

The Relationship Between The Big Five Personality And Resilience On Prisoners

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Abstract

This study aims to understand the relationship between the five main personality traits (Big Five) and the resilience of inmates at the Class II A Women's Correctional Institution in Malang. This study uses a quantitative method to collect data with a questionnaire; the sample size in this study consisted of 30 criminal inmates. The instrument used in this study is the Big Five, using the instrument variable The Big Five Personality Inventory (BFI), and the resilience variable using an instrument developed from the Connor-Davidson Resilience Scale (CD-RISC). The results of the study showed that openness with a significance value of $0.307 > 0.05$, extroversion with a significance value of $0.276 > 0.05$, friendliness with a significance value of $0.260 > 0.05$, conscientiousness with a significance value of $0.859 > 0.05$, neuroticism with a significance value of $0.868 > 0.05$, based on the significance of the five main personality types there is no significant influence on resilience. The R-square value is 0.196, which means that the five personality types of Extraversions, Agreeableness, Conscientiousness, Openness or Openness to experience, and Neuroticism explain the variation in the resilience variable by 19.6%; the rest is influenced by other factors.

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1. INTRODUCTION

Lifestyle in a correctional facility (prison) is very different from life in a typical community or family environment. Prison life is full of rules, limited access to the surrounding environment, and the requirement to follow them. New inmates experience significant pressure, which can trigger stress and other psychological distress.

The mental condition of prisoners who are under pressure affects their psychological state, whether good or bad. The pressure experienced by prisoners can be vented by harming themselves and others, such as causing riots in prison, depression, wanting to commit suicide, and so on. The influence of socio-economic life on a person's resilience abilities: children who are raised in a family environment that is always stressful and whose social life is not good can be said that the child will experience weaknesses in their resilience abilities (Schoon & Bynner, 2003)

Jackson's research also examines various abilities to become a resilient person in life, so that our lives become happy. A resilient person is basically supported by several concepts, and this can determine success and failure in life. (Jackson, 2004)

Connor et al., in their research, revealed that the variables resilience, general spiritual beliefs, and anger were all related to physical health status, with greater resilience associated with better health, and stronger spiritual beliefs and greater anger associated with poorer health (Connor et al., 2003).

According to research, a healthy and strong personality will enable a person to adapt to their environment and recover from adversity. Narayan's research on the Big Five and resilience, the research found that the Big Five as a whole has a 67% contribution to resilience ability; it can be said that the resilience variable significantly influences a person's personality (Narayanan, 2008). Meanwhile, Shaifa and Supriadi's research did not find a significant relationship between the personality dimensions of extraversion, conscientiousness, and neuroticism and the adjustment of foreign students (Shaifa, 2013).

From the several studies above regarding resilience and the Big Five personality, it still needs to be studied in more depth, especially on different research subjects. Researchers are interested in researching further regarding the relationship between the Big Five personality and resilience in inmates at the Class II A Malang correctional institution.

Personality is a characteristic within an individual that is relatively permanent, enduring, and influences the individual's adjustment to the environment (Mastuti, 2006). According to Goldberg (in Ramdhani, 2012), five personality types have more specific characteristics, including: (1) Extraversion, characterized by enthusiasm and passion. Extraverted individuals are enthusiastic about building relationships with others.

They never hesitate to make acquaintances and actively seek out new friends. (2) Agreeableness, characterized by sincerity in sharing, subtlety of feeling, and a focus on the positive aspects of others. (3) Conscientiousness, in other words, is being serious about carrying out tasks, being responsible and reliable, and liking order and discipline. (4) Neuroticism is the opposite of emotional stability. Neuroticism is often referred to as 'anxious,' while emotional stability is referred to as emotional stability. (5) Openness or openness to experience, hereinafter referred to interchangeably as openness.

One of the important components of resilience is the natural state of danger, harm, and threats that result in individual vulnerability. Individual resilience at any time is calculated by the ratio between the presence of protective factors and the presence of dangerous situations (Duplessis Vanbreda, 2001).

2. METHOD

Research design and variables: This study used a quantitative, cross-sectional correlational design with two variables. The independent variable was Big Five personality (openness, conscientiousness, extraversion, agreeableness, and neuroticism), and the dependent variable was resilience. Because the design is correlational and the data were collected at a single point in time, the results are interpreted as relationships (associations) between variables, not as causal effects.

Population, sample, and sampling technique: The population was the inmates of the Class II A Women's Correctional Institution in Malang. The sample consisted of 30 inmates and was equal to the population, so the study applied total (saturated) sampling, in which every member of the accessible population is included.

Sample size rationale and limitations Because the sample equals the whole accessible population, probability sampling was not applied, and the findings describe this institution only and cannot be generalized to other correctional facilities (Etikan et al., 2016). In addition, 30 respondents is small for a multiple regression with five predictors. Green (1991) suggests a minimum of $50 + 8k$ respondents (90 for $k = 5$), and Cohen (1992) indicates that about 90 respondents are needed to detect a medium effect ($f^2 = .15$) with $\alpha = .05$ and power = .80. A post hoc power calculation shows that, with $N = 30$ and five predictors, the power to detect a medium effect was only about .27 and to detect a large effect ($f^2 = .35$) about .59. The study therefore has a high risk of a Type II error (failing to detect a real relationship), and its estimates may be unstable (Button et al., 2013). The results should be regarded as exploratory.

Respondent characteristics: All respondents were female inmates serving sentences at the institution. Instruments: Big Five personality was measured using the Big Five Inventory (BFI) (John & Srivastava, 1999), and resilience was measured using an instrument developed from the Connor-Davidson Resilience Scale (CD-RISC) (Connor & Davidson, 2003).

Data collection procedure: Data were collected using questionnaires. Data analysis: Multiple linear regression was used to test the relationship between the Big Five dimensions (simultaneously and individually) and resilience at a significance level of .05. Before the regression, the assumptions of normality (Kolmogorov-Smirnov test) and linearity (test for linearity) were examined.

3. RESULTS AND DISCUSSION

The research data were tested using multiple linear regression. First, a requirement test was carried out, including the normality distribution test; the results of the assumption test are as follows:

Normality Test

The normality test of distribution is carried out to determine whether the dependent variable is normally distributed. The model used is Kolmogorov-Smirnov; the results of the normality test of distribution are as follows:

Variables	E-SW	Mr. (p)	Status
Resilience and the Big Five Personality Types	0,107	0,200	Normal

Based on the results of the normality statistical test, the resilience and Big Five variables are normally distributed.

Linearity Test

A linearity test is performed to prove that each variable has a linear relationship. The results of the linearity test are as follows:

Variables	F	Mr. (p)
Resilience with Openness	0,361	0,940
Resilience with Extraversion	0,276	0,922
Resilience with Agreeableness	1,405	0,255
Resilience with Conscientiousness	2,632	0,045
Resilience with Neuroticism	1.516	0,219

The test results show that the resilience variable has a linear relationship with openness, extraversion, agreeableness, and neuroticism, except for conscientiousness.

Hypothesis Testing

Based on the analysis results, the significance value of 0.352 is greater than 0.05. This means that Neuroticism, Openness, Agreeableness, Conscientiousness, and Extraversion have no effect on resilience.

The coefficient of determination measures the extent to which the independent variables can explain the variation in the dependent variable. Based on statistical tests, the R-squared value was 0.196 or 19.6%, meaning that resilience can be explained and predicted by Neuroticism, Openness, Agreeableness, Conscientiousness, and Extraversion by 19.6%, with the remainder influenced by other factors.

Discussion

This study aimed to examine the relationship between the Big Five personality traits and resilience among inmates at the Class II A Women's Correctional Institution in Malang. The multiple regression results showed that openness, extraversion, agreeableness, neuroticism, and conscientiousness were not significantly related to resilience, either simultaneously ($F(5, 24) = 1.170, p = 0.352$) or individually (all $p > 0.05$). In this sample, therefore, personality alone did not show a statistically reliable relationship with resilience.

This result differs from the meta-analysis of Oshio et al. (2018), which found moderate relationships between resilience and all five traits (neuroticism $r = -.46$; extraversion $r = .42$; conscientiousness $r = .42$; openness $r = .34$; agreeableness $r = .31$), and from Campbell-Sills et al. (2006) and Friberg et al. (2005), who also reported that resilience was related to the Big Five. It is partly consistent with Shaifa (2013), who did not find significant relationships between several personality dimensions and adjustment. Two considerations may explain the difference. First, statistical power: with only 30 respondents, the power to detect a medium effect was about .27, so a non-significant result does not prove that no relationship exists. Second, the population: previous studies largely used students and community samples, whereas inmates live in a highly regulated environment with limited autonomy, which may restrict how personality traits are expressed in coping, so the relationship between personality and resilience may be weaker in this setting. This second explanation is a hypothesis that was not tested in this study.

Another possible explanation, which was also not tested here, is that resilience is related to contextual factors such as peer and family support, spirituality, and a safe living environment. Mulia (2014) found a relationship between peer social support and resilience, and Arenas García and Durán (2018) found that resilience among women inmates was related to personal, penal, and penitentiary variables. Because these variables were not measured in this study, they should be treated as hypotheses for future research, not as conclusions.

Resilience is related to both internal and external factors, and their relative importance may differ between individuals facing problems (Luthar et al., 2000; Masten, 2001). In this study, the five personality traits together shared 19.6% of the variance in resilience (adjusted R-square = 2.9%), and the remaining variance is associated with variables outside the model, such as social support, stress management, spirituality, and the prison environment. These variables need to be tested directly in further studies.

Inmates also receive regular spiritual guidance, which may be related to how they face trials, challenges, and pressure, because religiosity and spirituality can strengthen individuals who face problems. This explanation is plausible but was not tested in this study.

Suryaman et al. (2013) studied the relationship between religiosity and resilience and found a positive relationship in rehabilitation patients at the Semarang Peace House Foundation.

Limitations

This study has several limitations. First, the sample was small ($N = 30$), so statistical power was low and the estimates may be unstable. Second, the sample came from a single women's correctional institution and was not drawn randomly, so the findings cannot be generalized. Third, the relationship between conscientiousness and resilience did not meet the linearity assumption. Fourth, the data were collected with self-report questionnaires, which may be affected by social desirability. Fifth, the cross-sectional design does not allow causal conclusions. Finally, other variables that may be related to resilience were not measured.

4. CONCLUSION

Based on the results, the five Big Five personality traits (openness, conscientiousness, extraversion, agreeableness, and neuroticism) were not significantly related to resilience among inmates at the Class II A Women's Correctional Institution in Malang, either simultaneously ($F(5, 24) = 1.170, p = 0.352$) or individually (all $p > 0.05$). The five traits shared 19.6% of the variance in resilience (adjusted R-square = 2.9%). Because other variables were not measured, this study cannot determine which other factors are related to resilience. Social support from peers and

family, spirituality, and religiosity are only candidates suggested by previous research (Mulia, 2014; Suryaman et al., 2013; Arenas García & Durán, 2018) and need to be tested directly. In addition, given the small sample and low statistical power, the absence of significance should not be read as proof that no relationship exists.

Further research is recommended to use a larger sample from several correctional institutions (at least about 90 respondents for five predictors), to include variables such as social support, spirituality or religiosity, and length of sentence in the model, to examine the possible non-linear relationship for conscientiousness, and to consider longitudinal or mixed-methods designs. This is important to deepen research on the psychological conditions of inmates in correctional institutions so that they can improve.

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