

Reduce Children's Child Prisoners Stress Through Group Counseling With Emotion Focused Of Coping Strategy

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Abstract: This study aims to reduce the stress of child prisoners through group counseling services with coping strategies focused on emotions. The study used one group pretest posttest design with qualitative analysis. The research subjects were 8 male convicts taken by purposive sampling technique. Data collection techniques using a questionnaire and observation guided checklist. Data analysis techniques using t-test. Group counseling services are provided five times, t value = 9,109 with a significance level of 0,000. The results showed that the stress level of child prisoners could be reduced by 26.16 percent through group counseling services using coping strategies focused on emotions.

Index Terms: Child prisoners, group counseling, stress coping.

1. INTRODUCTION

The liveliness of news about crime in the mass media, shows the increasingly high crime behavior that violates the law. Perpetrators from the age of children to adulthood. According to Law No. 11 of 2012, classified as children are those under the age of 18 years. Based on the developmental period, they are classified as adolescence. Adolescence is a crucial period for individual development, because at this time individuals experience biological, cognitive and social transitions [1]. Juvenile delinquency is all acts that if done by adults is a crime, for children is delinquency in violation of the law, such as: stealing, persecuting drugs, rape, and so on [2]. Children become prisoners because they violate the law and based on the Court Judge's verdict they must be jailed. Imprisonment will result in conflicts, including serious inner conflicts, especially in children who are entering prisons for the first time, experiencing mental breakdown caused by social isolation in prison, child prisoners feel ostracized and condemned by the outside community at large [3]. Child prisoners are generally mentally unprepared to face the reality in prison. In him appears a feeling of regret for the actions and mistakes that have been done, there is even a feeling of hating himself. Possible impacts include the absence of social participation, exclusion in social life, experiencing increasingly intense inner pressure, emerging tendency to close themselves from reality, trying to escape from reality, relations with fathers become distant, eventually they can become stressed. In socio-emotional development it is found that quality time between child and father can increase self esteem, self confidence, social competence and life skills. Children who have a close relationship with their fathers have higher self esteem and are not prone to depression [4]. Adolescence, the perspective of thinking becomes increasingly widespread, can include religion, justice, morality, and identity or identity, with the development of aggressive emotions, running away from reality, like day dreaming, reticent, like to be alone, taking sedatives, liquor, or illegal drugs [5]. This condition results in an imbalance between the development of thinking and the development of emotions, which eventually results in deviations of behavior contrary to the law. On the one hand, the insight of thinking is increasingly widespread, including religious insights, moralitas and justice, but at the same time being in a

position of irritability, day dreaming, solitude, because of low assertive ability. The freedom of adolescents while in prison becomes very limited and uncomfortable. Child prisoners generally manifest negative behavior, such as: hidden anger. Anger is a feeling of annoyance that arises in response to anxiety felt as a threat [6]. Child irritation and anger lead to theft, rape, and murder, they are less able to manage emotions, do not know their emotions properly and motivate themselves positively. Troubled adolescents and prisoners still have a chance to improve themselves. An integrated education model with group guidance techniques can increase knowledge (cognitive), can improve the affective domain, and can improve the behavior of child prisoners [7]. Increased knowledge about moral life and character, as well as improved attitudes, tolerance, responsibility, mutual cooperation, togetherness and the like and behavior in life together in prison. Uncomfortable circumstances can cause stress for some inmates, especially inmates of children who have just entered prison. State of stress experienced by a person will cause adverse effects both physiologically and psychologically [8]. Individuals will not let this negative effect continue to occur, he will take an action to overcome it. Actions taken by individuals are called coping strategies. Coping is a visible and hidden behavior that is done by someone to reduce or eliminate psychological tension in stressful conditions [9].

2. THEORITICAL REVIEW

Stress as a stressful psycho-physical condition as a reaction to challenges, threats and pressures that have not yet found a solution to a comfortable condition. In children who are growing up, stress can occur due to several sources including: life events, stresses, economic, busyness, socio-cultural factors. Stress can be divided into mild stress, moderate stress and severe stress. Individual differences in child convicts lead to different responses to pressures, threats and demands for life in prison. Individual psycho-physical conditions also cause differences in the ability to coping with stress toward comfortable living conditions. Coping strategies are often influenced by cultural background, experience in dealing with problems, environmental and social factors, personalities, self-concepts that are very influential on someone's self-defense in solving problems encountered [10]. Child prisoners can be categorized as children who are marginalized from all

forms of public services. As citizens they also have the right to receive educational services. The existence of child convicts with various limitations, so when they will do the coping, certainly experienced many obstacles. They need certain services to do coping in an effort to reduce stress. One form of assistance that is right for them is the provision of educational services in the form of group counseling services. Education is a humanitarian problem that must be approached from human development itself [11]. Group counseling is healing and prevention. Healing in the sense of helping individuals to get out of the problems they experienced by changing their attitudes and behavior to be in harmony with their environment [12]. Through group counseling, the counselee can develop attitudes and form better behaviors, be able to develop social skills, such as: mutual cooperation, mutual understanding, being able to express their opinions, being able to appreciate and accept group opinions, and help solve problems faced by other group members. The results of a preliminary study at the Bengkulu Second Class Special Institution for Child Development showed that child convicts exhibited stressful characteristics, such as: difficulty expressing complaints, better hiding than telling a friend who is often considered unbelievable, inactive in activities, often sick and often sleeping, feeling anxious, feeling insecure, always feeling guilty. That is, in fact they have carried out an activity called coping, but many experience obstacles due to various limitations. This study aims to reduce child prisoners' stress through group counseling services using coping strategies that are centered on emotions (emotion focused of coping). Coping is a process in which individuals try to manage the differences that exist between the demands of the individual's resources in dealing with stress. Stress as a response that cannot be avoided by individuals is needed to provide stimulus to change and growth [13]. Individuals can control the emotional responses that arise in several ways, namely: seeking emotional support from friends, or by doing activities that are preferred. The cause of pressure is a situation or trigger that causes a person to feel depressed or threatened. Stress is only felt when the self balance is disturbed. A person will feel stressed if someone perceives the pressure exceeds the endurance they have to deal with the pressure [14]. Coping as a behavioral and cognitive effort to manage special external or internal demands that are assessed as a situation that is severe or exceeds individual resources. Coping serves to change the situation that causes stress or regulate emotional reactions that arise due to a problem [15]. Stress is an individual's response to a situation or event that triggers stress, which threatens and interferes with one's ability to handle it (coping). There are two main types of coping that can usually reduce stress. Problem-centered coping (problem focused form of coping mechanism) and emotional-centered coping (emotion focused of coping). Emotion-focused coping is a stress management strategy where the individual responds to stressful situations in an emotional way [16]. This method is used to regulate emotional responses to stress. This arrangement through individual behavior negates unpleasant facts. If the individual is unable to change the pressing conditions, then the individual will tend to regulate his emotions with the impact that will result in a stressful situation. Emotion-Focused Coping is a form of strategy to defuse individual emotions that arise due to the influence of

the source of the problem or condition that causes a negative influence, without having to change the conditions that are the source of individual problems directly. Emotionally oriented coping strategies are carried out because child inmates want to forget the punishment that is happening by carrying out various activities such as playing music, singing, making skills, and gathering together [17]. Forms of positive coping that focus on managing stress include: providing support in problem solving, understanding the source of the problem, using emotional expressions to suppress negative sources from within, providing support for assessing the condition of a problem that is positive from each effect caused. The way that is done by giving a positive assessment (positive reappraisal) to develop themselves, including engaging in religious matters, emphasizing the responsibility (accepting responsibility, which is reacting by growing awareness of the role of self in the problems faced, and trying to put things as it should be: self controlling (i.e. reacting by regulating both feelings and actions; keeping distance (distancing) so as not to be shackled by problems; escaping (escape avoidance) ie avoiding the problems encountered; and seeking sympathy (seeking social support) to gain sympathy with understanding from others. Emotion-Focused Coping is divided into two ways in the application of functions that occur during the implementation process, namely: adaptive and maladaptive [18]. Efforts to improve negative responses to pressures, perceptions, demands and challenges experienced by child inmates in prisons require an adaptive way. Adaptive way is a form of coping that provides support in the form of application, development, learning, and achievement of a goal, for example communicating among people, relaxing yourself, assessing or drawing conclusions. Group counseling is an effort to provide assistance to counselees through groups to get help alleviating problems, able to plan, make appropriate decisions, and to improve and develop an understanding of yourself, in forming more effective behavior. Through counseling counselee groups can develop social skills and courage that tolerate. One of the goals of group counseling is that each member is able to learn to control his negative emotions, be able to condition himself well, respect the feelings and opinions of other members [19]. Related to coping strategies in group counseling, argues that service goals for clients include: understanding themselves well, finding themselves, developing communication skills with each other so that they can help each other, gain the ability to organize themselves, direct their own lives , become more sensitive to the needs of others, more able to live up to other people's feelings, behave more constructively, are more willing to step forward and accept reasonable risks, learn to communicate with members openly [20]. Coping strategies for visible and hidden behavior by a person to reduce the pressure that is being felt. Many people are not yet aware of effective coping strategies used in various problems, so group counseling is needed to provide an understanding and describe stress coping for child inmates. The success or failure of the coping will determine whether the reaction to stress will decrease and fulfill various expected demands [21]; group counseling with coping strategies can reduce stress [22]. Stress coping strategies referred to in this study are efforts by individuals to master, reduce or tolerate

demands arising from stress. Effective coping strategies include: removing stress, cognitive coping and managing stress reaction [23]. It was further argued that emotional-centered coping functions to regulate emotional responses to problems. This effective coping strategy is used in group counseling to reduce the stress of child prisoners. Coping is a way of thinking or adaptive behavior that aims to reduce or eliminate stress arising from dangerous, threatening, or challenging conditions [24]. Group counseling by dynamism requires child inmates to think and behave adaptively and increase realistic thinking to reduce emotional levels of negative responses so that stress levels decrease.

3. RESEARCH METHODS

This research uses a mixed-research approach. The quantitative approach used is a quasi one-group pretest-posttest design experiment and qualitative analysis is used to analyze the dynamics of group counseling. Data collection using questionnaires and observations accompanied by a checklist of symptoms of physical and non-physical stress with indicators: sleep patterns, eating patterns, digestion, weight, health; emotional condition in the form of fear, anger, anxiety, anxiety, concentration, feeling guilty; social conditions in the form of socialization, activities, work quality, attitudes; excessive behavior, solitude, mindset. The quasi-experiment consists of providing group counseling treatment using the Emotion-Focused Coping strategy. Questionnaires as a data collection method are used to capture samples that have high stress categories and to measure stress levels after treatment. Observation accompanied by a checklist is used to record changes in stress during the treatment. Data analysis was performed using imperative statistics in the form of t-tests and qualitative analysis in the form of descriptions of changes in stress conditions for child prisoners. Total population of 27 child prisoners due to cases of theft and narcotics, with a sample of 8 people taken using purposive sampling techniques with criteria having high stress categories. Determination of stress levels using stress questionnaires and observation for some time. Group counseling treatment with coping strategies (emotion focused coping) is focused on relieving emotional turmoil using six steps: distancing, self-control, accepting responsibility, seeking social support, and positive reappraisal.

4. Results and Discussion

Coping is how people try to deal with problems or deal with emotions that are generally negative it causes [25]. Actions taken by individuals are called coping strategies. In this study, counselors who function as group leaders help clients determine and implement coping strategies. Group counseling is carried out five times, with coping strategies: writing, telling stories, eating together. Measurement of stress level is done once before group counseling service as a pre-test and once after group counseling service as a post-test. Comparison of pre-test and post-test results is presented in the following table

Table 1
Comparison of pre-test and post-test scores

No.	Pre-	Kate	Pos	Kate	decrease
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Res	test	gori	test	gori	Skor	%
1	120	High	92	Medium	28	23,33
2	112	High	83	Low	29	25,89
3	112	high	82	Low	30	26,78
4	109	Medium	77	Low	32	29,36
5	106	Medium	68	Low	38	35,85
6	93	Medium	68	Low	25	26,88
7	88	Medium	79	Low	9	10,22
8		Medium		Very	25	
	86		61	Low		29,07
Total	826		610		216	26,16
Average	103,25	Medium	76,2	Low		

Based on Table 1 above shows that the average score of stress levels for child inmates before group counseling services 103.25 is at moderate stress levels. Whereas after being provided with group counseling services with coping strategies focused on emotions, the average score decreased to 76.25 in the low category. Based on the t test results obtained t value = 9,109 with a significance level of 0,000, with a decrease in total score of 216. That is, group counseling services with coping strategies focused on emotions can reduce or reduce the stress of child prisoners by 26.15 percent. Judging from the criminal offenses of prisoners, there is no significant difference between a client in a narcotics file and a client in a theft file. Group counseling services use coping strategies to write and tell free stories, tell future stories and eat together. Through coping strategies the client writes freely about his knowledge and emotions. During writing there is a process of logical thinking and emotional control. Then the client reads or retells the results of his writing. During the story a process of communication occurs, the expression of emotions, opening feelings, volition and knowledge verbally. During writing and divorce in the client, there is hidden coping, such as: self-introspection, self-understanding and accepting the reality of himself at this time. The principle of confidentiality in group counseling assures the client that all client expressions, all expressions of the client's feelings during the counseling process make the client not hesitate to express the problem honestly. Changes in physical emotional expression are seen during group counseling. The change that is seen is a negative expression into a positive expression, namely: an expression of not caring being an expression of caring, an expression of doubt becoming an expression of confidence. Expression of fear of telling an honest story, because of the positive encouragement of the counselor, be brave to tell the truth. Group counseling in this study was followed by eight child convicts. Retell what was written during the writing coping action carried out by all clients. When a client recounts the results of his writing, other clients pay attention, pay attention and pay close attention. When the client as a listener, in the client process occurs empathy, the process of understanding, the process of respecting others and the process of self-regulation. One of the characteristics of group counseling is group dynamics. During counseling there is communication in many directions. On this occasion a logical thought process occurs, an attitude of respecting the opinions of others, accepting criticism or suggestions from others, emotional expression, emotional control, tolerance, and self-control. Writing coping strategies continued storytelling can reduce the level of guilt in excess because guilt must be owned by every human being. The formation of the thought that guilt

is owned by every human being and must be accompanied by efforts to improve the mind in a positive way with religious activities. Forming an understanding of the feelings of parents and family correctly for clients who feel guilty towards family and parents. The group leader also conveyed that he was not provoked by problems, the delivery of positive reappraisal reacted by creating positive meaning that aims to develop themselves, including engaging in religious matters. Coping strategies tell stories about the future reducing the level of client fear over a future that always considers gloomy. Incorrect understanding of the status of a convict of the future is not matched by the reality of self as a teenager turned into a correct understanding. This change is seen when every client has a positive future plan. Future plans appear in the work plan that will be carried out after being released from prison. Coping strategies shared meals accompanied by group leaders conveying accepting responsibility that is reacting by growing awareness of the role in the problems faced in order to be able to accept everything that happens and be able to adjust to the conditions being experienced. Group counseling using coping strategies focusing on emotions through telling stories about the future makes children's prisoners optimistic, feelings about the bleak future decline. The coping strategy of free storytelling is able to reduce negative feelings, reduce the fear of child prisoners because in group counseling the principle of confidentiality is applied. Service goals for clients include: understanding themselves well, finding themselves, developing the ability to communicate with each other so that they can help each other, gain the ability to organize themselves, direct their own lives, be more sensitive to the needs of others, better able to live out people's feelings others, behave more constructively, are more willing to step forward and accept reasonable risks, learn to communicate with members openly [26]. Child prisoners are invited to interact with each other, trust each other, understand each other's group members, share what each other feels and give support and encouragement to be more enthusiastic in making positive behavioral and thought changes in the future. By having good coping with stress they can go through detention with positive thoughts and behaviors. The description of stress levels of child prisoners can also be seen from the results of observations of researchers in each individual. The difference before and after group counseling services are provided with coping strategies for stress levels can be seen through aspects that have changed. Changes in child prisoner behavior as follows: (1) personal life, among others: sure they still have a good future, take regular bathing, think more positively, vent emotions with positive activities, be steadfast and patiently undergo punishment, be able to control emotions, not hurt yourself own; (2) social life, among others: socializing for the better, respecting friends' opinions, increasing tolerance, increasing sense of responsibility, positive thinking towards family, enthusiasm for participating in activities; (3) religious life, among others: more focused in worship. Changes in attitudes, behavior and thinking of child prisoners occur because group counseling services are provided five times in a row, and group counseling in the process uses the principles of group dynamics [27]. One of the goals of group counseling is that counselees gain the ability to organize themselves and direct their own

lives, first in interpersonal contact within the group and then also in daily life outside the group environment [28]. Through group counseling using coping strategies focusing on problems with writing coping forms accompanied by retelling, telling future stories, eating together can reduce the stress of child prisoners.

5. CONCLUSION

Group counseling using coping strategies is proven to reduce the stress of child prisoners, so that they are able to adjust to the detention. Symptoms that appear to be better are self confidence, self control, positive self defense mechanisms, emotional control. It is advisable for Lembaga Pembinaan Khusus Anak (Specialized Child Development Institutions) officials to provide services that are more focused on efforts that utilize the ability of children for positive activities and reduce various variations of pressure.

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