
The Effect of Group Counseling Toward Self Esteem of HIV/AIDS Sufferer Female Inmates in Pekanbaru Woman Correctional Institution

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ABSTRACT

The prison environment is an uncomfortable for prisoners because life's activity is limited to the walls of prison buildings. To be prisoner is a source of stress. The purpose of this study was to describe the life history of female prisoners of HIV / AIDS sufferer and the influence of counseling on their self-esteem. The subjects in this research were five female prisoners who had HIV / AIDS. Treatment given by group counseling. Analysis data use qualitative method. The result of the research is as follows, Marriage status, all subject status in this research is widow. Two subjects are infected HIV / AIDS virus from their boyfriend, one person from husband and two infected by drug injection. Group counseling have a positive effect to increase self esteem of female inmates. All subjects realize that they will be accepted in their family (parents, siblings and children). They made a pledge to will not repeat the misuse of drugs when they are released. After exiting the prison they will be a tailor, continue the salon business, and make a snack for bussines .

Keywords: *female inmates, Group counseling , HIV/AIDS Sufferer and self-esteem.*

INTRODUCTION

Based on Pekanbaru Public Health Office report, there is increasing number of HIV / AIDS cases every year. By 2015 the number of people affected by HIV virus are 241 people and AIDS as many as 111 people. In 2016 the number of people affected by the HIV virus as much as 261 people and AIDS are 187 people. In 2017 public health office newly collected data in January 2017, there are 16 people affected by HIV and AIDS virus are 8 people.

Sarikusuma, et al (2012) says that the self-concept of people living with HIV and AIDS (HIV/AIDS Sufferer) who receive negative labels and discrimination from the environment shows that: (1) self-concept of

HIV/AIDS sufferer is highly influenced by their social environment, (2) HIV/AIDS sufferer gets negative labeling by their social environment, (3) HIV/AIDS sufferer have various forms of discrimination (eg, family avoided, separation of cutlery, be excommunication by villagers and workplace), (4) as a consequence of negative labeling and discrimination, HIV/AIDS sufferer's perspective, think, and feel negative about themselves, hopeless, depression, worthless, useless).

Women inmate of HIV / AIDS sufferer of drug cases is living in prisons and HIV / AIDS endure. According to Holmes (in Saam, 2012), life in prison is a stressor (source of stress). To get solve for their

problem it needs to do group counseling. Group counseling is expected to help prisoners overcome their problems especially to improve self esteem. The Manhas, Coral (2013) concluded that there is a positive relationship between self esteem and the dimension of quality of life. Meanwhile, Castellano, et al (1997) concluded that self esteem depression, the inmates' anxiety in the prison increases when it begins to enter the prison and decreases after being given a life skill training program.

Trevino KM, et al's research (2010) concluded that there is a relationship between spiritual support to the self esteem and the well-being people with HIV / AIDS. Other study by Sri Maryatun, et al (2014) concluded that there is a difference in self esteem after being given logotherapy. Logotherapy by professional nurses should be considered as an action to resolve psychological problems such as low self-esteem, including in correctional institution.

Susanti, et al's research (2015) showed that there was a significant increase between student self-esteem before and after being given group counseling. Meanwhile, Lestari's research (2014) obtained the result that the intervention of self-instruction method can significantly improve student self esteem.

This research aims to analyze the biography of prisoners and the influence of group counseling toward of women inmates with HIV / AIDS self esteem.

Research Methods

This research was conducted in Correctional Institution type II B, addrees at Bindanak street No. 1, Pekanbaru. The subjects of this study were five female inmates with HIV / AIDS drug abuse cases. The treatment provided is group counseling for five times. To improve group dynamics in the early stages of activity the researcher presents the material as a stimulus with the details in table 1.

Table 1 Focus Group Counseling Service

Meeting	Theme	Time
First	Self-concept	90 Minute
Second	self perception	90 Minutes
Third	Mental Attitude	90 Minutes
Fourth	self Confidence	90 minutes
Fifth	Spirit of life	90 Minutes

The self esteem of female inmates is done using a self-esteem scale. In addition, observations and interviews with inmates are also conducted to uncover biographies that include: self-identity, anamnesis,

family background, social development, problems encountered, and future orientation. Data were analyzed using descriptive - qualitative technique.

Results and Discussion

Table 2. The identity of subjects

Identity	Subject 1 st	Subject 2 nd	Subject 3 rd	Subject 4 th	Subject 5 th
Age	40	41	33	38	30
Religion	Islam	Islam	Islam	Islam	Islam
Number of Children	1	2	1	6	-
Number of Brothers	3	1	2	3	1
Position in family	1 st	2 nd	1 st	2 nd	1 st
Marital Status	Widow	Widow	Widow	Widow	Widow
Father's Job	Pertamina	Driver	Self-Employed	Self-Employed	Self-employed
Mother's Job	Housewife	Housewife	Housewife	Self-employed	Housewife

1st Subject's biography

Anamnesis: 1st subject is the first of three children, 40 years old with proportional posture. She was convicted 10 years in jail and stay for five more years for guilty as a drug dealer. When entering prison she is 35 years old. 1st subject personal are humble, high temper, easy to get carried away. She follow the activities provided in the prison such as tailoring every day.

Background: 1st subject's family lives at home with her mother and child. Her father and husband have died before 1st subject entry the prison. Her dad's job during his life was as an employee in oil companies and his mother as a housewife. To sufficient daily needs she should work because she has a child. Social development: While 1st subject was a child, she plays with good friends, they love to tell stories and play together. She is closer to mother than father. Her school fees are often insufficient because she has two younger siblings. She has a good social

relationship and has many friends. Before entering the prison she makes a friendship with college student who like to go to nightclubs. Now when she is in prison, she just make friends with her roommate only. She has a good relationship with parents until now and stay in touch.

Problems encountered: Before 1st subject entering prison she works as a laundry washer, and looking for additional money by selling forbidden goods (Narcotics). She does not take drugs but She is a trader offering to people who need the drug.

Future orientation: Although she having HIV / AIDS diseases she keep the spirit and always pray to God to always be given a health because she sure will get better and get together with family again. 1st subject says that: "God willing, after out of the prison she want to establish a tailor business, looking for halal income for families, not to be drug dealers anymore.

Later if successful she want to have her own boutiq.

"Results of group counseling: 1st subject says: "happy, there has been a motivation and passion in life and also a lot of help she's got during this time, get many motivation, and she know how to behave and let mentally healthy.

2nd subject biography

Anamnesis: 2nd subject is an only child in family, She is 41 years old with proportional posture. She was convicted to 20 years in jail and stay for 7 more years for guilty as a drug dealer. When entering prison she is 34 years old. 2nd subject personal are humble and easy to smile. Every day she follow the tailoring activities given in prison.

Family background: 2nd subject lives at home with father and son. Her father's works as a driver and mother as a housewife. To sufficient daily needs she must work hard because she has two children. She's hobby is trading. 2nd subject activity before entering prison is a trader. 2nd subject says that: "my hobby is trading . Sell clothes or something.

"Social development: As a child, 2nd subject has good relationship with all of her friends. She gets good attention from parents. She also has a good social relationship with friends, parents, and relatives. Problems encountered: Before entering prison, 2nd subject works as a clothes washer, because the income needs to increase so she must find additional money by selling forbidden goods (Narcotics). After she comes in, she was examined by a doctor. The results of the doctor examination were told that she was HIV / AIDS positive. At the time of knowing the condition she was panic and surprised because he was fine before.

Future orientation: Although having HIV / AIDS diseases, 2nd subject keeps the spirit and always prays to God to always be given the health benefits. She sure must be healed and get together with family back. She says that: "she sure able, pray to God, hopefully launched all can come out of here and meet the children." She wants to open a small stitching business. The results of group counseling: 2nd subject says that "happy, a lot of new science is gained, giving more excitement to us and the material presented is very interesting and helpful in changing herself. That's what she feels. "

3rd subject biography

Anamnesis: 3rd subject is the second child of two siblings, she is 32 years old. She was convicted to 5 years in prison and stay for 3 more years and guilty as a drug user. 3rd subject personal are coverted, sensitive, and unstable. In prison she became chairman of the room in female detention. The daily activity is to control all inmates and prisoners.

Family background: 3rd subject lives at home with mother and child. Her father works as self employed, while her mother as a housewife. The economic condition classified as medium (capable). She graduated full degree in one of the Private University majoring of Law Studies.

Social development: As a child, 3rd subject played together with male and female friends. She has a good relationship and help each other. She gest attention, affection from parents. She needs always be satisfied by parents. Before entering prison she was a housewife. She must get additional money by selling Narcotics and become a user. After she enter the prison she examined by doctor. The results of the examination indicate that she has HIV / AIDS positive. At the time of knowing that

she feel sad, disappointed, embarrassed, and can not accept for the beginning. Now she is able to accept with sincerity. 3rd subject says that: "belief in life. Whatever the test we can live it.

Life expectancy and aspiration: Although having HIV / AIDS diseases she keep the spirit and always pray to God to always be given a healthy. 3rd subject says that: "if for her illness she sure can be heal. If come out of here want to focus on taking care, sending to schoolm school and raising the children because it has long been abandoned ". She has a goal after exit from prison want to open a small stitching business. The results of group counseling: 3rd subject says: "We are very helpful, giving a lot of knowledge, insight, and in essence many stories of people like us, our nature, our mental health."

4th subject biography

Anamnesis: 4th subject is the second of three children, 44 years old. She was convicted to 7 years in prison and is now stay a one more year sentence for guilty of drug abuse. When entering prison she aged 43 years old. Every day she is follow the activities of coaching and music playing skills.

Family background: 4th subject lives at home with his mother and six siblings. Father has long died. During his father's life he worked as an employed and his mother worked as an employed too. To sufficient daily needs 4th subject works as a trader. Besides trading she has skill like painting and beauty make over.

Social development: 4th subject has good relationship with her all friends. She gets good attention from parents. She has a good social relationship with friends, parents, and relatives. Problems encountered: By doctor examination result find that she has

HIV / AIDS positive. At the time of knowing the condition she feel shock. Future orientation: 4th subject has a dream after coming out of prison she wants to make a snack for bussines.

5th subject biography

Anamnesis: 5th subject was the first of two children. She was convicted to 8 years in prison and now staying 3 more years. She's personal are friendly, overted . In prison she has activities like reading comics, novels, and follow the activities of coaching and skills. She's family background lived at home with his father. Her father's works as an entrepreneur and mother as a housewife. The economic income is sufficient. She has a less harmonious family (Broken Home). Her father and mother had been divorced for a long time. Her father often fails in marriage. Before marriage she converted from Christian to Islam. Now she lives with his new family in X City.

Social development: As a child, 5th subject played together with male and female companions. She was cheerful, joking, loyal friend and merciful. She got attention, affection well from parents. After growing as a teenage, father and mother have divorced. Her needs always sufficient by parents Problems encountered: Before entering prison she worked as a salon clerk at one beauty salon. The effect when consuming these illicit drugs is feeling more comfortable, forget yourself, feeling not have the burden and happy. She has a wide social relationship. She has successful friends like officers and employees. She also has a bad friends. The results of doctor's examination were told that she has HIV / AIDS positive. At the time of knowing the condition she's feeling stress, confused, sad, feel unsure that I am

positive.Future orientation: The goal after exit from prison she wants the salon business.Results of group counseling: She says that: "Giving us a lot of motivation,

give spirit and a lot of good values given are taught. Hopefully in the future it can be better and can change our life to be better. "

Table 3. Categories of self esteem before and after given group counseling

Subject	Pre test score	Category	Post test score	Category
1 st Subject	102	High	111	Very high
2 nd Subject	96	Medium	103	High
3 rd Subject	94	Medium	98	Medium
4 th Subject	108	High	113	Very high
5 th Subject	98	Medium	100	Average

Table 3 shows that there is a tendency to increase self-esteem score after receiving group counseling treatment, although two subject people still occupy the moderate category.

Discussion

The results of this study indicate that there is a tendency to increase self esteem inmates who follow group counseling. Although the influence is not maximal, because there are still 2 people’s self steem with high category. Dyah Widodo, et al research (2015) concluded that there is influence of counseling on self esteem and the ability to receive the disease on the Diabetes Mellitus type 2 client. I Gusti Ngurah Juniarta, et al (2012) concluded that there is a negative relationship between self esteem variables with stress levels where the higher self esteem inmates then the stress will decrease level.

Corbbina and Bender (2012) studies conclude that most imprisoned adults feel optimistic about their chances of success after being released from prison. Meanwhile, Ruby's (2015) study concluded there was a significant relationship between the social support of the prisoner's family and future optimism. Group counseling services can increase self-esteem (Susanti, et.al 2015; Hasanah, 2015; Maura, 2010).

Conclusion

The marital status of the five subjects before going to jail is a widow: two people working in a night club, one trader, salon worker, and a housewife. They claimed to be infected with HIV / AIDS are from boyfriend, ex-husband, and needle syringe Drugs. Most of the subjects came from a good family background and only one person came from a broken family. They realize that their social relations before going to prison mix with people at risk for drug abuse.

There is a positive influence of group counseling on the attitude of optimism inmates. After undergoing group counseling they feel optimistic that they can be accepted by family and society. They can also plan for the future as it will open a salon business and will be a tailor, and make a snack for bussines.

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