

## **The Influence of Self-Control on Psychological Distress among Narcotics Inmates at the Class IIB Narcotics Correctional Facility in Purwokerto**

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### **Abstract**

**Introduction to the Problem:** Incarcerated individuals with a history of narcotics-related offenses often experience elevated levels of psychological distress, which can hinder their rehabilitation process. One contributing factor is the ability, or lack thereof, to regulate self-control, which plays a crucial role in coping with stressors and maintaining psychological well-being.

**Purpose/Study Objectives:** This study aims to analyze the effect of self-control on psychological distress among narcotics inmates at the Class IIB Narcotics Correctional Facility in Purwokerto.

**Design/Methodology/Approach:** The study employed a quantitative research design, utilizing questionnaires to measure levels of self-control and psychological distress. Participants consisted of male inmates currently serving sentences at the facility.

**Findings:** The analysis revealed a significant relationship between self-control and psychological distress. Inmates with higher levels of self-control reported lower levels of psychological distress, underscoring the protective role of self-regulation in reducing mental health problems within correctional populations.

**Paper Type:** Research Article

**Keywords:** Self-Control; Psychological Distress; Correctional Facility; Narcotics Inmates.



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## **Introduction**

Correctional institutions (Lapas) play a crucial role in Indonesia's criminal justice system, serving as facilities for the rehabilitation of inmates to transform their behavior in a more positive direction. Amid these challenges, the significant number of inmates, particularly those involved in narcotics abuse cases reaching 128,653 individuals, highlights the urgent need to address their mental health. Stress and mental health disorders among inmates are not uncommon, especially for those experiencing life behind bars for the first time.

Prison conditions are often harsh and characterized by severe restrictions on freedom, which may trigger significant psychological pressures. Such circumstances can potentially lead to serious mental health issues, including depression, anxiety, and even suicidal tendencies. Previous studies have indicated that inmates' ability to manage stress—commonly referred to as self-control—plays a critical role in mitigating the negative impacts of psychological distress. Self-control encompasses an individual's capacity to regulate emotions and behaviors, making it highly relevant within the context of inmate rehabilitation.

At the Class IIB Narcotics Correctional Facility in Purwokerto, narcotics-related inmates encounter various psychological challenges that may adversely affect their mental health. Psychological distress, which includes conditions such as depression, anxiety, and stress, represents a prevalent issue that can hinder the rehabilitation process and the successful reintegration of inmates into society. Although self-control is considered a potential protective factor in addressing these challenges, empirical research on its influence on psychological distress among inmates remains limited.

Focusing on the relationship between self-control and psychological distress, this article seeks to examine the extent to which self-control influences the mental health of narcotics inmates at the Class IIB Narcotics Correctional Facility in Purwokerto. A deeper understanding of this relationship is expected to provide valuable insights for prison administrators and to pave the way for more effective rehabilitation programs. Furthermore, the findings of this study may serve as a reference for relevant stakeholders in designing more appropriate interventions to support inmates' mental health.

Previous research has demonstrated significant associations between self-control and individuals' psychological conditions across various contexts. For instance, a study by Denita Rahmawati et al. (2021) revealed that self-

control negatively affects academic stress among vocational high school students, indicating that higher levels of self-control are associated with lower levels of stress. Similarly, Faula Amelia Fajrin and Kusmiyanti (2021) observed that self-control influences inmates' compliance, although other factors remain unidentified. In a different context, Guadalupe Germano and Maria Elena Brenlla (2020) highlighted the relationship between time perspective and self-control on psychological distress, identifying self-control as a mediating factor. Meanwhile, research conducted by Putri Nurul Aliyah and Sulisworo Kusdiyati (2021) found that social support significantly affects adolescents' psychological distress during the COVID-19 pandemic.

However, there are fundamental differences between the aforementioned studies and the present research, particularly in terms of the variables examined. This study focuses on the influence of self-control on psychological distress among narcotics inmates at the Class IIB Narcotics Correctional Facility in Purwokerto. Additionally, research conducted by Rijey J. Luke et al. (2021), which explored the relationship between time spent in prison, coping style, and psychological distress, found that coping style moderates psychological conditions, although no direct relationship was observed between time spent in prison and psychological distress. Thus, the present study is expected to fill a gap in the literature concerning self-control and psychological distress within the inmate context, offering new insights into the management of mental health in correctional facilities.

Further exploration of the importance of developing self-control as part of rehabilitation programs is anticipated to make a significant contribution to existing literature, particularly in the context of stress management within correctional environments. In this study, the author employs the theory of self-control proposed by Tangney et al. (2004), which defines self-control as the ability to modify emotional responses and inhibit impulsive behaviors, both of which have substantial effects on mental and psychosocial health. Factors influencing self-control are categorized into internal factors, such as age, and external factors, such as family influences. Tangney et al. identify three aspects of self-control—behavioral control, cognitive control, and gratification control—all of which contribute to the regulation of individual behavior

Meanwhile, psychological distress encompasses symptoms of depression, anxiety, and stress, which have direct implications for mental health. According to Lovibond and Lovibond (1995), stress comprises physical, emotional, and behavioral aspects, with symptoms including difficulty relaxing, disrupted sleep patterns, and impaired concentration.

Stress levels can be classified into categories ranging from normal to extremely severe. Understanding both self-control and psychological distress is particularly essential in the prison context to identify factors that influence inmates' mental health. By clarifying the relationship between these two variables, it is hoped that this study will help create a more supportive environment for inmates, enabling them to better cope with the psychological challenges encountered during incarceration.

### **Methodology**

The research methodology aims to transform hypotheses into new knowledge. This study employed a quantitative approach, focusing on the analysis of numerical data through statistical methods. Grounded in an objective theoretical framework, the study examined the relationship between variables to develop a mathematical model explaining the influence of self-control on psychological distress among narcotics inmates at the Class IIB Narcotics Correctional Facility in Purwokerto. A cross-sectional design was adopted, enabling the researcher to capture causal relationships at a single point in time. The study specifically tested the self-control theory in relation to psychological distress among inmates, with simple linear regression analysis applied to ensure the accuracy of the findings.

The data sources were divided into two categories. Primary data were obtained through questionnaires completed by narcotics inmates at the Class IIB Narcotics Correctional Facility in Purwokerto. Secondary data were derived from literature, including journals, books, and credible online resources, which supported the analysis of the relationship between self-control and psychological distress.

Operational definitions are essential for describing and measuring the variables under investigation. The following table outlines the components, measurement instruments, outcomes, and measurement scales for each variable examined in this study.

No	Variable	Definition	Componen t	Instrument/Metho d	Result
1	Self Control	The ability to regulate an individual's physical, psychological, and behavioral mechanisms.	Self Discipline, Healthy Habits, Non-impulsive Action, Work Ethic,	Self Control Scale / Kuesioner	SS, S, N, KS, TS

Reliability					
2	Psychological Distress	Psychological distress such as depression, anxiety, and stress.	Depression, Anxiety, Stress	Depression, Anxiety, Stress Scale	Very Often, Usually, Sometime s, Never

The study population consisted of narcotics inmates at the Class IIB Narcotics Correctional Facility in Purwokerto, totaling 66 individuals. A total sampling technique was employed, whereby the entire population was included as the research sample. Validity testing was conducted using Pearson's correlation coefficient, in which an item was considered valid if the significance value was  $< 0.05$ . The results indicated that Variable X (Self-Control) comprised 36 valid items, while Variable Y (Psychological Distress) comprised 21 valid items. Reliability testing, which assessed the consistency of the measurement instruments, yielded Cronbach's Alpha values of 0.923 for Variable X (Self-Control) and 0.920 for Variable Y (Psychological Distress), both of which fall within the reliable category.

For data collection, questionnaires were administered to the inmates. The researcher accompanied the respondents during the completion of the questionnaires to minimize potential misunderstandings and ensure accuracy in responses.

## Result And Discussion

### *Profile UPT*

The Class IIB Narcotics Correctional Facility in Purwokerto is one of the Technical Implementation Units (UPT) under the Directorate General of Corrections, located in Banyumas Regency. The facility functions specifically to provide rehabilitation and guidance for inmates convicted in narcotics-related cases. Situated on a land area of 6,250 m<sup>2</sup>—of which 2,370 m<sup>2</sup> is allocated for buildings and the remainder for supporting facilities—the correctional facility is located on Jalan Jenderal Soedirman No. 14, Purwokerto.

### ***Data Validity Results***

#### Summary Table of Validity Test Results

Variable	Number of Items	Number of Valid Item	R Table	Description
Self Control	36	36	0,238	Valid
Psychological	21	21	0,238	Valid

### Distress

Table of Reliability Test Summary

Variable	Number of Items	Cronbach's Alpha	Description
Self Control	36	0,756	Reliable
Psychological Distress	21	0,763	Reliable

### Summary of Validity and Reliability Tests

In this study, validity testing was conducted on two variables: self-control and psychological distress. The validity test was performed by comparing the calculated  $r$  value with the critical  $r$  value, with the latter set at 0.238 (N=66). The results showed that all items for both variables had calculated  $r$  values greater than the critical value, indicating that all items were valid.

Reliability testing was carried out using Cronbach's Alpha to measure the internal consistency of the instruments. The results indicated that the self-control variable had a Cronbach's Alpha value of 0.756, while the psychological distress variable had a value of 0.763. Since both values exceed the threshold of 0.70, the instruments were deemed reliable, demonstrating good measurement consistency.

Based on these results, the instruments used in this study were proven to be both valid and reliable, thereby ensuring their appropriateness for measuring self-control and psychological distress among narcotics inmates.

Table Summary of Univariate Analysis

Respondent Characteristic	Category	Frequency	Presentase (%)
Gender	Male	66	100
Age	15-25	37	56,1
	26-35	23	34,8
	36-45	6	9,1
Religion	Islam	58	87,9
	Kristen	8	12,1
Study	SD	4	6,1
	SMP	12	18,2
	SMA	50	75,8
Length of Sentence	1-3 Years	38	57,6
	4-7 Years	22	33,3
	8-10 Years	6	9,1

Categories of Self-Control Dimensions

Dimensions	Category	Frequency	Presentase (%)
<b>Self Discipline</b>	Low	11	16,7
	Middle	50	75,8
	High	5	7,6
<b>Deliberate</b>	Low	26	39,4
	Middle	11	16,7
	High	29	43,9
<b>Healthy Habits</b>	Low	11	16,7
	Middle	39	59,1
	High	16	24,2
<b>Work Ethic</b>	Low	10	15,2
	Middle	43	65,2
	High	13	19,7
<b>Reliability</b>	Low	9	13,6
	Middle	40	60,6
	High	17	25,8

Psychological Distress Dimension Categories

Dimensions	Category	Frequency	Presentase (%)
<b>Depression</b>	Low	12	18,2
	Middle	45	68,2
	High	9	13,6
<b>Anxiety</b>	Low	15	22,7
	Middle	40	60,6
	High	11	16,7
<b>Stress</b>	Low	9	13,6
	Middle	43	65,2
	High	14	21,2

Univariate Analysis Summary

## 1. Respondent Characteristics :

- All respondents in this study were male (100%).
- The majority of respondents (56.1%) were within the age range of 15–25 years, and most identified as Muslim (87.9%).
- Most respondents had attained a senior high school level of education (75.8%).
- More than half of the respondents (57.6%) were serving prison sentences ranging from 1 to 3 years.

## 2. Variable Self Control:

- The **Self-Discipline** dimension was predominantly classified in the moderate category (75.8%), whereas in the **Deliberate**

dimension, the majority of respondents fell into the high category (43.9%).

- For the **Healthy Habits** and **Work Ethic** dimensions, most respondents were in the moderate category, with 59.1% and 65.2%, respectively.
- The **Reliability** dimension also recorded the highest proportion in the moderate category, with 60.6%.

### 3. Variable Psychological Distress:

- The majority of respondents were categorized as moderate in the **Depression** (68.2%), **Anxiety** (60.6%), and **Stress** (65.2%) dimensions.

These findings indicate that the majority of incarcerated individuals involved in this study demonstrated a reasonably good level of self-control; however, a proportion of respondents continued to experience moderate to high levels of psychological distress, particularly in relation to anxiety and stress.

#### Bivariate Analysis

##### a. Test of Data Normality

In this study, the One-Sample Kolmogorov-Smirnov Test was employed to assess the normality of the data at a 5% significance level (0.05). The results indicated an Asymptotic Significance (2-tailed) value of 0.200, which exceeds the threshold of 0.05. Therefore, the data utilized in this research can be considered normally distributed.

Test Statistic	Asymp. Sig. (2-tailed)
0,057	0,200

##### b. Test Of Linearitas

The results revealed a **Deviation from Linearity value of 0.675**, which is greater than 0.05. This finding indicates a significant linear relationship between the variables **Self-Control** and **Psychological Distress**.

Deviatition From Linearity	Sig.
0,675	0,675

##### c. Test Of Correlation

A correlation analysis was conducted to assess the degree of association between **Self-Control** and **Psychological Distress**. The results indicated that all dimensions of Self-Control demonstrated a **negative and statistically significant correlation** with Psychological Distress, with the strongest correlation observed in the **Self-Discipline**

dimension and the weakest in the **Deliberate/Non-Impulsive** dimension.

Variable	Depresi	Anxiety	Stress	Psychological Distress
<b>Self Discipline</b>	-0,767	-0,720	-0,809	-0,804
<b>Deliberate/Non Impulsive</b>	-0,603	-0,633	-0,654	-0,660
<b>Healthy Habits</b>	-0,767	-0,816	-0,699	-0,799
<b>Work Ethic</b>	-0,671	-0,640	-0,686	-0,699
<b>Reliability</b>	-0,726	-0,746	-0,664	-0,748

Note : p < 001 level (2-tailed)

d. Simple Linear Regression Test

Simple linear regression was employed to examine the effect of the independent variable, Self-Control, on the dependent variable, Psychological Distress. The analysis yielded the following regression equation:

$$Y=101.553-0.464X$$

This finding indicates that for every one-unit increase in Self-Control, Psychological Distress decreases by 0.464, or approximately 46.4%.

Variable	Koefisien Regression (B)	T Sum	Sig.
<b>(constant)</b>	101,553	31.800	0,000
	-0,464	-16.814	0,000

e. ANOVA Test

The results of the ANOVA test revealed a significance value of **0.000**, which is lower than the threshold of 0.05. This indicates that the regression model employed is linear and that there is a statistically significant effect between the variables **Self-Control** and **Psychological Distress**.

Sum Of Squares	Df	Mean Square	F	Sig.
<b>Regression</b>	7890,612	1	7980,612	282,695

f. Signification Test

The t-test was conducted to evaluate whether the variable **Self-Control** exerts a significant influence on **Psychological Distress**. The computed t-value of **-16.814** with a significance level of **0.000** indicates that Self-Control has a statistically significant effect on Psychological Distress, with a negative regression coefficient.

Variable	Koefisien Regresi (B)	t Sum	Sig.
<b>(constant)</b>	101,553	31.800	0,000
<b>Self Control</b>	-0,464	-16,814	0,000

Overall, the findings demonstrate a significant negative effect of **Self-Control** on **Psychological Distress** among inmates at the Class IIB Narcotics Correctional Facility in Purwokerto. The analysis revealed a statistically significant inverse relationship between the two variables. Regression analysis indicated that the coefficient of determination ( $R^2$ ) for the **Self-Discipline** dimension was **0.648**, suggesting that this dimension accounts for **64.8%** of the variance in psychological distress, with the remaining **35.2%** explained by other factors. The **Deliberate/Non-Impulsive** dimension yielded an  $R^2$  of **0.436** (43.6%), while **Healthy Habits** explained **63.8%** ( $R^2 = 0.638$ ). The **Work Ethic** dimension contributed **48.8%** ( $R^2 = 0.488$ ), and **Reliability** accounted for **56%** ( $R^2 = 0.560$ ). Collectively, self-control as an independent variable significantly influenced psychological distress, with an overall contribution of **81.5%**.

The results of the significance test further supported these findings, with a calculated t-value of **-16.814**, which is lower than the critical t-table value of **1.99**, thereby rejecting the null hypothesis and confirming the alternative hypothesis.

These findings underscore the critical role of self-control in mitigating psychological distress among inmates and highlight its potential to enhance their quality of life during incarceration. Inmates with higher levels of self-control tend to exhibit lower levels of psychological distress. Consequently, the results emphasize the importance of developing structured interventions and rehabilitation programs aimed at strengthening self-control within correctional facilities as a strategic effort to reduce mental health problems among inmates.

## Conclusion

Based on the findings, it can be concluded that there is a significant influence of **self-control** on **psychological distress** among narcotics inmates at the Class IIB Narcotics Correctional Facility in Purwokerto. The analysis revealed that self-control reduces psychological distress by **46.6%**. In other words, the higher the level of self-control possessed by inmates, the lower the level of psychological distress they experience. This study underscores the importance of fostering self-control within the context of inmate rehabilitation.

To improve the mental and emotional well-being of inmates, it is recommended that relevant institutions implement more active rehabilitation programs that encourage inmates to cultivate self-control. Such initiatives may include training designed to strengthen self-discipline,

emotional regulation, and work ethic. Furthermore, for future researchers, it is crucial to explore additional variables that may influence psychological distress among narcotics inmates, as the significant effect observed in this study opens new avenues for further investigation into the psychological dynamics of incarcerated populations.

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