

## Social Anxiety in Assisted Children Before Being Released in Tomohon Class II Prison

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### Abstract

A foster child is a status given to someone who has committed a crime and has received a sentence to serve a sentence in accordance with the judge's decision. Social anxiety presents symptoms of shame, humiliation, and concern from negative judgments by others in social situations, and rumination about social relationships and a tendency to withdraw from social activities. The place for carrying out this research was LPKA Class II Tomohon using a qualitative approach with a phenomenological approach. The sampling method used in this research was purposive sampling. The data sources in this research are 2 assisted children who are approaching release at LPKA Class II Tomohon, and in this research using Source Triangulation, the results of the interviews show that the two assisted children who are approaching release at LPKA Class II Tomohon, tend to feel anxiety before being released, especially Adolescence is an age where emotional and psychological conditions are unstable as well as stigma from society regarding the status of a former foster child and feelings of shame when returning to family and society. The anxiety that assisted children feel makes them sometimes feel stressed and dizzy, especially during long periods of punishment. They feel anxious about revenge from the victim's family for what they have done. After everything they have experienced, they get family support to relieve anxiety by joking and laughing with their friends or looking for an atmosphere that makes them happy.

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### Abstrak

Anak binaan adalah status yang diberikan kepada seseorang yang melakukan kejahatan dan telah mendapatkan vonis untuk menjalani masa hukuman sesuai dengan putusan hakim. kecemasan sosial menyajikan gejala malu, penghinaan, dan perhatian dari penilaian negatif oleh orang lain dalam situasi sosial, dan perenungan tentang hubungan sosial dan kecenderungan untuk menarik diri dari kegiatan sosial. Tempat pelaksanaan penelitian ini adalah LPKA Kelas II Tomohon dengan menggunakan pendekatan kualitatif dengan pendekatan fenomenologi. Metode pengambilan sampel yang digunakan dalam penelitian ini adalah purposive sampling. Sumber data pada penelitian ini yaitu 2 Anak binaan yang menjelang bebas di LPKA Kelas II Tomohon, dan dalam penelitian ini menggunakan Triangulasi Sumber .dari hasil wawancara menghasilkan bahwa dua Anak Binaan menjelang bebas di LPKA Kelas II Tomohon, cenderung merasakan Kecemasan menjelang bebas, terlebih lagi usia remaja merupakan usia dimana keadaan emosional dan psikologis yang belum stabil serta stigma dari masyarakat tentang status sebagai mantan Anak Binaan dan merasakan perasaan malu ketika akan kembali pada keluarga dan masyarakat. Kecemasan yang anak binaan rasakan membuat mereka terkadang merasakan stres dan pusing apalagi dalam masa hukuman yang lama . Mereka merasakan kecemasan akan adanya balas dendam keluarga korban atas apa yang telah mereka perbuat. Setelah semua yang dirasakan disamping itu mereka mendapatkan dukungan keluarga untuk menghilangkan rasa kecemasan dengan cara bercanda tawa dengan teman-temannya atau mencari suasana yang membuatnya senang.

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## 1. INTRODUCTION

Having the status of a foster child causes a person to be ashamed of himself. Status as a foster child become source from worries, especially after being released from correctional institutions. These concerns are related to society's acceptance of themselves as former foster children and worry about being ostracized by society (Handayani, 2010).

There are many things to worry about in life, such as health, social life, career and environmental conditions which are a source of worry. Anxiety can be said to be normal and beneficial if there is no threat, but anxiety can become abnormal if the level does not match the threat, such as anxiety about interacting with new people, avoiding oneself from other people

for no apparent reason, this is categorized as social anxiety (Nevid, Rathus & Greene, 2005).

Gümüs (2013) defines social anxiety as a state of discomfort and stress that an individual experiences with the expectation that he will act inappropriately, make a fool of himself, leave a negative impression and be evaluated by others in a negative way (stupid, loser, incompetent, and so on ) at various events and social situations.

Social anxiety is characterized by an excessive fear of being scrutinized by others and avoidance of social activities that arouse this fear (Hedman 2015).

According to Dayakisni and Hudaniah (2009), social anxiety is a feeling of discomfort in the presence of other people, which is always accompanied by feelings of embarrassment which are characterized by awkwardness/stiffness, inhibition and a tendency to avoid social interactions.

According to Sternberg (2013) social anxiety increases to a disorder if;

1. The level of anxiety experienced becomes increasingly irrational and interferes with the effectiveness of daily activities
2. Justification for excessive anxiety, for example the individual feels a high level of anxiety without a triggering stimulus
3. The consequences of this anxiety have a comprehensive negative impact on the individual's life.

Greca and Lopez, social anxiety is a feeling of social anxiety, especially one that can be generalized significantly so that it can cause a feeling of discomfort in the individual. This is because the individual has to deal with people who are not new or familiar which will cause a feeling of worry related to being judged and insulted.

Aspects of Social Anxiety According to La Greca and Lopez (1998), there are three aspects of social anxiety, namely as follows:

a) Fear of negative judgment

Fear of negative evaluation is a worry about doing or saying something that could make the individual embarrassed or feel humiliated. Individuals feel that other people will pay attention to every movement they make. He will also tend to focus on himself, correcting and evaluating his social skills when interacting with other people.

b) Social avoidance and stress in new situations

Social avoidance and feeling stressed in new situations or dealing with strangers/new people. This situation is where the individual feels nervous when speaking and does not understand why this is happening. Individuals will feel embarrassed when close to other people, nervous when meeting people they know or don't know, feel worried when doing something in front of other people and even avoid eye contact and social situations.

c) Social avoidance and generalized feelings of distress

Social avoidance and feelings of stress experienced in general or with people you know. This situation occurs when an individual's ability to build relationships.

Individuals will feel uncomfortable inviting other people because they are afraid of rejection, find it difficult to ask questions and feel embarrassed when doing group work.

Harsono said that an inmate is someone who has been found guilty by a judge and must serve the sentence.

Wilson said that assisted children are problematic humans who are separated from society to learn to socialize well. Instructed children are ordinary people like other people, only because they violate existing legal norms are they separated by a judge to serve their sentence.

According to Dirjosworo, assisted children are ordinary people like other humans, just because they violate existing legal norms, they are separated by a judge to serve their sentence.

Children who are guilty of being fostered are placed in the Juvenile Correctional Institution. Correctional Institutions as the spearhead of implementing the principle of protection are the place to achieve the above goals through education, rehabilitation and

reintegration. In line with the role of Correctional Institutions, it is appropriate that Correctional Officers who carry out the duties of coaching and safeguarding Correctional Inmates in this Law are designated as Functional Law Enforcement Officials.

The correctional system, apart from aiming to return correctional inmates as good citizens, also aims to protect society against the possibility of criminal acts being repeated by correctional inmates, and is an application and an inseparable part of the values contained in Pancasila.

In the correctional system, assisted children, correctional students, or correctional clients have the right to receive spiritual and physical development and are guaranteed their rights to practice their religion, communicate with outside parties, both family and other parties, obtain information both through print and electronic media, obtain education. worthy and so on.

To implement the correctional system, community participation is also required, both by collaborating in coaching and by being willing to accept back correctional inmates who have finished serving their sentences.

## 2. RESEARCH METHODS

This research uses a qualitative approach. The choice of qualitative research is because there are several factors that take precedence in terms of elaborating and explaining a phenomenon to be studied. Researchers use phenomenological research strategies. In the context of qualitative research, the presence of a phenomenon can be interpreted as something that exists and appears in the researcher's consciousness by using certain methods and explanations of how the process of something becomes clear and real. Phenomenological research prioritizes searching, studying and conveying the meaning of phenomena, events that occur and their relationship with ordinary people in certain situations.

The data sources in this research are 2 inmates who are nearing their release at LPKA Class II Tomohon. They are serving a sentence for a mistake they committed that put them in prison where they feel less confident or afraid and always think about negative things about what will happen after they get out. From this place there is a lot of bad stigma in the community of former foster children.

The sampling method used in this research was purposive sampling. This purposive sampling method is a technique for collecting samples of data sources with certain considerations. For example, this particular consideration is that the person is considered to know best about what we expect, or perhaps he or she is the authority so that it will make it easier for the researcher to explore the object/social situation being studied (Sugiyono, 2013)

The place where this research was carried out was LPKA Class II Tomohon, precisely on JL.PL Kaunang, Kolongan Satu, Central Tomohon District, Tomohon City, North Sulawesi. The time used by researchers for this research was approximately 2 months.

Based on the objectives the researcher wants to achieve, the researcher prioritizes collecting data through:

### 1. Interview

Moleong in Herdiansyah (2005) states that an interview is a conversation with an individual with a specific purpose where the conversation is carried out by two parties, namely the interviewer who submits a statement and the interviewee who provides answers to the question. Interviews are aimed at the process of understanding and require many things, such as the ability to put words together so that the sentences expressed can motivate people to give answers.

### 2. Observation

Observation is the first step towards a broader focus of attention, namely participant observation, so that observation of practical results is a method in its own capacity. Observation is preferred as a tool because researchers can see, hear, or feel the information directly. Data collection techniques using observation are used if the research is concerned with human behavior, work processes, natural phenomena and if the number of respondents

observed is not too large (Sugiyono, 2015).

### 3. Documentation

Documents are data sources used to complete research, whether in the form of written sources, films, images (photos), and monumental works, all of which provide information for the research process (Mekarisce, 2020). The function of documentation is used to provide information to other people with physical evidence that researchers have created without any engineering.

In this research, source triangulation is used, where data source triangulation is exploring the truth of certain information through various methods and sources of data acquisition. For example, apart from interviews and observations, researchers can use participant observation, written documents, archives, historical documents, official records, personal notes or writings and pictures or photos. Of course, each method will produce different evidence or data, which will then provide different insights regarding the phenomenon being studied. These various views will give birth to breadth of knowledge to obtain reliable truth.

## 3. RESULTS AND DISCUSSION

### 1. Fear of negative judgment

Fear of negative evaluation is a worry about doing or saying something that could make the individual embarrassed or feel humiliated. Both DM and AT subjects have the same fear of negative judgment from society. Having the status of a prisoner is certainly not an easy thing. This is a serious problem in life, there are many problems and changes that they have to face, where the ongoing feeling of discomfort becomes a more serious problem. Holding the status of a prisoner and serving a sentence for a long period of time often causes psychological problems for prisoners, coupled with the view from society which still negatively labels them as criminals even though the prisoner has shown a good and more positive change in attitude, after released, the stigma of having been imprisoned or having been a former prisoner is borne more heavily by the prisoner.

### 2. Social avoidance and distress in new situations

Where individuals feel nervous when speaking and do not understand why this happens. Individuals will feel shy when close to other people, nervous when meeting people they know or don't know. From the results of the interviews with the subjects and supporting informants, it was concluded that Subjects DM and AT experienced submission to society's stigma towards themselves as former convicts, whether society's thoughts were good or bad, whether they accepted it or not, they were able to accept it well.

### 3. Social avoidance and generalized feelings of distress

This situation occurs when an individual's ability to build a relationship. Individuals will feel uncomfortable inviting other people because they are afraid of rejection, find it difficult to ask questions and feel embarrassed when doing group work. From the results of interviews with subjects and supporting informants, it was concluded that DM and AT subjects wanted to take part in activities within community groups, whether the community accepted them or not, they still wanted to give of themselves or participate in activities within their surrounding environment.

## 4. CONCLUSIONS AND RECOMMENDATIONS

### A. Conclusion

Social anxiety is a condition where a person feels worried and uncomfortable when having to start a conversation or interact with other people, being the focus of attention or being in situations that invite elements of judgment or evaluation from other people, which we often encounter in everyday life. Such anxiety may arise due to fear of not being able to adapt, being ignored, being laughed at, fear of not responding well, being underestimated, fear of being judged stupid and so on.

The anxiety that assisted children feel makes them sometimes feel stressed and dizzy,

especially during long periods of punishment, they are stressed about thinking about their families and economic conditions. They feel afraid of revenge from the victim's family for what they have done, besides they are also confused about how to adapt again to the outside world, especially finding friends. After everything they have experienced, they get family support and relieve their anxiety by joking and laughing with their friends or looking for an atmosphere that makes them happy.

## B. Suggestion

Several things can be taken from this research, including studies for further research and guidelines for readers with the aim of:

1. Increase insight into research using qualitative methods
2. For society, it is hoped that society will not give a bad stigma to former foster children because they will receive punishment for their actions and give them the opportunity to do good and change themselves for the better.
3. For Heads of Correctional Institutions, it is hoped that heads of correctional institutions will provide psychological guidance, especially for assisted children who are about to be released so that they do not feel social anxiety when facing the outside world.
4. For Future Researchers, it is hoped that future researchers will

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