

## THE RELATIONSHIP BETWEEN FAMILY FUNCTION AND THE LEVEL OF ANXIETY OF INMATES IN CLASS II A KUNINGAN PENITENTIARY

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### ABSTRACT

This research started from the discovery of problems at the level of anxiety. This study aims to determine the relationship between family functioning and the anxiety level of inmates in class II A Kuningan penitentiary. This study uses a quantitative approach with survey research methods. Subject were inmates in class II A Kuningan penitentiary conducted by researchers. The results of bivariate test analysis using Spearman correlation coefficient analysis it is known that the amount of research data is 85 respondents with a significant value of 0.000. Because the significance value is  $0.000 < 0.05$ , based on the decision making above it can be concluded that there is a significant relationship between family function and anxiety level, then from the test results above it is known that the correlation coefficient is 0.782, so this value indicates a high relationship between family functioning with anxiety levels. This can also be interpreted that the better the family function, the lower the anxiety level, and conversely the worse the family function, the higher the anxiety level. Then the hypothesis which states that there is a relationship between family function and the anxiety level of prisoners can be accepted.

**Keywords:** Family Function, Level of Anxiety

### INTRODUCTION

Currently, criminal acts in Indonesia are increasing. This is caused by the increasing unemployment rate and increasingly difficult economic conditions (Pusiknas, 2019). In Indonesia, correctional institutions (Lapas) are places for serving sentences for prisoners who have been proven to have committed criminal acts. A prisoner is someone who has been found guilty by law and is required to serve the sentence and is isolated and separated from the community to be trained in prison to become a good citizen (Mahardika, 2019).

Based on data from the Indonesian Crime News Center (Pusiknas, 2021), in 2021 there were 274,988 criminal cases. In 2021 there was an increase of 11% from 2020, namely 247,780 cases. According to the type of crime, the most frequent crimes were theft with weights of 30,551 and fraud and ordinary theft, namely 25,633 cases and 25,401 cases. West Java is one of the provinces with a very low crime rate, 7,000 cases for 50 million residents. Another province, (population) 10 to 16 million, crime (number) 30 thousand (Tribun Jabar, 2023). During 2022, the crime rate in the Kuningan Police jurisdiction will increase by 17.4 percent compared to the previous year. The number of crime cases in 2022 will reach 227 cases (Pikiran Rakyat, 2022).

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A person who has been sentenced and imprisoned loses his or her freedom and opportunities for social association, sexual intercourse, loses personal rights, loses trust,

experiences negative prejudice from society, feels ostracized, feels lonely, and feels anxious. This requirement causes prisoners to experience psychological burdens as a result of feeling useless and anxious about their lives (Mahardika, 2019).

When a prisoner returns to society, they experience stressors from themselves because they feel psychological pressure which makes them feel embarrassed and anxious, which in turn makes them stressed. This causes him to become withdrawn and makes him embarrassed and feels awkward when meeting other people (Pardede et al, 2021). The anxiety felt by prisoners about negative views towards themselves is because society assumes that prisoners who are free and have served their sentence have been labeled negatively. This causes prisoners to feel like they have lost their sense of self and if this feeling is prolonged it will result in prisoners increasingly losing their potential and ultimately causing psychological disorders that can lead to mental disorders, such as severe anxiety, depression, withdrawal, and can even lead to suicide (Mahardika & Ediarti, 2019).

According to Pardede, et al (2021) family is a very important motivating factor for prisoners' psychology. Family support can be provided in the form of informational support, emotional support, evaluation support, and fragmental support. Prisoners have the right to receive support from their families so they can survive and not experience stress during their sentence. Sometimes families do not provide support to prisoners. This results in prisoners being unable to resolve disputes and keeping them to themselves, which results in experiencing excessive anxiety and even depression. The higher the support received from the family, the better the prisoner's mental health, conversely, the lower the level of family support obtained, the lower the prisoner's mental health (Ayu et al, 2021).

The function of the family is a social unit that has an important role in a person's social, emotional and psychological development. Family functions include emotional support, social support, formation of individual identity, and meeting basic needs such as food, clothing, and shelter (Oyserman, Coon, & Kemmelmeier, 2002). Good family functioning is measured through factors such as communication, involvement, cooperation, and family support (Epstein, Baldwin, & Bishop, 1983). Family functions based on Friedman are the affective function, the socialization function, the reproductive function, the economic function, and the health care function. Affective function means the main function of the family where the family functions to teach family members to relate to other people. The socialization function is the function of the family to create social development in family members so that family members are able to interact socially in their environment. The economic function is that the family functions to meet its needs, both economic and regional. The reproductive function means the family function which maintains generations and maintains the continuity of the family, while the health care and maintenance function functions to maintain the health of each member of the family (Friedman, 2010).

Several studies conducted by Ayu, et al (2021) at the II B Tuban Correctional Institution regarding the relationship between family social support using prisoners' anxiety levels before release showed that the results of the Spearman rho statistical test analysis showed a correlation of (-0.922) and a pvalue of (0.000)  $\alpha$  (0.05), which means there is a significant negative relationship between social support and the level of anxiety of prisoners before being released at the Tuban Class IIB Penitentiary. To help prisoners overcome the anxiety problems they experience, namely by using high levels of social support for them. The social support provided can affect an individual's mental health as well as their ability to adapt to the anxiety and pain they experience.

Based on the results of a preliminary study at the Class II A Kuningan Penitentiary, the number of prisoners on March 27 2023 was 453. The results of a survey conducted by researchers on 5 prisoners who were about to serve their prison terms showed that 3 prisoners felt anxious when they would be released but they said his family often visited him so that sometimes his anxiety disappeared, but he still felt afraid and worried about the stigma from the community around where he lived. Prisoners also worry that it will be difficult to find work after leaving prison. Another inmate said that his family rarely visited him because they lived in different cities and they only communicated via telephone and their time was short and infrequent. This makes this prisoner feel very anxious and restless because he cannot meet in person to get support. There was also a prisoner who said he didn't feel anxious because his family and friends often supported him so he didn't feel anxious about anything.

Based on the background of the problem and data obtained from observations in a preliminary study conducted at the class II A Kuningan penitentiary, researchers were interested in conducting research on the relationship between family function and the anxiety level of prisoners at the class II A Kuningan penitentiary. This aims to ensure that with support from the family, it is hoped that the prisoner will not experience anxiety and can also make the prisoner a better person after being released and returning to society.

## METHODOLOGY

The research used in this research is quantitative research with a cross-sectional approach, which aims to identify whether there is a relationship between family function and the anxiety of prisoners in class II A correctional institutions. The population in this study was 453 inmates at the Keilas II Correctional Institution with a sample of 85 inmates. The sampling technique used purposive sampling. The data collection instrument in this study used a questionnaire consisting of 2 questionnaires, namely a family function questionnaire and an anxiety level questionnaire.

Data analysis that will be used in this research is univariate data analysis in tables, the results are interpreted and bivariate data analysis to see whether there are differences or not between variables. In this research, after data analysis, an intuitive data normality test was first carried out to find out whether the existing data was normal or not. Normality assessment was carried out using descriptive analysis, namely by comparing the skeiwneiss and quiirtosis values. The bivariate analysis used was Speiarman's Rank Correlation Test.

## RESULTS AND DISCUSSION

Univariate analysis uses descriptive statistics that are used intuitively to describe events, behavior, or other intuitive objects in a quantitative form without involving the inference of intuition through hypotheses. It aims to describe the existence of social phenomena as they are, without looking at existing phenomena. Therefore, the data is presented in a descriptive form without being processed using other statistical techniques. This feature is the result of analysis of the 85th identity of responding.

**Table 1** Frequency Distribution of Descriptions of Family Functions in Prisoners in Class II A Correctional Institutions

<b>Fungsi keluarga</b>	<b>Frekuensi</b>	<b>Persentase</b>
Good	63	74,1%
No. good	22	25,9 %
Total	85	100,0 %

From the results of the data processing of the Univariate Test in Table 1, it was found that more than 63 people (74.1%) had good family functions in prisons in class II A correctional institutions in Kuiningan, namely 22 people (25.9%) have a bad family function.

**Table 2** Frequency Distribution of Description of Anxiety Levels in Prisoners in Class II A Correctional Institutions

<b>anxiety level</b>	<b>Frekuensi</b>	<b>Persentase</b>
very worried	0	0 %
Mild anxiety	17	20,0 %
Moderate anxiety	31	36,5 %
Not anxious	37	43,5 %
Total	85	100,0 %

Based on table 2 above, almost all of the prisoners in class II A correctional institutions in Kuiningan found that 17 people (20%) had moderate anxiety, 31 people (31%) had mild anxiety, 37 people (43.5%) did not have anxiety, and No One prisoner has serious anxiety.

**Table 3** Bivariate Results**Family functions, anxiety level Crosstabulation**

		anxiety level				Total
		Very worried	Moderate anxiety	Mild anxiety	Not anxious	
Family functions	Good	0	0	26	37	63
	No. good	0	17	5	0	22
Total		0	17	31	37	85

**Table 4** Spearman Correlation Coefficient Test Analysis Results

<b>Correlations</b>			
		Fungsi Keluarga	Tingkat Kecemasan
family functions	Pearson Correlation	1	0,782
	Sig. (2-tailed)		0,000
	N	85	85
anxiety level	Pearson Correlation	0,782	1
	Sig. (2-tailed)	0,000	
	N	85	85

Based on table 4 above, it is known that the total number of research data is 85 results with a significance value of 0.000. Because the significance value is  $0.000 < 0.05$ , based on the knowledge analysis above it can be concluded that there is a significant relationship between financial functions and the level of trust. Furthermore, from the test results above it is known that the correlation coefficient is 0.782 so this value indicates a high correlation between family functions. with the level of anxiety at the Keilas IIA Kuningan Community Institution. This can also be interpreted that the better the family function, the level of anxiety will increase, and conversely, the worse the family function, the level of anxiety will increase.

## CONCLUSION

Family function at the IIA Keilas Kuningan Penitentiary shows that the majority of inmates have good family function. When prisoners are continuously bullied by their families, their families are served special food while in prison. While the prisoners' poetry of hope is motivated by family, the family remains aware of the intuition of protecting themselves in prison, the family is always aware of the positive actions of the prisoners, the family always looks after the prisoners in difficult times.

The level of anxiety at the Keilas IIA Kuningan Community Institution means that the majority of inmates experience anxiety. Where prisoners have feelings of anxiety, including restlessness, feeling uneasy, afraid of their own thoughts, and easily confused. Apart from feelings of anxiety, prisoners feel tense, tired, unable to rest from their loved ones, irritable, cry easily, anxious and restless.

The relationship between family function and level of happiness. Data carried out through the bivariate and bivariate test analysis stages, shows that the results show a relationship between family function and the level of inmates at the IIA Kuningan Government Agency as proven by the bivariate results. test and chi-square test analysis shows the value of Asymp. The sign (2-sided ID) of the Pearson Chi-Square test is approximately 0.000. This can also be interpreted that the better the family function, the level of anxiety will increase, and conversely, the worse the family function, the level of anxiety will increase, so the hypothesis which states that there is a relationship between family function and the prisoner's anxiety level can be accepted.

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