

ABSTRACT

Increased Prisoners Self-Esteem Through Structured Spiritual Guidance in Prison Class II B Mojokerto

Prisoners have lower self-esteem as a result away from loved ones and family and also regret that cause a negative assessment of self that makes prisoners experiencing stress, depression and low self-esteem. Many therapies could be done to improve the individuals self-esteem. The purpose of this study was to analyze the influence of the structured spiritual guidance for increasing prisoners self-esteem. The study used quasi experimental with pre-posttest control group design. Self esteem of each respondents observed by using Coopersmith Self Esteem Inventory questionnaire before and after giving treatment 8 times for each group in this study. The population in this study were all prisoners in Correctional Institution class II B Mojokerto since November 2014. There were 24 respondents as samples that divided into 12 study groups which treated by the structured spiritual guidance. There were 12 control group which treated by free discuss. Data analyzed by using two independent and paired sample t test. The results showed that there was a difference between self-esteem to prisoners before and after the structured spiritual guidance (p value of 0.001). There was no difference between the self-esteem to prisoners before and after free discussion (p value of 0.392). Giving guidance for 8 times in one month improved self-esteem in prisoners of 3.42. Implementation of structured spiritual guidance services improve five aspects of spiritual self-concept among other aspects of the physical self, social self, spiritual self, something unknown in life, as well as attachments with yourself and God so that they can affect a person's dignity. Management prisoners should provide structured spiritual guidance to motivate inmates to be able to feel more welcome, as well as a provision for inmates in improving the quality, meaning and purpose of life better.

Keyword: Self esteem, prisoners, structured spiritual guidance.