

Self-Acceptance in Female Correctional Inmates in Class II B Kebumen State Prison

¹Nadikohtun Khalalia, ²Lutfi Faishol

^{1,2}Universitas Islam Negeri (UIN) Prof. K.H. Saifuddin Zuhri Purwokerto, Indonesia

¹224110101208@mhs.uinsaizu.ac.id

²lutfifaishol@uinsaizu.ac.id

ARTICLE INFO

Article history

Received: 5 March 2025

Revised: 7 June 2025

Accepted: 8 June 2025

Keywords

Self Acceptance,
Fostered Residents,
Women's Corrections,
Social Support

ABSTRACT

This study discusses self-acceptance in female correctional inmates (WBP) in the Kebumen Class IIB State Prison. Self-acceptance is an important factor that affects the mental and emotional well-being of women, especially in the face of social stigma, loss of freedom, and psychological pressure during the detention period. This study uses qualitative methods to explore factors that affect self-acceptance, such as social support, psychological conditions, and self-confidence. The study results show that social support from family, fellow inmates, and correctional officers plays a significant role in forming better self-acceptance. In addition, the age and duration of the sentence also affect a person's level of self-acceptance. Some WBPs, especially those new to detention, still have difficulty accepting their condition. Therefore, rehabilitation programs that strengthen psychological and social aspects are essential to help WBPs develop better self-acceptance.

Introduction

According to Article 3 of the 1945 Constitution, Indonesia is a country of law, meaning its residents must obey the applicable laws and regulations (Qamar et al., 2018). Behavior deviating from the agreed norms, disturbing public order and tranquility, is considered a crime. Any individual who commits legal action from the authorities. Those who are serving a criminal sentence in Prison are known as inmates (Ardilla et al., 2013). If a criminal violates the applicable provisions, the criminal offender will be processed according to the law and sentenced to imprisonment or criminalization. The law does not discriminate between social status, religion, and even gender because all citizens are treated equally in the eyes of the law. Male and female inmates do not receive preferential treatment because they all have the same rights and responsibilities, thus causing psychological problems that make it difficult for them to accept their status as prisoners who still receive bad stigma in society (Qoyyum et al., 2021).

Correctional Assisted Citizens (WBP) refers to individuals who are in the process of rehabilitation or self-improvement in correctional institutions as a form of

responsibility for actions taken in the past (Kusuma & Yuwono, 2023). WBP is a person who temporarily loses his right to freedom because he has to serve a prison sentence in a correctional facility. Following Law No. 12 of 1995, WBP is considered a person serving a sentence that results in loss of freedom and cannot engage with others in the Correctional Institution (Kusuma et al., 2023). The Kebumen Class IIB State Prison is a correctional institution that accommodates many WBPs, including female WBPs, who are essential in assisting their rehabilitation and social reintegration process. In challenging detention situations, self-acceptance is one of the keys for female WBPs to maintain their mental and emotional well-being. This process of self-acceptance is often closely related to decreased levels of anxiety, depression, and feelings of low self-esteem, which are commonly experienced by female WBPs.

The life of the Correctional Assisted Citizens in Prison starkly contrasts life outside. When they enter Prison, they undergo many changes, including the loss of their freedom and the increasingly limited rights of their people. In addition, they also have to accept the stigma of being a lawbreaker, which adds to their psychological burden. Life in Correctional Services often separates them from their families, creating deep longing and grief that is difficult to overcome. Some of the problems inmates face are caused by their inability to conceptualize the issues they face. This inability makes it challenging to accept himself, especially as a prisoner. Inmates who struggle with self-acceptance usually have mental illness, stress, anxiety, low self-esteem, or insecurity (Novitasari, 2021). Correctional inmates should develop an attitude of self-acceptance so that as long as they live in correctional institutions, they can feel a sense of security, comfort, and happiness. Thus, they will not be trapped in regrets that can become a burden for themselves and interfere with their mental health (Sheldon et al., 2007).

Honesty, truth, and reality in one's self-perception are related to positive self-acceptance, as is the impact of social support. Self-acceptance is seen through perception, which includes physical condition, self-understanding, and the influence of social support (Gamayanti, 2016). Self-understanding, realistic expectations, social support, and meaning in life are essential to self-acceptance (Rahyu et al., 2017). According to Hurlock (2020), Self-acceptance is the ability to accept all aspects of oneself, including strengths and weaknesses. This allows a person to consider the situation logically without becoming angry, inferior, embarrassed, or afraid (Putri et al., 2023).

Indriyani (2022) conducted a study that found that female inmates or inmates face more difficulties in the process of self-acceptance because they often face more significant social burdens, such as gender stigma and systemic injustice. Therefore, understanding the factors that affect the self-acceptance of female inmates in the Class IIB Kebumen Prison is essential to develop a more comprehensive and appropriate rehabilitation program. Zhao (2020) realize that cultivating a positive social atmosphere can increase self-esteem. Research of Hafni (2020), shows that a person's social environment affects their self-esteem, which is essential for helping people improve their health and cope with the stress and anxiety associated with their well-being. Furthermore, a person's sense of self-worth is primarily developed by their social environment (Kyprianides et al., 2020).

This study aims to find out what factors specifically affect Self Acceptance (WBP) in the Kebumen Class IIB State Prison based on the description above. This study will also examine the challenges female inmates or WBPs face in self-acceptance,

as well as how social support, self-confidence, and psychological conditions affect building confidence during sentences. Therefore, the problems of this research include: 1) What factors affect women's self-acceptance in the Kebumen Class IIB Detention Center? 2) How does social support play a role in the self-acceptance of female WBP in Kebumen Class IIB Prison? 3) What are the challenges faced by women WBPs in their self-acceptance process?

Method

The method used in this study is qualitative research. According to Moleong (2011), qualitative research focuses on the phenomena experienced by the participants, describes the phenomenon, and explains it using words and language. To address the focus of the study, the researcher collected information through observation and interviews with Assisted Citizens of Women's Correctional Facility. This study aims to discover the factors that affect the self-acceptance of WBP Women in the Kebumen Class IIB State Prison.

Table 1

Assisted Residents of Class IIB Kebumen Women's Correctional Institution

	Category: WBP	Information
Lack of self-acceptance	Female Prisoners	4 people
Accepting Yourself	Female Prisoners	4 people

Discussion

Self Acceptance According to Experts

According to Sheerer (1957), self-acceptance is a way of objectively assessing oneself and one's condition by accepting all aspects of oneself, including strengths and weaknesses, and having the desire and ability to evolve to continuously live a positive and consistent lifestyle. According to (Putri et al., 2023), The ability to view oneself positively is self-acceptance and to live one's life with all their weaknesses and strengths without experiencing discomfort or shortcomings. A comprehensive psychology dictionary based on Chaplin (2011), explains self-acceptance as individuality, talent, self-satisfaction, and awareness of one's limitations. In psychology, the discovery of this identity depends on the existence of self-abilities that show self-quality. Therefore, this review will focus on all self-supporting abilities. People must know their abilities and their limitations to have a healthy personality. Self-acceptance means being aware of one's shortcomings and limitations and feeling satisfied with oneself, nature, and skills. The term "self-acceptance" refers to a theory of humanistic psychology that emphasizes the importance of understanding each person's subjective experience and prioritizing the elements of personal development to achieve self-acceptance.

According to Maslow (2012), an individual who can remain calm, free from feelings of inferiority, guilt, or humiliation due to his limitations, and does not

experience a change from others to himself. An individual who can act independently according to his goals and objectives accepts himself in all his positive and negative characteristics and evaluates himself realistically. When people have unconditional self-acceptance, they judge themselves and try to improve themselves so that they do not feel inadequate or worthless when they do not meet their goals and objectives. Therefore, unconditional self-acceptance increases self-esteem, reduces fear and sadness, and improves mental health (Kaya et al., 2022). Self-perception and psychological well-being are closely intertwined. Individuals who restrain themselves are usually dissatisfied and unable to build or maintain positive relationships with others.

In contrast, psychologically healthy individuals believe that they are liked, competent, deserved, and accepted by others. We need to eat and learn to accept ourselves to progress psychologically. We must help others become more accepting of ourselves if we want to see them grow and develop cognitively. When people have learned to live with themselves, they can accept their strengths and weaknesses. This is known as self-acceptance (Supratic, 2019).

According to Hurlock (2020), spontaneity and a sense of personal responsibility are the two main components of self-acceptance; they acknowledge their Humanity without revealing circumstances beyond their control. The ability to accept oneself, with all its shortcomings, so that one can take advantage of those shortcomings to improve one's shortcomings is known as self-acceptance. As a result, when something terrible happens, one can weigh its advantages and disadvantages. Hurlock (2020) states that individuals with a high level of self-acceptance take advantage of their shortcomings to improve their abilities rather than caring about how many shortcomings they have.

Characteristics of Self Acceptance

How everyone expresses themselves is very different from how everyone else does. According to David, the following are the characteristics of a person who accepts him:

1) Accepting yourself

An honest, sincere, and genuine sense of self-evaluation indicates self-understanding. A person's capacity to understand themselves depends on their ability to discover their own identity, as well as their ability to develop their intellectual capacity. In addition to better understanding who they really are, people become more aware of their true identity. Self-understanding and self-acceptance are interrelated; the more one's self-understanding, the more acceptance of oneself. A person will appreciate himself more if he is willing to accept himself as he is. It also tells others they should be careful when interacting and treat others according to their abilities.

2) Refuse to reject yourself if you have weaknesses and limitations.

If you have weaknesses and shortcomings, or if your environment's response influences a person's attitude, it will make it easier for them to accept you. Gunadi stated that strength is a trait or characteristic of ourselves that we value more than any other skill or trait. According to Gunadi, not giving in to oneself is the ability to accept one's truth without denying who you used to be or who you are now, be honest with yourself, and not hate yourself. According to Gunadi, one thing that makes us sometimes find it difficult to accept what we have as strength is because we believe.

3) Have the belief that to love yourself.

Feeling that a person does not need approval or love from others to love himself. People tend to be more accepting of themselves and have the same point of view about themselves if they can adapt and identify themselves. When people need affection from others, they tend to understand and accept themselves more. Valuing your mind, body, and soul fully involves loving yourself, which means acknowledging your shortcomings, forgiving others, and feeling proud of your accomplishments.

4) To feel worthy, one doesn't need to be perfect.

A person with strong self-confidence will be able to observe himself from a distance in a steady and unshakable manner. The concept of unstable self-esteem refers to a person who, at one time, shows his self-esteem positively and, at other times, negatively, will clearly illustrate the necessary self-esteem. Positive self-talk is a mental exercise that supports generating thoughts and words and builds an image to develop your mind. Positive thinking promotes happiness, joy, health, and success in every situation and circumstance. Positive thinking will help you achieve your goals regardless of what you expect. Another cognitive strategy that allows you to anticipate favorable outcomes is to think optimistically. and avoid disappointment (Riwayati, 2010).

Factors Affecting Self Acceptance

According to Hurlock (2020), as follows.

1. Self Understanding

One can determine what they are capable of and are not capable of doing by having a deep awareness of themselves. People are usually more tolerant of themselves. When they have a better understanding of who they are.

2. Reasonable or Realistic expectations

One can set reasonable expectations based on their knowledge and skills, apart from others, to achieve their goals. Self-satisfaction, an essential component of self-acceptance, is affected when a person reasonably expects to achieve something.

3. Positive Social Attitudes

Good prejudice results from people's appreciation of social skills and desire to conform to environmental norms. Once a person has a good social attitude, they can better accept themselves. A positive attitude towards others, respect for their talents, and a desire to conform to the customs of a social group are the three main factors that contribute to a good social attitude.

4. Broad self-perception

A person with a limited self-perspective will not understand himself as well as someone with the same self-perspective.

5. Strong self-confidence

If a person only has a positive view of themselves, they will see themselves inconsistently, which makes it difficult for others to see them as they are. (Hurlock, 2020).

Hurlock states that self-understanding, Effective success effects, reasonable expectations, no environmental barriers, no emotional disturbances or extreme stress, broad self-insight, i.e., paying attention to how others

perceive them, small-scale parenting for Children who have no self-esteem grow into confident and self-respecting adults.

Understanding yourself, your talents, and your abilities are the most fundamental components of self-acceptance. When individuals are more able to accept themselves (Hurlock, 2020). Accepting one's situation is also helped by having reasonable expectations. Kubler-Ross (1969) asserts that Self-acceptance occurs when a person can face reality instead of succumbing to despair or resignation. Although SG subjects maintained a negative self-perception, all three maintained realistic expectations. People find it difficult to set reasonable expectations when they have a negative self-perception and are unsure of their abilities. This is not the case for all individuals who become WBPs. Subjects who judge themselves negatively still have realistic expectations for their lives after leaving the Rutan. The absence of environmental barriers leads to the emergence of realistic expectations. Although some individuals do not have close enough family to help them, they still face practical challenges after being released from the Rutan. Therefore, support from the immediate environment does not significantly impact their self-acceptance outcomes. According to Akçakoca (Ceyhan et al., 2011), age can also affect the self-acceptance rate of the subject. For example, subject S, the youngest subjects compared to SG subjects, has difficulty accepting their condition, and subject R, the oldest subject, can quickly receive their condition and even find the benefits of the punishment they are serving.

According to Zimet et al. (1988), social support can be defined as a belief that friends, family, and partners support a person. Relationships within a person's social network, including friendships, partners, and communities, can provide social support. People who receive social support feel valued and cherished because they are members of social contexts, such as family and society, who can support them when they need them (Eymar, 2022). According to Sarason et al. (1983), social support is the availability or presence of individuals that we can rely on and who genuinely care about us (Şahin et al., 2019). Social support includes emotional, instrumental, and informational support (Taylor, 2011). Informational assistance is when a person provides coping tools and mechanisms to help others better understand complex events. Instrumental support giving emotional support includes giving attention and warmth to others, while emotional support, such as services and finances, is the feeling that we are valued. Individuals who have a strong social network are better able to handle stress, but as a result, their physical and mental health is compromised.

The effectiveness of social support is influenced by some factors, including the fact that support from the same source will have more excellent value than support from other sources. Fairness, obligations, and norms affect the capacity of support recipients to provide support; the type of support received will determine its effectiveness, and the receipt of social support consisting of Individuals, social roles, and habits determines how practical support is. The capacity of the recipient to provide support has an impact on the ongoing process. Examples are the problems at hand, how the aid is tailored to the issue, the length of time the assistance is given, and the fact that the best social support in one situation does not apply to another; all affect how effectively the aid is provided. For example, when someone loses their job, they will receive help based on their problem; However, if they are already working, further assistance is needed, as is the duration of the aid. The ability of support determines how long or short the support is. According to Cohen & Syme (1985), capacity refers to the ability of a support provider to provide the assistance offered. Therefore, by increasing people's capacity to evaluate and create alternative coping mechanisms,

social support can help address problems. Social support influences coping by altering the relationship between stressors, personal views, and coping mechanisms (Wabba & House, 1974).

According to the results of the study Komarudin et al., (2022), in addition, there is a positive correlation between social support and Self Acceptance. Emadpoor & Lavasani (2016) stated that self-acceptance and social support were significantly positively correlated. When receiving this support, people tend to accept themselves more, which leads to feeling happier when facing challenges. According to Panners, Understanding oneself means having the ability and desire to live with one's traits and belief in those traits. When combined with self-respect, people with high self-acceptance have a realistic view of their abilities. A person who accepts himself recognizes his potential and does not criticize his shortcomings (Salwa et al., 2010). Resilience and social support are highly correlated with the level of self-acceptance of WBP. Social support can protect correctional inmates from adverse pressure and increase their self-acceptance, especially in those who lack resilience. Correctional inmates with strong social support systems, both material and emotional, are more likely to be resilient and self-accepting. Furthermore, In the process of self-acceptance, resilience is considered an ever-changing process; Perceived social support and resilience are considered components that protect self-acceptance (Plexico et al., 2019).

On the other hand, self-acceptance is the ability to accept oneself positively, with all its shortcomings and advantages, and constantly strive to be the best version of oneself. Social support is the moral and material help people receive in solving problems to feel valued, loved, and confident in their ability to face challenges (Pranata & Nurmina, 2021). In addition to receiving social support from parents, friends, and siblings, they are also influenced by self-acceptance, which means having a positive attitude towards themselves, having the ability to accept themselves with all their aspects, both good and bad, having a strong awareness and understanding of who and what they are, being able to understand themselves and others and be able to accept the feelings of others without disturbing them (Yusuf, 2015). External factors, namely social support from those closest to them, and internal factors, namely self-acceptance, explain that the resilience of female inmates is influenced by social support from their families, prison officers, and the community (Huang et al., 2020). The internal factor, namely self-acceptance, explains that the resilience of female inmates is influenced by self-efficacy and optimism (Riza, 2013).

Overview of Self-Acceptance of Correctional Assisted Citizens

They can judge themselves objectively and accept themselves as they are, regardless of the situation, and they can accept themselves as they are. It is not isolated from its environment, nor is it shame or guilt. Accepting oneself means being able to adjust to one's environment. The picture of self-acceptance that the inmates have from the results of the interviews I got can be stated that those who are new, because they are new to the Prison, do not accept their identity. Prisoner is a term for inmates still in the process of investigation, investigation, or trial, and usually, the prisoner has not been sentenced by the court. Inmates who are still prisoners are traditionally more likely not to accept themselves, and inmates who have usually served longer sentences begin to have good self-acceptance. Because inmates who have become inmates have undergone education or coaching and routine programs in the Detention Center, some people who have served long sentences still do not accept themselves well, such as

those who still blame themselves and feel that they are not supported or shunned by others. The view of one of the female block guards in the Kebumen Class IIB Prison was that among the four female inmates who seemed to accept her for her past mistakes was only one inmate, and 1 of the other three was younger and had a longer sentence, but the self-acceptance that seemed to be very real acceptance was one inmate who was older than 3 of them.

Conclusion

Based on this study, it can be concluded that various factors, including social support, age, duration of detention period, and individual psychological condition, influence female WBP's self-acceptance in Kebumen Class IIB Prison. WBPs who received strong social support tended to have better self-acceptance than those who felt isolated or shunned by the environment. In addition, WBPs who served longer sentences tended to accept themselves more than new prisoners who were still adapting. However, there are still challenges in building optimal self-acceptance, especially for WBPs who experience high psychological pressure and lack of social support. Therefore, a coaching program focusing on mental strengthening, increasing self-confidence, and more effective social support is needed to help WBP develop better self-acceptance during his prison term.

References

- Ardilla, F., & Herdiana, I. (2013). Self-acceptance in female inmates. *Journal of Personality and Social Psychology*, 2(1), 1–7.
- Aykut Ceyhan, A., & Ceyhan, E. (2011). Investigation of university students' self-acceptance and learned resourcefulness: A longitudinal study. *Higher Education*, 61, 649–661.
- Chaplin, J. P. (2011). *A complete dictionary of psychology*.
- Cohen, S. E., & Syme, S. I. (1985). *Social support and health*. Academic press.
- Emadpoor, L., & Lavasani, M. G. (2016). The relationship between perceived social support and psychological well-being in students—*Journal of Psychology*.
- Eymar, S. (2022). Social Support for UNP Psychology Department Students in Online Learning During the Covid-19 Pandemic. *Ranah Research: Journal of Multidisciplinary Research and Development*, 4(3), 225–230.
- Gamayanti, W. (2016). The image of self-acceptance in people with schizophrenia. *Psymphatic: Scientific Journal of Psychology*, 3(1), 139–152.
- Hafni, M. (2020). Effectiveness of social support with adolescent's self-acceptance in post-divorce parents. *INSPIRA: Indonesian Journal of Psychological Research*, 1(2), 38–42.
- Huang, Y., Wu, R., Wu, J., Yang, Q., Zheng, S., & Wu, K. (2020). Psychological resilience, self-acceptance, perceived social support and their associations with the mental health of incarcerated offenders in China. *Asian Journal of Psychiatry*, 52, 102166.
- Hurlock, E. B. (2020). *Child Development Volume 1*.
- Kaya, Y., Güç, E., Kırılancı-Şimşek, B., & Cesur-Atıntaş, M. (2022). The effect of psychodrama group practices on nursing students' self-liking, self-competence, and self-acceptance: A quasi-experimental study. *Perspectives in Psychiatric Care*, 58(4), 1239–1247.
- Komarudin, K., Bukhori, B., Karim, A., Haqqi, M. F. H., & Yulikhah, S. (2022). Examining

- social support, spirituality, gratitude, and their associations with happiness through self-acceptance. *Psikohumaniora: Jurnal Penelitian Psikologi*, 7(2), 263–278.
- Kusuma, S. A., & Yuwono, E. S. (2023). Self-acceptance of correctional inmates with a life sentence. *Scientific Journal of Psychology*, 1, 42–52.
- Kyprianides, A., & Easterbrook, M. J. (2020). Social factors boost well-being behind bars: The importance of individual and group ties for prisoner well-being. *Applied Psychology: Health and Well-Being*, 12(1), 7–29.
- Moleong, L. J. (2011). Qualitative Research Methodology, XXIX edition. Bandung: PT. Teen, Rosdakarya.
- Novitasari, kusmiyanti (polytechnic of correctional sciences). (2021). DOI: 10.33366/rfr.v%vi%i.2412. 11, 180–192. <https://doi.org/10.33366/rfr.v>
- Plexico, L. W., Erath, S., Shores, H., & Burrus, E. (2019). Self-acceptance, resilience, coping and satisfaction of life in people who stutter. *Journal of Fluency Disorders*, 59, 52–63.
- Pranata, J. Z., & Nurmina, N. (2021). A study on the correlation between social support and self-acceptance in the elderly working aur kuning bukittinggi. *Journal of Psychological Research*, 2021(2).
- Putri, M., & Widisanti, N. M. (2023). SELF ACCEPTANCE OF THE MAIN CHARACTER IN MATT HAIG'S MIDNIGHT LIBRARY. *Journal Albion: Journal of English Literature, Language, and Culture*, 5(1), 42–45.
- Qamar, N., Amas, K. S. Y. D., Palabbi, R. D., Suherman, A., & Rezah, F. S. (2018). *a state of law or a state of power (Rechtsstaat or machtstaat)*. CV. Social Politic Genius (SIGN).
- Qoyyum, M. A., & Kurniasari, L. (2021). The Relationship between Self-Acceptance and Stress Levels in Female Inmates in Class II A Prison Samarinda. *Borneo Studies and Research*, 2(3), 1930–1936.
- Rahayu, Y. D. P., & Ahyani, L. N. (2017). Emotional intelligence and family support with self-acceptance of parents who have children with special needs (ABK). *Journal of Perceptual Psychology*, 2(1), 29–47.
- Riwayati, A. (2010). *The relationship between the meaning of life and self-acceptance in parents who are entering old age*. Maulana Malik Ibrahim State Islamic University.
- Riza, M. (2013). *Resilience in male inmates in Medaeng Class 1 Prison*. AIRLANGGA UNIVERSITY.
- Şahin, D. S., Özer, Ö., & Yanardağ, M. Z. (2019). Perceived social support, quality of life and satisfaction with life in elderly people. *Educational Gerontology*, 45(1), 69–77.
- Salwa, U., Kuncoro, J., & Setyaningsih, R. (2010). Family social support and perception of the verdict with the self-acceptance of inmates of the Semarang Women's Class II A Correctional Institution. *A Semarang woman. Projection*, 2, 79–89.
- Sheerer, E. T. (1957). The relationship of self-acceptance and self-respect to acceptance of and respect for others. *Pastoral Psychology*, 8, 35–42.
- Sheldon, K. M., & Lyubomirsky, S. (2007). Is it possible to become happier? (And if so, how?). *Social and Personality Psychology Compass*, 1(1), 129–145.
- Supratiknya, A. (2019). Ethnic identity: A study of construct equivalence. *Jurnal Psikologi*, 46(3), 196–210.
- Taylor, S. E. (2011). Social support: A review. *The Oxford Handbook of Health Psychology*, 1, 189–214.
- Wabba, M. A., & House, R. J. (1974). Expectancy theory in work and motivation: Some logical and methodological issues. *Human Relations*, 27(2), 121–147.

-
- Yusuf, W. F. (2015). The relationship between social support and self-acceptance with motivation to memorize the Qur'an at the Nurul Huda Singosari Islamic Boarding School in Malang. *Journal of Psychology: Scientific Journal of the Faculty of Psychology, Yudharta University of Pasuruan*, 3(1), 1–11.
- Zhao, Y., An, Y., Sun, X., & Liu, J. (2020). Self-acceptance, post-traumatic stress disorder, post-traumatic growth, and the role of social support in Chinese rescue workers. *Journal of Loss and Trauma*, 25(3), 264–277.