%), Brunei Darussalam (11.9%) and Guatemala (11.3%). In Indonesia, the number of female prisoners has reached 65,510 in the last five years, from 2018 to 2022. Data from the Database System Database System (SDP) shows a significant increase in the number of female prisoners, especially in 2018 and 2021 (Fair & Walmsley, 2022)(Kemenhumham, 2023).The increasing number of female prisoners in Indonesia is influenced by the high number of criminal cases (Journal et al., 2017). Factors causing criminality in Indonesia are internal factors such as economic needs (clothing, food and shelter) including one of the basic human needs that if not fulfilled a woman can commit criminal acts such as stealing, abortion and fraud and external factors. External factors include environment and education. A densely populated residential environment with a low level of

security or close association with criminals will influence a person's behavior to commit criminal acts such as alcohol parties, fights and theft (Fitri, 2017).

Stigma as a social injustice received by female prisoners as a stereotype that the mistake will be repeated when back in the community (Putri et al., 2022) (Atkin-Plunk & Armstrong, 2018). Public stigma against female prisoners appears as discrimination where female prisoners face mistrust, mistreatment, difficulty in finding employment and rejection in the social environment this is experienced when female prisoners are released (Moore et al., 2023). Female prisoners feel anxiety and fear that cause stress during detention and before returning to the community due to stigma and discrimination (Imelisa & Novitasari, 2020). This support is also based on the good self-efficacy of female prisoners as an early stage preparation for dealing with stigma and discrimination in the community. Female prisoners with high self-efficacy feel able to control the situation. This belief makes them less desperate when facing difficult situations, such as ignoring the negative words and actions of others towards them. They will respond to the stigma that exists in society as a challenge that can be overcome and this motivates them to form a commitment within themselves to make positive changes (Kemenhumham, 2023)(Lesmana, 2019).

Prisoners with low self-efficacy interpret failure as an inability to accept their condition to re-adapt to the social environment and do not try to improve themselves to become better individuals (Rahmi et al., 2021). Low self-efficacy affects the abilities of female prisoners and tends to avoid challenging tasks that are perceived as difficult, such as finding a job for fear of discrimination and then withdrawing from the environment. It is important for female prisoners to have good self-efficacy (Anggareksi et al., 2021). Research related to the self-efficacy of female prisoners facing stigma is still limited, so the exploration of the self-efficacy of female prisoners in facing stigma needs to be done so that researchers can describe how the self-efficacy of female prisoners in facing public stigma using a qualitative descriptive approach method. The purpose of this descriptive study was to explore the self-efficacy of female prisoners facing public stigma.

METHOD

This research design uses a qualitative descriptive method. The purpose of this descriptive research is to explore the self-efficacy of female prisoners facing public stigma. The population of this study were all female prisoners. Qualitative research using purposive sampling technique. The sample taken in this study was female prisoners with the number of participants determined as many as 3 participants who became resource persons. Participants must comply with the predetermined inclusion criteria, namely: Female prisoners who are willing to become participants. Female prisoners who are independent, able to communicate well and cooperative, female prisoners who will be released in less than one year. The data collection process is based on Creswell and Poth's theory, namely the preparation, implementation and termination or closing stages (Creswell & Creswell, 2018). In this research, the research instrument is the researcher himself as the main researcher (key instrument), interview guidelines that have been tested by experts, voice recording devices other than smart phones and stationery as field notes. Data analysis according to Miles and Huberman which will be used in this study, namely, data reduction, data display and conclusion.

The ethical principles of research applied in this study include: Autonomy, where researchers respect the rights of participants in making conscious decisions to accept or refuse to become participants. Anonymity, researchers also convey that data and information from participants

are confidential or will not be disseminated by researchers, Beneficence researchers do not harm and try to protect and provide comfort to participants in the research process, Veracity or honesty, researchers conduct research honestly and in documenting researchers do not fabricate what happens in the field. Principle to respect for privacy and confidentiality participants have the full right to be respected about what researchers will do to WBP and what female WBP will do.

RESULT

Based on the results of research on female prisoners carried out at Class II A Semarang Correctional Facility, themes were found that describe the self-efficacy of female prisoners facing public stigma, namely:

Table 1.
Theme Analysis

Theme	Category
Do not care and endure hardship	a. Do not care and continue to live life
Worked and was able to realize great expectations	a. Worked and started a better life

Theme 1: Not caring and enduring hardship

Prisoners who are in detention by not caring about what other people say and endure the difficulties faced after release related to stigma in society. caring attitudes shown by female prisoners are ignorant, do not care and just face what people say about them. This theme consists of one category, namely showing an attitude of not caring and continuing to live life. Stated by three participants as follows: “Even if there is yes ... whatever mba, humans are also nothing right, right? Changing is from my own beliefs and intentions, maybe at this time I am in the wrong position, but it's okay to accept it...he'um...as long as my family's parents accept it” (P1).

“Yes, that's the consequence, I must have something like that. The important thing is to never touch my family's feelings, it's okay to touch my feelings. My family has been nagging my burden a lot (teary eyes) if I do that, it's okay, let people say what they want” (P2).

One participant said he didn't care and just let what was said.

“I think I just let it go, I don't care, I don't want to avoid it either, just face it” (P3).

Theme 2: Being able to realize big hopes

Working again is a form of hope for participants to realize the great hopes of prisoners after being released from prison. This theme consists of one category, namely working halal and starting a better life. This was expressed by three participants as follows: “The brothers want to collect...piro piro so to help capitalize mba... I want to sell grilled sausages too... for example how much... the capital. It's already determined, God willing, I'm really tired, I want a better life, mba. I previously worked at a grocery store...but I didn't go back. Then I have to work hard again huhum (laughs inside) not going back to the old place, huh...I Insyah Allah will do my own business selling boba drinks, pop...pop eis... pop eis like that” (P1).

Two participants said they would do halal work after being released from prison

“Hopefully I won't come back here again, God willing, I don't want to work outside the city first...now I'm practicing batik, the plan is to make batik...that's for a more halal job” (P2).

“I want to open my own stitching place, I am the youngest child...my brother is also a tailor. I used to know...but I didn't practice, now I'm more proficient in sewing from the training here. A better job, halal for family life” (P3).

DISCUSSION

Theme 1: Not caring and persist in difficulties

The results of the study provide the fact that female prisoners who will be released show an attitude of not caring about the circumstances that will be experienced related to stigma after release and being in the community, where prisoners have confidence in their own ability to overcome the problems that will be faced. Self-efficacy refers to a person's belief in their ability to succeed in certain situations or achieve desired goals. People with high levels of self-efficacy tend to be better able to overcome obstacles and difficulties, as they believe they have the ability to control situations and produce positive outcomes. In the context of "not caring and persisting in adversity," self-efficacy helps a person to remain resilient and not give up when facing difficulties. They may be more likely to look for new solutions or strategies rather than feeling hopeless or avoiding problems (Dahlan et al., n.d.).

Page (1984) states that if a person recognizes that their behavior has the potential to cause stigmatization, then they must decide to make the right call or decision. There are two choices that can be made to recognize the stigma that must be experienced, namely, accepting the stigma from society or rejecting it (Haghighat, 1995). Attempting to face challenges with an attitude of "not caring and surviving," is a decision made by the WBP. Building self-efficacy can be the key to increasing resilience and the ability to get through difficult times (Nauvalia, 2021). The family support factor. WBP who receive positive family support will show good self-efficacy. This is because the family is their main goal when they return home. If the family provides a good acceptance response, WBP will not care about negative responses from the community (Thorne et al., 2023) (Young & Anazodo, 2020). This is confirmed by previous research that, family support for prisoners after release or while in detention provides enthusiasm for undergoing detention, has a positive impact and reduces the risk of recidivism (Hughes et al., 2020).

Theme 2: Working and realizing great expectations

The results show that to be able to return to society in the face of public stigma, prisoners are able to work and realize great expectations within themselves. Working and being able to realize great expectations, can be very relevant when we talk about prison (Correctional Prisoners) who face stigma. Stigma can sometimes be a huge barrier for ex-offenders to find work or achieve their life goals after incarceration (Seaward et al., 2023). Self-efficacy as an internal drive: Self-efficacy is a person's belief in their ability to achieve goals and overcome challenges. For prisoners facing stigma, high levels of self-efficacy can help them to stay focused on their goals, such as getting a decent job or starting a new business. This belief allows them not to feel affected by negative views or stereotypes that may be held by the community. This is supported by Maruna's research (2001) which states that what drives the efforts of WBP to successfully maintain self-belief and focus on the WBP's goal to change is motivation from oneself (Plimley, 2024).

Overcoming stigma with concrete action, people with high self-efficacy tend to be more motivated to seek solutions and take concrete steps to achieve their goals. They may actively seek opportunities, acquire new skills, or build networks that support their reintegration into society. This is in line with previous research that the presence of social and family relationships in the reintegration process of prisoners (Hapsari & Pemasyarakatan, 2021). Building a positive reputation where through consistent action and success in achieving goals, WBPs can build a positive reputation that overcomes stigma. This creates tangible evidence of the WBP's ability to contribute and succeed in society, which in turn can break down negative stereotypes that may hinder the WBP (Hendra et al., 2023).

CONCLUSION

The results showed that female prisoners who were about to be released showed indifference to the stigma they might face upon returning to the community, as they had confidence in their ability to overcome the challenges. High self-efficacy plays an important role in helping female prisoners stay focused on their goals, such as finding a job or starting a new business, without being influenced by negative views or stereotypes from society. By taking concrete actions and building a positive reputation through their successes, they can prove their ability to contribute positively to society, overcoming the stigma that may hinder them upon release and return to society.

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