Social Support, Husnuzan, and Resilience among the Prisoners

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Abstract. Resilience is necessary for the prisoners who are subjected to legal sanctions in accordance with criminal cases committed. Therefore, this study aimed to identify the resilience of the prisoners living in a prison regarding social support and *husnuzan*. A quantitative correlational method was used to explore the relationship between social support, *husnuzan*, and resilience. The participants were Muslim male prisoners, aged 18 to 60 years, incarcerated for the first time at Correctional Institution "X" in Yogyakarta. A total of 206 participants were obtained using a purposive sampling method and data were collected through three psychological scales, namely resilience, social support, and *husnuzan*. The result showed that there was a positive relationship between social support & *husnuzan* and the resilience of the prisoners. This implies that the prisoners have high resilience when there is a positive thought about the future, as well as receive love and support from family and friends.

Keywords: Social support, *husnuzan*, prisoners, resilience

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Introduction

According to Law Number 12 of 1995, a convicts, or prisoners, are individuals who have been found guilty through a court decision and is serving a sentence in a correctional institution (BPHN, 2022). The term "correctional institution" is intended for individuals who have committed a crime and have been sentenced according to the criminal case (Ula, 2014; Sum et al., 2017). In 2021, the number of prisoners in Indonesia reached 255,435 (Hendarto, 2021). In 2022, the number of prisoners in Yogyakarta, a city well known for the educated population reached 1,761. Specifically, the number of the prisoners living in the Correctional Institution "X" in Yogyakarta was 326 prisoners (Sipasta, 2022).

The population is significantly greater than the capacity in correctional institutions, resulting in overcrowding of about 88% of the existing capacity (Hendarto, 2021). The high number of the prisoners has an impact on various aspects of lives, including the psychological aspects. Another data showed that 1,417 out of 1,548, accounting for 91.54% of the population are male (Sipasta, 2022). An interview on February 12, 2022 with AS (a prisoner at the Correctional Institution "X" Yogyakarta, 21 years old,

male) shows that the prisoners living in the prison feel uncomfortable, hopeless, sad, and lonely, as well as experience difficulty interacting inside the facility. This is caused by the difference between the environment both outside and inside the prison.

Riza and Herdiana (2012) reported that the prisoners who have difficulty interacting and adjusting in the prison have a low level of resilience. Previous studies defined resilience as the ability of an individual to face the decline of life, adapt positively, and rise from difficulties (Connor & Davidson, 2003; Killgore et al., 2020). Based on an interview with HG (24 years old, male), the prisoners have limited activities are stressed, feel bored, far from families, and have feelings of worry about negative stigma from society (interview, March 17, 2022). According to Kao et al (2014), these conditions are indicators of low levels of resilience in the prisoners. Stressful conditions are caused by changes in life, the compulsion to be isolated from society and family, limited activities, and lonely feelings (Hairina & Komalasari, 2017; Welta & Agung, 2017). Individuals lacking resilience are characterized by an inability to achieve goals due to the challenges of life, often struggling to remain calm, think critically, focus on

problems, adapt to life changes, and control impulses (Azzahra, 2017).

Low resilience among the prisoners hinders the ability to adapt to the prison environment and perform activities optimally. This lack of resilience also undermines self-control and fosters a negative view of their circumstances (Riza & Herdiana, 2012). Furthermore, low levels of resilience trigger feelings of hopelessness, loneliness, stress, and depression (Ahmad & Mazlan, 2014; Tololiu & Makalalag, 2015; Batara & Kristianingsih, 2020).

The levels of resilience of individuals, including the prisoners, are certainly influenced by various factors. Some of these factors include social support (Nashori & Saputro, 2021), self-esteem, spirituality, and positive emotions (Resnick et al, 2011), religiosity, personality, socioeconomic status, age, gender, parenting, optimism, stress coping, and self-efficacy (Nashori & Saputro, 2021). Social support for the prisoners is a protective factor with a major influence on resilience (Huang et al., 2020; Koroh & Andriany, 2020). Zimet et al (1988) reported that social support is the belief of an individual in receiving support from family, friends, and close associates when needed. According to Riza and Herdiana (2012), some factors that play a significant role in developing high resilience in the prison are the support from close individuals, either from family, relatives, or friends. Zellawati and Amalia (2022) reported that social support plays an important role in increasing resilience in the prisoners. According to Jiang et al., (2014), good social support provides a sense of happiness and life satisfaction to the prisoners. Raisa dan Ediati (2016) reported that high social support translates to an increased level of resilience.

Another important aspect for the prisoners is positive thinking, which, relates to *husnuzan* within the Muslim context. The choice of *husnuzan* was based on the significance as an Islamic teaching, showing the importance for Muslims (including the prisoners), in learning how to respond to different circumstances. Rusydi (2012) explains that *husnuzan* is the behavior of the heart and good morals that always motivate humans to have positive thinking about Allah and others. The study also showed that the concept plays an important role in improving mental health in an individual. The ability to think positively by an individual triggers a good emotion which then contributes to mental health (Gusniarti et al., 2017).

Psychological resilience is a key aspect of mental health, with husnuzan contributing to the enhancement among the prisoners. The concept is supported by the report of Afridah et al (2022) that the *husnuzan* can increase the resilience of individuals. This discussion shows that previous studies have explored the relationship between social support, *husnuzan*, and resilience. For example, Afridah et al. (2022) examine the relationship between *husnuzan* and resilience. Other studies also showed the relationships between social support and resilience, including Huang et al. (2020), Istiqomah and Setjaningrum (2020), Zellawati and Amalia (2022). This study focused on the prison inmates, while Afridah et al. (2022), Huang et al. (2020), and (Zellawati & Amalia, 2022) used juvenile subjects, incarcerated offenders, and the prisoners in detention centers. In addition, this current study differs from a previous report by aiming to identify the joint role of social support, *husnuzan,* and resilience in the prisoners living in a prison, especially at the Correctional Institution "X" Yogyakarta. Based on the description, the following hypotheses were proposed to achieve the objectives of the study.

H1: There is a positive relationship between social support, *husnuzan*, and resilience jointly in the prisoners living in the correctional institution.

H2: There is a significant relationship between social support and resilience in the prisoners

H3: There is a significant relationship between *husnuzan* and resilience in the prisoners.

Methods

Study Design
The study uses a quantitative correlational method to explore the relationship between three variables. The three variables in question include two predictors and one criterion, namely social support, *husnuzan*, and resilience. The relationship between the three variables was analyzed using the multiple regression analysis method.

Study Participants
The population in this study were the prisoners living in Correctional Institution "X" Yogyakarta with several criteria, namely male, Muslim, and adult age (18-60 years), as well as those serving first sentence in the prison. The participants who met these criteria were 206 prisoners, selected by a purposive sampling method. The age restriction in this study is because the prisoners over the age of 60 often face challenges in participating due to difficulties with reading and other health-related factors. The prisoners who have been sentenced several times are called recidivist prisoners and are included in the school of crime phase in the prison. Consequently, these categories of individuals were excluded from the study.

The participants in this study represented three marital statuses, namely single, married, and divorced. From the data in Table 1, there were 88 single, 70 married, and 48 divorced participants, accounting for 42.7%, 34%, and 23.3%, respectively. Participants with a high school education represented the largest group in the study, totaling 82 individuals (39.8%).

Those with a master degree constituted the smallest group, with only 4 participants (1.9%). In terms of incarceration duration, individuals serving a prison term of 1-5 years comprised the majority, with 116 participants (56.3%) currently within this range and 158 (76.7%) having served within this period.

Data Collection

The data collection method in this study applied a self-report method from three psychological scales. The three scales were CD-RISC (Connor-Davidson Resilience Scale), MSPSS (Multidimensional Scale of Perceived Social Support), and *Husnuzan* Scale.

The resilience was measured using the CD-RISC scale developed by Connor-Davidson and translated by Gina dan Fitriani (2022). The CD-RISC scale consists of five aspects, namely 1) personal competence, high standard and tenacity, trust in instincts, 2) tolerance of negative affect, strengthening effect of stress, 3) positive acceptance of change and secure relationships, 4) control, and 5) spiritual influences. All statements in this measuring instrument were favorable with several alternative answers, consisting of 33 items. Examples of items on this scale are (1) "I know how to achieve my future goals" and (2) "Me and my family understand things similarly". Based on the reliability test that had been conducted in this study, the resilience variable has a reliability of α = .877.

The measuring instrument used to measure social support in the prisoners was the MSPSS developed by Zimet et al. (1988) and adapted to Indonesian by Sulistiani et al. (2022). This instrument consists of three aspects, namely family, friends, and support from close relatives. This instrument consists of 12 favorable items, including (1) "My family is willing to help me make decisions" and (2) "My friends really try to help me". The result of the reliability test showed that the social support variable has α =.865.

Table 1
Demographic data of subjects (N=206)

Category	N	%
Marital Status		
Not married yet	88	42,7%
Married	70	34.0%
Divorced	48	23.3%
Education		
Elementary school	43	20.9%
Secondary school	60	29.1%
Senior high school	82	39.8%
Diploma	7	3.4%
Undergraduate	10	4.9%
Postgraduate	4	1.9%
Long-Term of Detention	N	%
1-5 years	116	56.3%
6-10 years	57	27.3%
11-15 years	25	12.1%
16 years-death penalty	8	3.9%
Detention Periode Already Served		
Less than 1 year	32	15.5%
1-5 years	158	76.7%
6-10 years	16	7.8%

Husnuzan was measured using the *Husnuzan* Scale developed by Rusydi (2012). This scale has two aspects, namely *husnuzan* to Allah SWT and humans. The scale consists of 14 unfavorable and nine favorable items, totaling 23. Examples of items on this scale are (1) "Wherever I go, I feel God protects me" and (2) "I forget mistakes that other people have made against me." Based on the reliability test that was conducted in this study, the *husnuzan* variable has α = .85.

The Likert scale model was used as each participant was asked to choose one from four answers, namely strongly agree (SA), agree (A), disagree (D), and strongly disagree (SD). Scoring was allocated for the favorable or unfavorable items, with 4, 3, 2, and 1 points for "strongly agree," "agree," "disagree," and "strongly disagree," respectively.

Study Procedures

Study permission was obtained from the study ethics committee of the faculty after determining the feasibility of the proposal (Number: 565/Dek/70/DURT/IV/2023). The next stage was sending the proposal to the Correctional Institution "X" Yogyakarta and submitting the study permission including 220 prisoners living in the prison to become study subjects.

Data Analysis

There were two stages of analysis carried out in this study, and the first was to conduct assumption tests, such as linearity, normality, and multicollinearity. All assumptions being completed will prompt the implementation of a parametric hypothesis analysis. Conversely, a nonparametric hypothesis analysis will be conducted when any assumption test is incomplete. The second stage was to conduct a hypothesis test using multiple regression and partial correlation analysis. These methods were used to test the hypothesis that social support and *husnuzan* can be predictors of resilience in the prisoners. Sugiyono (2013) stated that multiple regression analysis is a statistical test that determines levels of dependent variables when two or more independent variables are predictors. Meanwhile, the partial correlation analysis functions to determine two or more independent variables in predicting the response variables.

Results and Discussion
Descriptive Data

The results of the descriptive analysis showed mean resilience, social support, and *husnuzan* of 31, 37.2, and 68.8, respectively. The standard deviation for each factor is 4.5, 5.52, and 9.0, respectively, as shown in Table 2.

Table 2
Categorization Data of Research Participants (N=206)

	Resilience		Social Support		*Husnuzan*	
	N	%	n	%	N	%
Low	25	12.14%	30	14.6%	36	17.5%
Moderate	157	76.21%	143	69.4%	140	68.0%
High	24	11.65%	33	16.0%	30	14.5%

Table 3
Hypothesis testing results (N=206)

	Sig	r	R^2
Social support, *husnuzan*, and resilience	.000	.617	.380
Social support and resilience	.000	.568	
Husnuzan and resilience	.011	.176	

Based on the result in Table 2, 157 participants, accounting for 76.21%, have a moderate level of resilience. Additionally, 24 participants (11.65%) exhibited high resilience, while 25 (12.1%) were in the low category. For the variable of social support, the majority of participants fall into the moderate category, accounting for 143 participants (69.4%). High social support was found in 33 participants (16%), while 30 (14.6%) were in the low category. For the variable of *husnuzan* (positive thinking), the number of participants in the moderate, low, and high categories was 140, 36, and 30, accounting for 68%, 17.5%, and 14.5%, respectively.

Assumption Test Results
The results of the normality test showed that the data for each variably are normally distributed, with a Kolmogorov-Smirnov significance value of .128 (p > .05). In the linearity test, the relationship between the resilience and social support variables has a p-value of .000 (p < .05). Similarly, the relationship between resilience and *husnuzan* is linear, with a significance of linearity value of .000 (p < .05). The tolerance and VIF value for the multicollinearity test was .933 (> .10) and 1.071 (< 10.00), showing that the two variables are within different constructs.

Hypothesis Testing Results
Based on the results of the multiple regression analysis, the F-value, correlation coefficient (r), and the p-value were 62.295, .617, and .00 (p < .05), respectively. This result shows a significant relationship between social support, *husnuzan* and resilience jointly in the prisoners, leading to the acceptance of H1.

The partial correlation analysis was conducted to determine the relationship between each variable and the resilience. A significant relationship was found between social support and resilience in the prisoners, with a p-value of .000 (p < .05) and r = .568, hence

H2 was accepted. The relationship between *husnuzan* and resilience in the prisoners has a p-value of .011 (p < .05) and r = .17. Therefore, there is a relationship between the two variables despite the low level of correlation, leading to the acceptance of H3.

The result in Table 3 shows a significant positive relationship between social support and *husnuzan* with the resilience in the prisoners in the prison with a value of p = .000 (p < .01). Higher levels of social support and *husnuzan* correspond to increased resilience in the prisoners. This result supports the first hypothesis of this study stating that there is a significant relationship between social support, *husnuzan*, and resilience in the prisoners. Therefore, based on the results presented, the first hypothesis of this study is conclusively accepted.

In the second and third hypotheses, the partial correlation analysis was used to show the significant relationship between social support and resilience in the prisoners with a value of p = .000 (p < .01). Meanwhile, the relationship between *husnuzan* and resilience has a significance of p = .011 (p < .05), leading to the acceptance of the second and third hypotheses.

Discussion
The result of this study is consistent with the report of previous investigations. Zimet et al (1988) described social support as the belief held by an individual in receiving support from family, friends, and close associates when needed. According to Riza dan Herdiana (2012), some of the factors that play a role in cultivating high resilience in the prison are the support from close individuals, either from family, relatives, or friends. Social support is crucial as this assists with prisoners adjustment to the prison environment and in developing mature plans for release (Kao et al., 2014). For example, a study by Istiqomah and Setjaningrum (2020) reported a significant positive relationship between social support and resilience in the prisoners at Correctional Institution Class IIA Ambarawa. Zellawati dan Amalia (2022) also reported that there was a significant positive correlation between social support and resilience of the prisoners at the Directorate of Prisoners Care and Evidence Detention Center, the Central Java Regional Police. Furthermore, a study by Huang et al (2020) found that social support is a protective factor that increased resilience in prisoners who were sentenced for criminal actions.

According to Marsha et al (2019), the existence of interpersonal relationships, such as social support received by prisoners in the prisons is a factor that causes high resilience. In this study, social support for the prisoners is shown by friends or officers in the prison. Social support from the officers plays an

important role in increasing resilience, enabling a sense of safety that helps in avoiding feelings of oppression and reducing negative stigma from surrounding individuals. The results of the partial correlation analysis between social support and resilience show a positive relationship. This result is consistent with the report of Budikafa et al. (2021) that resilience in prisoners was influenced by the existence of social support.

In addition to social support, this study focused on the effects of *husnuzan* on the resilience of the prisoners. Based on the results of the partial analysis, the values of r = .176 and p = .11 were obtained, suggesting a weak relationship between *husnuzan* and resilience. In other words, the role of *husnuzan* in increasing resilience is not as good as the role of social support. These results contradict previous studies, such as the report of Afridah et al (2022) that *husnuzan* increased resilience in an individual, and the factor underlying resilience is positive thinking. Muslimin (2021) showed a strong significant positive relationship between positive thinking and resilience. In addition, a study by Aulia et al (2022) reported that positive thinking had a significant relationship with resilience in an individual.

Although the role of *husnuzan* in this study shows a weak relationship, the impact is still perceived by the prisoners. This is evident from the belief that every moderate difficulty will be accompanied by ease from Allah. The prisoners also believed that the punishment was a consequence that must be accepted for the criminal actions. Therefore, social support and *husnuzan* were concluded as important factors needed to increase the resilience of the prisoners.

The results of this current study show that social support and *husnuzan* play important roles in optimizing resilience among the prisoners. These two factors combine to enhance resilience growth and development. There is a belief that difficulties experienced in the prison will be alleviated upon release. Furthermore, there is an expectation of receiving social support from officers and peers within the prison, as well as family and community members upon release. The collaboration between social support and *husnuzan* has been shown to foster moderate resilience.

The results of this study showed that the majority of participants have resilience scores in the moderate category, accounting for 76.2%. According to Mayangsari and Suparmi, (2020), the existence of resilience shows the ability of the prisoners to adapt and survive positively. Those with a high level of resilience easily adjust properly in the prison and carry out daily activities without feeling burdened, maintain self-control, and view every condition

experienced positively. This result is consistent with the report of Buzzanell and Houston (2018) that good resilience enables an individual to survive various conditions and challenges.

The resilience of the prisoners is described by the ability to control emotions, analyze, and overcome problems. An interview with YG (24 years old) showed that the prisoners adapt well in the prison, facilitating easier acquaintance and leading to friendships that promote comfort during incarceration (Interview, April 12, 2023).

The Correctional Institution "X" Yogyakarta, has various programs intended for the prisoners that are important factors in building resilience. This includes religious activities that must be followed by every prisoner, such as studies held every week, completing the Al-Qur'an every Friday, and studying the Al-Qur'an taught by invited teachers. Furthermore, several prisoners express a desire to strengthen connection with Allah.

The prisoners with high levels of resilience attempt to control unpleasant feelings behind stressful conditions, such as finding humor and enjoying togetherness with others. The support from family, friends, and officers is also an important factor that facilitates easy adaptation and enables building good resilience. This condition is consistent with the result of a previous study by Seiler and Jenewein (2019) that an individual can face difficulties and unpleasant events by maintaining and restoring psychological and physical functions when having good resilience.

This study faced several challenges, resulting in certain limitations that may have influenced the scope and results. These challenges included the conditions of the prison, which required a high level of security as the process of collecting participants needed strong permission from the officers. In addition, several participants had difficulty in reading, necessitating assistance from the data collectors. Several uncontrollable conditions within the prison impacted the data collection process, including 1) the existence of a BAP (examination report) caused by the prisoners who violated the rules and stopped the data collection process, 2) the presence of new prisoners in the prison, which temporarily stopped collecting data, and 3) the existence of free visits imposed at the prison.

Conclusion
In conclusion, the result of this study showed that the prisoners had high resilience when there were positive thoughts about the future, as well as receiving support and love from family and friends. The optimal resilience of the prisoners was influenced by the collaboration of internal and external factors, namely *husnuzan* and social support. Furthermore, the prisoners believed that difficulties in a situation were

accompanied by ease after being released from the prison. The social support provided by officers and friends within the prison environment was expected to continue upon reintegration, as the prisoners received support from families and communities. The result of this study contributed to science, especially psychology, by confirming the theory that *husnuzan* (positive thinking) had an influence on individual resilience. Positive thoughts about various situations, particularly unpleasant events, tended to increase the development of resilience.

Based on this study, the prisoners were expected to maintain or even increase support from friends and individuals within the environment. Maintaining and strengthening relationships with Allah and others was also essential for achieving good resilience. Future studies were recommended to use different methods to further enrich the results. In addition, the differences in the ages of adults and the elderly in the prison should be examined to determine the resilience levels based on age. Studies should also focus on religiosity, education, and a sense of humor which tended to influence the resilience of the prisoners.

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