



Social Stigma and Resilience of Banjarmasin Correctional Centre Clients

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Abstract

The purpose of this study was to determine the effect of social stigma on the resilience of Banjarmasin Class 1 Correctional Centre clients. The researcher used a quantitative correlational research method. Respondents in this study were 100 people selected using a purposive sampling technique, with the criterion that clients had undergone mandatory reporting at the Bapas for approximately 1 week to 4 months. The research instrument used the Connor-Davidson Resilience Scale (CD-RISC-25) and the Perceived Social Stigmatisation Scale (STS). The research data were analysed using simple linear regression in JASP 0.18.3. The analysis showed no effect of social stigma on resilience ($t = 3.88$, $p = 0.89$), thereby rejecting the hypothesis. This finding indicates that although Bapas clients still face social stigma, this condition does not directly weaken the client's ability to recover, adapt, and maintain healthy psychological functioning. The implications of this research contribute to social psychology studies, providing insight into the dynamics of resilience during social transition. Social stigma does not always function as a risk factor that weakens resilience. The presence of social stigma will only affect individuals if they interpret it negatively.

Keywords: former convicts, resilience, social stigma

INTRODUCTION

The Correctional Centre (Bapas) is a Technical Implementation Unit under the Directorate General of Corrections, reporting directly to the Head of the Regional Office of the Ministry of Law and Human Rights. One of Bapas's primary duties is to provide support, supervision, and guidance services to juveniles in conflict with the law and other correctional clients through community counsellors (Warliyah & Sofyan, 2020). The role of community counsellors extends beyond administrative duties to providing social and psychological services,

including assisting clients in their social reintegration process (Nugroho, 2017; Asmawati, 2022).

Banjarmasin Class I Penitentiary, as one of the institutions in South Kalimantan, along with two other Penitentiary institutions in Batulicin and Amuntai, carries out its function of helping correctional clients rebuild their lives after serving their sentences. This guidance is crucial so that clients not only regret their actions but also prepare themselves to face social challenges upon returning to society (Hernawanti, 2020). This reintegration process does not always run smoothly, with former inmates often experiencing psychological distress such as stress, trauma, anxiety, and despair (Orijakor et al., 2017). Therefore, resilience is essential for former inmates to recover and return to independent and productive lives (Taba & Santoso, 2023).

Resilience is an individual's ability to recover, adapt, and grow in the face of life's challenges and difficulties (Amir, 2021). For former inmates, resilience helps rebuild self-confidence and establish healthy social relationships. However, not all individuals possess the same mental resilience (Bapino et al., 2022). This is due to the social stigma attached to an individual's status as an ex-convict (the societal belief that ex-convicts will reoffend), which can hinder their adaptation and future development (Sal-Syabilla, 2024).

Social stigma often negatively impacts the health of former inmates, such as low self-confidence, anxiety, antisocial behaviour, and a potential increased risk of depression (Faruqi & Jarodi, 2023; Syaputri, 2021). Findings from a preliminary study of three clients at the Banjarmasin Class I Penitentiary showed that the clients experienced severe psychological distress, including stress, fear of social acceptance, and anxiety about their family's future after release. Therefore, understanding and addressing negative stigma is crucial for creating an inclusive society (Subroto & Aliyandra, 2024).

Based on the problems outlined above, this study aims to examine the influence of social stigma on clients' resilience at the Banjarmasin Class I Correctional Centre. This research is expected to make theoretical contributions to understanding the psychosocial dynamics of former inmates during the social reintegration process, while also providing practical benefits in the form of recommendations to foster and strengthen the resilience of Bapas clients so they can recover from social stigma and function socially in the community.

RESEARCH METHODS

Approaches and Types of Research

The method used in this study was a quantitative correlational one, aiming to identify the influence of societal stigma on the resilience of former inmates.

Research Variables

There are two variables in this study: resilience (Y) and social stigma (X). Resilience is the ability of former inmates to cope with social difficulties through motivation, independence, and self-confidence (Farkas & Orosz, 2015). Social stigma is a negative view that leads to exclusion and rejection of former inmates, thus making it difficult for them to navigate life (Goffman, 2006).

Research Subject

The population in this study was all 2,805 clients of the Class 1 Banjarmasin Penitentiary (Bapas) based on data as of December 31, 2024. The sampling technique used was purposive sampling, with the criteria being clients undergoing mandatory reporting at the Penitentiary for one week to four months. The sample size was 100 respondents, in accordance with the recommendation of Roscoe (1975)

that a suitable sample size ranges from 30 to 500 respondents. Data collection was carried out offline by filling in a scale, and demographic data was collected based on the length of the client's free period and age.

Research Instruments

Resilience was measured using the Connor-Davidson Resilience Scale (CD-RISC 25), adapted into Indonesian by Prawita and Heriyadi (2023). This scale measures resilience through five aspects: personal competence, trust in instincts, positive acceptance, self-control, and spirituality (Connor & Davidson, 2003). The CD-RISC 25 consists of 25 items with a Cronbach's alpha reliability coefficient of 0.887. One example item on this scale is "Whatever happens, I do my best."

Social stigma variables were measured using the Perceived Social Stigmatisation Scale (STS), adapted into Indonesian by Utami (2018). This scale measures social stigma through three aspects: cognition, affect, and conation (Goffman, 2006). The STS consists of 16 items with a Cronbach's Alpha reliability coefficient of 0.937. One example item is "Other people avoid me when they see me."

Data Analysis

The research data were analysed using a simple linear regression test with the help of JASP 0.18.3 software, after testing the assumptions of normality and linearity.

RESEARCH RESULT

Table 1

Respondents' Demographic Data		
Characteristics	N	%
Length of the Free Period		
2 Months – 4 Months	65	65%
1 Months – 2 Months	6	6%
1 Week – 1 Months	29	29%

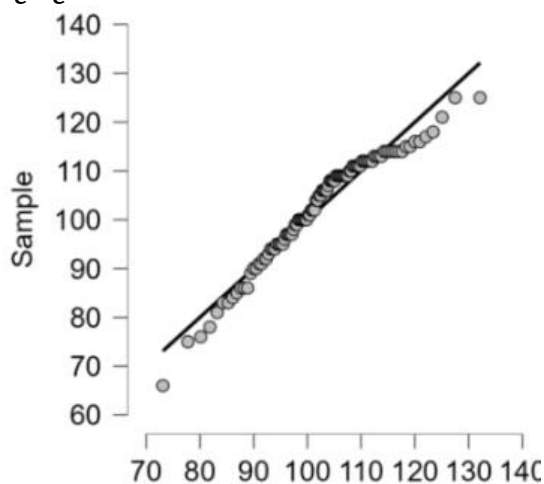
Age			
48 Years – 60 Years	12	12%	
33 Years – 47 Years	54	54%	
18 Years – 32 Years	29	29%	

Based on demographic data reviewed from the length of the client's free period, the obtained 65 respondents (65%) had served a period of release ranging from 2 to 4 months, 6 respondents (6%) had served a period of 1 month to 2 months, and 29 respondents (29%) had served a period of 1 week to 1 month. This distribution of the length of release data indicates that most respondents are still in the social reintegration phase, less than four months after release.

Based on the demographic data reviewed of age, the obtained 12 respondents (12%) were between 48 and 60 years old, 54 respondents (54%) were between 33 and 47 years old, and 29 respondents (29%) were between 18 and 32 years old. This age distribution data indicates that most respondents are in the middle adulthood age group (33–47 years old).

Figure 1

Q-Q Plot Standardized Residuals



The results of the normality test using the Q-Q plot show that the distribution of points consistently follows the diagonal line, which indicates that the data distribution is normally distributed.

Table 2

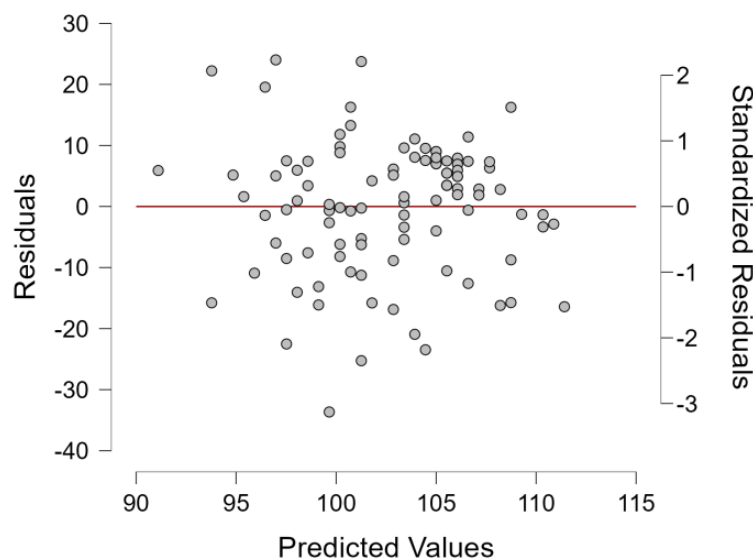
Normality Test

Test	Statistic	p
Kolmogorov-Smirnov	0.960	0.087

The normality test using the Kolmogorov-Smirnov test yielded a statistical value of 0.960 with a p-value of 0.087 ($P > 0.05$), indicating a normal data distribution.

Figure 2

Residual vs. Predicted Value Plot



Linearity test using the Residual vs. Predicted Value plot shows points scattered randomly around the horizontal line, meaning the model is considered linear.

Table 3

Simple Linear Regression Analysis

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	47.04	1.40		33.58	< .001
H ₁	(Intercept)	1.69	11.76		0.14	0.89
	TOTAL	0.44	0.11	0.36	3.88	< .001

After the assumptions of normality and linearity were met, a simple linear regression analysis was conducted to determine the effect of social stigma on resilience. The simple linear regression analysis

showed a t-value of 3.88 with a p-significance of 0.89, indicating no effect of social stigma on resilience.

Table 4

Resilience Frequency Distribution

Variable	Category		High		Medium		Low	
	N	%	N	%	N	%	N	%
Resilience	50	50%	41	41%	9	9%		

The table above shows the distribution of respondents' resilience levels. It is known that 50% of respondents were in the high category, 41% of respondents were in the medium category, and 9% of respondents were in the low category, meaning that the average respondent in this study had high resilience.

Table 2

Frequency Distribution Based on Resilience Aspects

Aspects	Category		High		Medium		Low	
	N	%	N	%	N	%	N	%
Personal competence	54	54%	40	40%	6	6%		
Confidence in instincts	29	29%	56	56%	15	15%		
Positive acceptance	33	33%	54	54%	13	13%		
Self-control	34	34%	53	53%	13	13%		
Spiritual influence	49	49%	45	45%	6	6%		

The table above shows the distribution of respondents' resilience levels based on their aspects. In the aspect of personal competence, 54% respondents were in the high category, 40% respondents were in the medium category, and 6% respondents were in the low category; meaning that the average respondent was in the high category.

In the aspect of confidence in instincts, 29% respondents were in the high category, 56% respondents were in the medium category, and 15% respondents were in the low category; meaning that the average respondent was in the medium (tending to high) category.

In the aspect of positive acceptance, 33% respondents were in the high category, 54% respondents were in the medium category, and 13% respondents were in the low category; meaning that the average respondent was in the medium (tending to high) category.

In the aspect of self-control, 34% respondents were in the high category, 53% respondents were in the medium category, and 13% respondents were in the low category; meaning that the average respondent was in the medium (tending to high) category.

In the aspect of spiritual influence, 49% respondents were in the high category, 45% respondents were in the moderate category, and 6% respondents were in the low category; meaning that the average respondent was in the high category.

Table 6

Frequency Distribution of Social Stigma

Variable	Category		High		Medium		Low	
	N	%	N	%	N	%	N	%
Social stigma	32	32%	43	43%	25	25%		

The table above shows the distribution of the levels of social stigma experienced by respondents. It is known that 32% of respondents were in the high category, 43% of respondents were in the moderate category, and 25% of respondents were in the low category, meaning that the average respondent in this study experienced moderate (tending to high) levels of social stigma.

Table 7

Frequency Distribution Based on Stigma Aspects

Aspects	Category		High		Medium		Low	
	N	%	N	%	N	%	N	%
Cognition	30	30%	33	33%	37	37%		
Affective	33	33%	36	36%	31	31%		
Conation	29	29%	47	47%	24	24%		

The table above shows the distribution of the levels of social stigma experienced by respondents based on their aspects. In the aspect of cognition, 30% respondents were in the high category, 33% respondents were in the moderate category, and 37% respondents were in the low category; meaning that the average respondent was in the low category.

In the aspect of affective, 33% respondents were in the high category, 36% respondents were in the moderate category, and 31% respondents were in the low category; meaning that the average respondent fell into the moderate (tending to high) category.

In the aspect of cognition, 29% respondents fell into the high category, 47% respondents fell into the moderate category, and 24% respondents fell into the low category; meaning that the average respondent fell into the moderate (tending to high) category.

DISCUSSION

Based on the research results above, it was found that there was no effect of social stigma on resilience in former inmates who were clients of Bapas Class 1 Banjarmasin. Therefore, the hypothesis in this study was not proven. This finding indicates that the level of stigma felt by respondents does not directly determine their ability to recover, adapt, and survive the pressures of life after prison. This finding is interesting because, theoretically, social stigma is often considered a risk factor that can weaken individuals' psychological well-being in the context of social exclusion (Apriani & Listiyandini, 2019). However, in this study, individuals can remain resilient even in a stigmatised environment. According to Sipahutar and Muhammad (2024), many individuals who experience severe social pressure (rejection and negative labelling) can still maintain healthy psychological functioning because they have adaptive internal coping mechanisms. This means that stigma does not automatically weaken resilience if an individual has a strong psychological defence system (Utami, 2020).

Research by Shobrianto and Warsono (2022) shows that individuals who successfully leave the criminal world tend to strive to build a new, more positive self-concept (seeing themselves as "changed" and having new, positive goals in life). This self-concept makes

individuals more resistant to negative societal labels. According to Azkiy (2024), the longer a person is released from prison, the greater their opportunity to increase resilience and reduce the impact of stigma. Furthermore, age and life experience are also important factors in developing adaptability and resilience to social pressures (Paendong et al., 2022). Individuals in middle adulthood (30–48 years) tend to have greater resilience and are less affected by negative judgments from their environment (Jeste et al., 2013).

Statistically, the stigma experienced by Bapas clients is categorised as moderate (tending to high), especially in the affective and conative aspects. However, cognitively, most respondents are in the low category. According to Noviyanti (2023), stigma can undermine resilience when individuals accept and believe negative labels about themselves. However, in this study, the cognitive aspect of stigma is in the low category, meaning Bapas clients do not fully believe that they "cannot change to be more positive." Most respondents can separate negative societal views from their identity, thus preventing the formation of stigma and maintaining resilience.

The categorisation results for the affective and conative aspects showed that stigma was in the moderate (tending to high) category. This result indicates that clients still experience negative emotions (shame, fear, and discomfort) and adjust their behaviour (withdrawal and caution). However, because most respondents did not cognitively accept the stigma, its impact did not damage their identity structure. According to Hesti et al. (2020), stress only becomes destructive when individuals interpret it as a threat to themselves. In this study, stigma is interpreted more as an "external disturbance" rather than as a "truth about the self."

High categorisation results in the personal competence (resilience) aspect indicate that the client possesses positive problem-solving skills,

self-confidence, and self-efficacy. Ningtias and Raudatussalamah (2024) explain that the presence of personal competence makes individuals confident that they can control their future, so that social pressure will not affect their mental health. Former inmates who believe they can change and manage their lives are more resilient to stigma (Masinambouw et al., 2022).

The categorisation results on the aspect of strong spiritual influence also become a strengthening factor for the mental resilience of Bapas clients. Research by Akimas et al. (2024) shows that religiosity and spirituality provide meaning, hope, and a sense of acceptance by God, which can compensate for social rejection. Resilience from an Islamic perspective is understood as part of the faith that the trials faced by individuals will not exceed their capabilities as stated in the word of God in the Al-Qur'an, Surah Al-Baqarah, verse 286. For Bapas clients, the belief that God accepts and gives a second chance can be stronger than negative judgment from society, so that stigma does not damage resilience.

This study's limitations lie in its implementation in a single location, namely, Bapas Class 1 Banjarmasin. Therefore, the findings regarding the influence of social stigma on resilience may not be generalizable to other regions with different cultural characteristics or social norms. This study may be cross-sectional in nature, so it only captures resilience at a specific point in time and cannot monitor how client resilience fluctuates over the long term, along with the dynamics of changes in community treatment of clients.

CONCLUSION

Based on the research results and discussion above, the conclusion of this finding is that social stigma does not affect the resilience of Bapas Class I Banjarmasin clients; Although clients still

experience stigma, this stigma is not cognitively internalised, so it does not develop into a negative stigma that damages self-concept. Client resilience is actually supported by strong personal competence and spiritual influences that provide self-confidence, meaning in life, and belief in the opportunity to change, so that stigma is perceived more as an external disturbance than a truth about oneself. This finding implies that Bapas coaching programs need to emphasise more on strengthening clients' internal capacities, such as self-efficacy, emotional regulation, meaning in life, and spirituality, as the main strategy to increase resilience and successful social reintegration, rather than only focusing on efforts to reduce stigma from the environment.

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