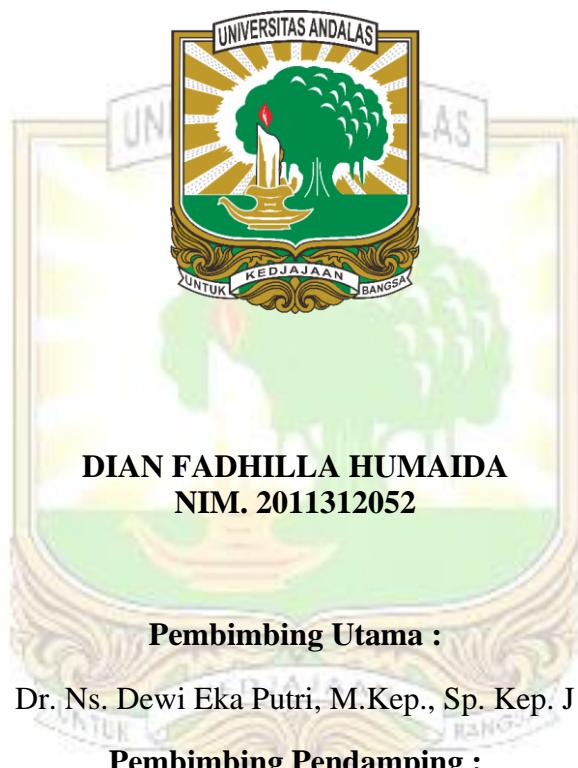**SKRIPSI**

HUBUNGAN *SELF-ESTEEM*, USIA DAN MASA HUKUMAN DENGAN TINGKAT STRES PADA NARAPIDANA DI LEMBAGA PEMASYARAKATAN KELAS IIA BUKITTINGGI TAHUN 2024

Penelitian Keperawatan Jiwa

DIAN FADHILLA HUMAIDA
NIM. 2011312052

Pembimbing Utama :

Dr. Ns. Dewi Eka Putri, M.Kep., Sp. Kep. J

Pembimbing Pendamping :

Ns. Siti Yuliharni, M.Kep., Sp.Kep.Kom

FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
2024

Hubungan *Self-Esteem,* Usia, dan Masa Hukuman dengan Tingkat Stres
pada Narapidana di Lembaga Pemasyarakatan
Kelas IIA Bukittinggi Tahun 2024

ABSTRAK

Di dalam lingkungan lapas, narapidana seringkali menghadapi kondisi yang memicu stres, seperti tekanan psikologis, isolasi sosial, dan ketidakpastian. *Self-esteem* yang rendah dapat meningkatkan kerentanan terhadap stres, sementara usia mempengaruhi cara individu merespon tekanan, dan masa hukuman yang dijalani juga berpotensi mempengaruhi kondisi stres narapidana. Tujuan penelitian ini yaitu diketahuinya hubungan *self-esteem,* usia, dan masa hukuman dengan tingkat stres pada narapidana di lembaga pemasyarakatan kelas IIA Bukittinggi. Penelitian ini merupakan penelitian kuantitatif dengan desain penelitian analitik dan pendekatan *cross sectional*. Sampel pada penelitian ini merupakan narapidana di lembaga pemasyarakatan Kelas IIA Bukittinggi sebanyak 208 orang yang diambil dengan teknik *proportional random sampling.* Instrumen *self-esteem* menggunakan *Rosenberg Self-Esteem Scale* (RSES) dan instrumen untuk mengukur tingkat stres menggunakan *Perceived Stres Scale* (PSS). Hasil penelitian didapatkan *Self-Esteem* sedang sebanyak 142 orang (68,3%), 150 orang (72,1%) berusia 19-39 tahun, 64 orang (30,8%) dengan masa hukuman >3 tahun, dan 129 orang (62%) dengan tingkat stres sedang. Hasil penelitian didapatkan variabel yang berhubungan dengan tingkat stres narapidana adalah *Self-Esteem* (*p-value*=0.000), dan masa hukuman (*p-value*=0,038), sedangkan variabel yang tidak berhubungan adalah usia (*p-value*=0,303). Diharapkan lembaga pemasyarakatan terus meningkatkan pembinaan dan program dukungan psikologis bagi narapidana, termasuk program konseling, program rehabilitasi, serta pelatihan bagi staf untuk penanganan kesehatan mental, guna membantu narapidana mengelola stres dengan lebih baik dan meningkatkan kesejahteraan mereka selama menjalani masa hukuman.

Kata Kunci: stres, narapidana, *self-esteem,* masa hukuman
Daftar Pustaka: 100 (1958-2024)

The Relationship between Self-Esteem, Age, and Sentence Period With Stress Levels in Prisoners at the Class IIA Bukittinggi Correctional Institution in 2024

ABSTRACT

In the prison environment, inmates often face conditions that trigger stress, such as psychological pressure, social isolation, and uncertainty. Low self-esteem can increase vulnerability to stress, while age influences hoe individuals respond to pressure, and the duration of their sentence may also affect the inmates stress levels. The aim of this research is to find out the relationship between Self-Esteem, age and sentence period with stress levels in prisoners at the class IIA Bukittinggi correctional institution. This research is a quantitative research with a cross sectional research design. The sample in this study was 208 inmates at the Class IIA Bukittinggi penitentiary, taken using proportional random sampling technique. The Self-Esteem instrument uses the Rosenberg Self-Esteem Scale (RSES) and the instrument to measure stress levels uses the Perceived Stress Scale (PSS). The research results showed that 142 people (68.3%) had moderate Self-Esteem, 150 people (72.1%) aged 19-39 years, 64 people (30.8%) with a sentence of >3 years, and 129 people (62%) with moderate stress levels. The research results showed that the variables that were related to prisoners' stress levels were Self-Esteem (p-value=0.000), and prison time (p-value=0.038), while the variable that was not related was age (p-value=0.303). It is expected that correctional institution continue to enhance their training and psychological support programs for inmates, including counseling programs, rehabilitation programs, and staff training for mental health management, in order to help inmates better manage stress and improve their well-being during their incarceration.

Keyword: stress, prisoners, Self-Esteem, sentence duration
Bibliography: 100 (1958-2024)