

The Exploration of Young Prisoners Social Anxiety

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Abstract

One of the problems experienced by young prisoners is the fear of exaggeration and anxiety unacceptable in the social environment after being released from prison, also called social anxiety. The purpose of this study was to look at the image of social anxiety of young prisoners. This research uses descriptive method with quantitative approach. The sampling method is the total sampling. The sample of this research is all of juvenile inmates at Institution of Special Grade of Children Class II Tanjung Pati amounted to 33 people. Data collection using young prisoner social anxiety scale with reliability of 0.86 with high category. The results showed that the prisoners' social anxiety image was in the high category with the percentage of 51.52%. This means the need for special guidance provided by prison counselors to reduce social anxiety experienced by Young Prisoners

Keywords: social anxiety, young prisoners



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Introduction

The problem of adolescents today, the change of adolescent values and morals is increasingly worrying (Puspitawati, 2006). Changes in the values and morals of the natural teenager, not infrequently the teenagers fall into the negative direction (Santrock, 2007, Papalia, Olds & Feldman, 2009; Chaplin, 2011) such as taking legal action that resulted in juvenile entry into prison. Penalties received by adolescents are regulated in Law No. 11 of 2012 on the Juvenile Justice System. The law implies citizens who commit crimes, aged 12-18 years, still categorized as children and received special treatment. While in prison there are some problems facing juvenile inmates ranging from personal, social, learning, and career. One of the problems faced by young prisoners in the social field is the feeling of fear and excessive worry with the society or social environment when it will be free to undergo a period of punishment and better known as social anxiety or social anxiety when it will be free. Even though a teenager is already in prison, it is possible that after being released he will become a useful person in the community later on.

Furthermore, based on the results of interviews with young prisoners it appears that the inmates are shaking and afraid to meet new people, wanting to avoid meeting new social environment. Furthermore, interviews conducted to prison counselors say that some young prisoners feel overwhelmed when they meet new people, feel they are not considered by people. The results of Sagalokova Truevtsev, & Sagalakov (2016) also found that from 7 to 16% of the population in modern western societies have symptoms of social anxiety. Adolescents in this young prisoners have excessive social anxiety tend to recognize their excessive fear, tend to embarrass themselves when

interacting with others (Root, 2000; Damer, Latimer, & Porter, 2010). Some of the symptoms of social anxiety are somatic symptoms characterized by a red face due to embarrassment, sweating, palpitations, depressed stomach and panic in social situations (Abdollahi, Talib, Mobarakeh, Momtaz, & Mobarake, 2015; Bandelow & Stein, 2004; Nevid, Rathus & Greene, 2005; Kearney, 2005; Careney & Edingner, 2010), subsequent cognitive symptoms characterized by unpleasant thoughts on the circumstances (Bandelow & Stein, 2004; Mawandha & Ekowarni, 2017), and behavioral symptoms to hide reactions, difficulty speaking, avoiding eye contact, anxiety, and avoiding scary situations (Abdollahi, Talib, Mobarakeh, Momtaz, & Mobarake, 2015; Bandelow & Stein, 2004).

Social anxiety is a problem that often occurs in adolescents, and can hamper the stage of optimal development, especially on social development especially teenagers who are in young prisoners (Kearney, 2005). Based on the result of the theoretical and observation studies conducted, the researcher wanted to see the description of the social anxiety of young prisoners at the Institution of Special Guidance of the Second Grade Children of Tanjung Pati so that the coach can provide specific strategies / alternative solutions that can be done to help young prisoners in overcoming the problems with social anxiety after serving a time of punishment.

Method

This research method is descriptive quantitative, by using total sampling technique that is all convict teenager class II Tanjung Pati amounting to 33 adolescent prisoners. The data collection instrument uses the Young Prisoner Social Anxiety Scale.

Results and Discussion

Results of data collection of problem *social anxiety* young Prisoner can be viewed in table 1

Table 1. Social Anxiety of Young Prisoners (n = 33)

No	Categori	Interval	F	%
1.	Very high	105-125	1	3.03
2.	High	85-104	17	51.52
3.	Enough	65-84	12	36.36
4.	Low	45-64	3	9.09
5.	Very low	25-44	0	-

In Table 1 shows young prisoners experiencing social anxiety in the high category with a percentage of 51.52% (17 Young Prisoners) in other words half of Young Prisoners have problems in the social aspects of social anxiety, in the category of sufficient percentage of 36.36% (12 Young Prisoners) are seen to have social problems. Overall Young Prisoners experience problems in the social field in high category.

Based on the results of this study illustrates that in the social field of young prisoner have a problem that can be said high. One of the phenomena that occurs in the social field of young Prisoners is likely to feel anxious and avoid to interact with the community or others because the teenager realizes that he has been alienated for so long from his social environment or better known as social anxiety. According to Kearney (2005) social anxiety is a strong physiological passion in social situations involving possible evaluation by others, with fear or fear of psychological dangers and a desire to escape or avoid social situations. Further Nichols (Yousaf, 2015: 140) explains social anxiety is "fear of being judged and evaluated negatively by other people, leading to feelings of inadequacy,

inferiority, embarrassment, humiliation, and depression". Explanation above interpreted social anxiety a person is characterized by feelings of fear, inadequacy, low self-esteem, embarrassment, humiliation, and depression to interact with others. Similarly, Diagnostic and Statistical Manual of Mental Disorder (Sagalakova, Truevtsev, & Sagalakov, 2016) defines that social anxiety disorders as a disorder that makes a person feel afraid, anxious and avoid in situations of social interaction such as: more focus on self-attention when dealing with other people. Social anxiety will also have an impact on the decline in welfare and quality of life wrong, as well as the lack of social role function and career development (Wittchen & Fehm, 2003; Festa & Ginsburg, 2011). High social anxiety will tend to cause; a) anxious responses such as cold sweat, trembling and others (Aminullah, 2013; Muarifah, 2012), b) difficulty communicating like a stutter, forgetting to say appropriate sentences or not being able to say what they think, c) avoiding contact with social situations both physically and psychologically (avoidance behavior) such as little talk, little eye contact, or withdrawal, high social anxiety in adolescents avoiding social situations that cause them to be distressed (Biggs, Vernberg & Wu, 2012), and d) behavior that masked the self-image (self image) of its incapacity (Nainggolan, 2011). So social anxiety is the fear and fear of excessive juvenile inmates leading to avoidance behavior in situations of social interaction, focusing on self-attention, and avoiding doing activities in front of others. Special strategies should be used to overcome the problems experienced by juvenile inmates in the social field.

This study also shows 6 issues of highest social anxiety among juvenile inmates compiled in table 2 below:

Table 2. The Highest Problem on Social Sector

No	Item Problems	Mean	% Mean	Classification
1.	Considered arrogant	4,27	85,45	Very High
2.	Not good at hanging out	4,06	81,21	Very High
3.	Difficult to work together.	4,00	80,00	High
4.	Feel unsafe; there is a disturbing or threatening.	4,00	80,00	High
5.	Family members do not accept my current condition	3,76	75,15	High
6.	Lack of knowledge about social manners	3,73	74,55	High

Table 2 presents the highest inventory-finding results in the social field of 33 young prisoners and adolescent people, it was recognized that the highest score on the problem item "Considered arrogant", with an average score of 4.27 with a percentage of 85.45% belonging to the very high category. This relates to social anxiety in behavioral symptoms showing attempts to hide reactions, avoiding eye contact with others (Bandelow & Stein, 2004: 2). Furthermore, the item "not good at associating" with an average score of 4.06 with a percentage of 81.21%, this can be related to behavioral symptoms with the characteristics of withdrawal when meeting new people (Kearney, 2005). Next on the item "It's hard to work together and feel insecure; there is a disturbing or threatening ", having an average score of 4.00 with 80.00%, this is related to cognitive symptoms in social anxiety in thoughts that are negative evaluations with self-threatening things (Kearney, 2005; Suryaningrum, 2013). Furthermore the problem item "Family members do not accept my current condition", with an average score of 3.76 with percentage of 75.15% it is related to cognitive symptoms in social anxiety with negative feelings that consider themselves no longer in the mind of the family (Kearney, 2005). Furthermore, on the problem item "Lack of knowledge about social manners" with an average score of 3.73 with a percentage of 74.55%, this is similar to the understanding of adolescents that there are physical changes and psychological development (Santrock, 2007) , in this case the child needs to understand and developmental tasks in terms of social

maturity when interacting with others (Jahja, 2013). therefore serious services need to be undertaken by experts such as counselors who can help social anxieties of young prisoner (Alizamar, Fikri, & Afdal, 2017).

Conclusions

Based on the results of this study, the image of social anxiety of young prisoner in the LPKA Tanjung Pati is in High category with 51.52% percentage and enough category with 36.33% percentage. This indicates a social anxiety that the young prisoner experienced after his release from prison. There needs to be a special strategy that can be done to handle social anxiety experienced by young prisoners such as making a teaching material or media module that can be used by coaches or experts such as counselors in overcoming social anxiety.

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