

The Relationship Between Resilience and Mental Health Among Residents of The Muara Sabak Class II B Narcotics Rehabilitation Center in Tanjung Jabung Timur Regency

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ABSTRACT

The high incidence of drug abuse has a significant impact on the mental health of inmates in correctional institutions. Resilience is considered an important factor that helps individuals adapt to stress during the rehabilitation period. This study aims to determine the relationship between resilience and mental health among inmates at the Class II B Narcotics Correctional Institution in Muara Sabak, Tanjung Jabung Timur Regency. The research employed a quantitative approach using purposive sampling with 80 respondents. The instruments used were the *Connor-Davidson Resilience Scale (CD-RISC)* and the *Mental Health Scale (SKM-12)*. The analysis results showed a positive but very weak correlation between resilience and mental health ($r = 0.046$; $p = 0.693$), indicating that the relationship was not statistically significant. Descriptive analysis revealed that both variables were in the moderate category. In conclusion, resilience does not play a significant role in inmates' mental health, highlighting the need for a more supportive environment to enhance their psychological well-being.

Keywords: *Resilience, Mental Health, Inmates, Narcotics, Prison.*

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I. INTRODUCTION

Drug abuse remains a serious and complex issue in Indonesia, with far-reaching impacts on individuals, families, and society. The increasing number of narcotics cases has prompted the government to strengthen rehabilitation and correctional programs aimed at restoring the physical, psychological, and social functioning of offenders. Inmates in narcotics correctional institutions experience not only punishment but also rehabilitation to support behavioral change and prevent relapse after release.



However, the process of rehabilitation within correctional institutions is often accompanied by psychological challenges such as stress, anxiety, and depression. These emotional difficulties can significantly affect inmates' mental health and hinder their recovery process. One psychological factor that plays an important role in helping individuals adapt to adversity is resilience the ability to recover from difficulties, adapt to change, and maintain emotional stability despite challenging conditions.

Previous studies have demonstrated that resilience has a positive association with mental health. Individuals with high resilience are better able to manage stress and negative emotions, which contributes to lower levels of depression, anxiety, and distress. Research conducted by Huang et al. (2020) showed that resilience acts as a protective factor against mental health problems among incarcerated individuals. Similarly, Safitri et al. (2022) found that inmates with higher resilience levels displayed better psychological well-being and lower stress levels.

Despite the theoretical link between resilience and mental health, not all studies have found a significant relationship. Some research indicates that situational factors, such as institutional environment, social support, and personal coping mechanisms, may influence how resilience affects mental health outcomes. Therefore, understanding this relationship in the context of narcotics correctional institutions is crucial for developing effective psychological interventions and rehabilitation strategies.

This study aims to examine the relationship between resilience and mental health among inmates in the Class II B Narcotics Correctional Facility in Muara Sabak, East Tanjung Jabung Regency. The findings are expected to provide insights into the psychological dynamics of rehabilitation and support the development of programs that enhance resilience and mental well-being as part of relapse prevention efforts.

II. LITERATURE REVIEW

Definition of Resilience

Resilience is generally defined as an individual's ability to adapt, recover, and remain functional when facing difficulties, stress, or trauma. It reflects a person's capacity to

“bounce back” from negative experiences and maintain psychological stability despite challenging life circumstances. According to Connor & Davidson (2003), resilience encompasses personal competence, self-control, and the ability to use adaptive coping strategies when dealing with adversity.

In the correctional context, resilience serves as an essential psychological factor that enables inmates to withstand the pressures of imprisonment, adjust to a restrictive environment, and develop positive coping mechanisms. Individuals with higher levels of resilience tend to demonstrate better emotional regulation, greater optimism, and stronger motivation for personal change (Windle, 2011).

Definition of Mental Health

Mental health refers to a state of well-being in which individuals realize their abilities, can cope with normal life stresses, work productively, and contribute to their communities (Organization, 2004) . In the prison setting, mental health is a critical aspect of rehabilitation because inmates often face emotional distress, social isolation, and stigma that can lead to depression, anxiety, and stress (Haney, 2018).

Good mental health allows inmates to function adaptively within the correctional environment, engage in rehabilitation activities, and develop pro-social behavior. On the other hand, poor mental health conditions can hinder recovery, increase behavioral problems, and elevate the risk of substance relapse after release (Fazel et al., 2016).

III. METHODS

This study employed a quantitative correlational research design aimed at examining the relationship between resilience and mental health among inmates at the Class II B Narcotics Correctional Facility in Muara Sabak, East Tanjung Jabung Regency. The correlational approach was chosen to determine the direction and strength of the relationship between the two variables without manipulating any existing conditions. Data were analyzed statistically to test the research hypothesis objectively and to provide empirical evidence of the relationship between resilience and mental health within the correctional context.

The population of this study consisted of all inmates participating in the rehabilitation program at the Class II B Narcotics Correctional Facility in Muara Sabak. Based on institutional data, several inmates met the requirements to be involved as respondents. From this population, a sample of 80 respondents was selected using a purposive sampling technique, which involves selecting participants based on specific considerations determined by the researcher. The criteria for selecting respondents included inmates who were actively participating in the rehabilitation program, capable of reading and understanding the questionnaire items, and willing to participate voluntarily in the study. The use of purposive sampling was considered appropriate because not all inmates possessed the characteristics relevant to the research objectives. This technique enabled the researcher to obtain data that were more accurate and representative of the studied population, focusing on individuals who fit the psychological and situational context of the research.

The variables in this study consisted of resilience as the independent variable and mental health as the dependent variable. The resilience scale in this study was developed based on the aspects proposed by (Connor & Davidson, 2003). This instrument was adapted from the previous research by Andriani & Listiyandini, (2017), then modified by the researcher and tested on inmates at the correctional facility. The scale consists of five aspects, namely personal competence, self-confidence, positive acceptance, self-control, and spiritual influence, with a reliability coefficient of 0.861. The mental health scale in this study was developed based on the dimensions proposed by (Veit & Ware, 1983) . The instrument used was the Mental Health Scale-12 (SKM-12), which was adapted from the research conducted by (Aziz et al., 2021). The researcher further modified the instrument and conducted a pilot test because the characteristics of the current respondents differed from those in the previous study. The SKM-12 measures two aspects, namely psychological well-being and psychological distress, and has a reliability coefficient of 0.889.

IV. RESULTS



Classical Assumption

1. Normality Test

a. Kolmogorov-Smirnov Approach

One-Sample Kolmogorov-Smirnov Test

		Unstandardized Residual	
N		80	
Normal Parameters ^{a,b}	Mean	.0000000	
	Std. Deviation	3.59709112	
Most Extreme Differences	Absolute	.170	
	Positive	.170	
	Negative	-.096	
Test Statistic		.170	
Asymp. Sig. (2-tailed) ^c		<.001	
Monte Carlo Sig. (2-tailed) ^d	Sig.	.000	
	99% Confidence Interval	Lower Bound	.000
		Upper Bound	.000

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

d. Lilliefors' method based on 10000 Monte Carlo samples with starting seed 299883525.

The significance value was found to be < 0.001 , indicating that the data were not normally distributed. Therefore, the assumption of normality was not met, and the analysis could not proceed to the linearity test. Consequently, the researcher used a non-parametric statistical method, specifically the Spearman's rho correlation test, to examine the relationship between the two variables.

2. Hypothesis Test

The results of the normality test showed that the data were not normally distributed; therefore, the researcher did not meet the requirements to proceed to the linearity test. However, the researcher conducted a correlation test to examine the hypothesis using the non-parametric statistical method Spearman's rho to investigate the relationship between resilience and mental health among inmates at the Class II B Narcotics Correctional Facility in Muara Sabak. The results of the correlation test are presented in the following table.

Correlations

		Religiusitas	Agresivitas
Spearman's rho	Religiusitas	Correlation Coefficient	1.000
		Sig. (2-tailed)	.693
		N	80
	Agresivitas	Correlation Coefficient	.045
		Sig. (2-tailed)	.693
		N	80

The results showed that the relationship between resilience and mental health was not statistically significant. This was indicated by a correlation value (r) of 0.045 with a significance level (p) = 0.693, which is far above the 0.05 threshold. The very small correlation coefficient indicates that resilience has no linear association with the level of mental health among inmates. In other words, an increase or decrease in resilience is not accompanied by changes in mental health.

3. The Discussion Section Explains and Interprets the Research Findings

This study aimed to examine the relationship between resilience and mental health among inmates. The results showed that resilience had a positive but very weak and statistically insignificant relationship with mental health. This finding indicates that an increase in resilience does not necessarily correspond to an improvement in mental health, suggesting that other factors may have a greater influence on the psychological well-being of inmates.

These findings are consistent with those of Afek et al. (2021), who also found a positive but insignificant relationship between resilience and mental health among individuals under high stress. Chronic stressors experienced by inmates, such as restricted freedom and social stigma, may reduce the effectiveness of resilience in maintaining psychological stability.

The differing results compared to (Gede et al., 2024), who found a strong correlation between the two variables, highlight the importance of environmental context. The prison environment, particularly in narcotics-related cases, involves more complex emotional and stress dynamics, which can limit the protective role of resilience. In addition to environmental factors, individual differences such as emotional regulation, life experiences, and coping strategies also affect the strength of this relationship. (Ma & Sui, 2023) explained that individuals with poor emotional regulation find it difficult to utilize resilience to maintain mental balance, while (Labrague, 2021) emphasized that coping abilities and social support determine how effectively resilience functions under stress.

Internal conditions within the correctional facility may also weaken this relationship. Issues such as overcrowding, lack of structured activities, and limited psychosocial support increase the psychological strain on inmates. (Fazel et al., 2016) demonstrated

that overcrowding negatively impacts mental well-being, while Aon et al. (2025) found that limited rehabilitative activities hinder inmates' psychological adjustment. Consequently, personal resilience is difficult to develop without a supportive environment.

Descriptive analysis showed that most inmates had moderate levels of both resilience and mental health. This reflects a basic adaptive capacity but not an optimal state of psychological well-being. These findings are consistent with Firdaus et al. (2020), who found that individuals under prolonged stress tend to have moderate levels of resilience. According to (Aziz et al., 2021), mental health encompasses psychological well-being and psychological distress, both of which among inmates fluctuate due to environmental stressors, family problems, and unresolved legal processes.

Overall, the findings of this study indicate that the effectiveness of resilience is highly dependent on the social and environmental context. In correctional settings, limited social interaction and structural pressures can weaken the protective function of resilience. Therefore, improving inmates' mental health cannot rely solely on individual resilience training; it also requires enhancing the social climate, peer support, and the implementation of structured psychological development programs.

V. CONCLUSION AND SUGGESTION

Based on the results of the analysis and discussion carried out for this study, the researchers have come to the following conclusions:

- a. The results of the hypothesis testing showed that resilience was not significantly correlated with mental health among inmates at the Class II B Narcotics Correctional Facility in Muara Sabak, with a Spearman's rho value of $r = 0.045$ and a significance level of $p = 0.693 > 0.05$. This means that the higher an individual's resilience, the better their mental health tends to be, and vice versa.
- b. Correctional institutions should strengthen psychological intervention programs by integrating resilience training, group counseling, stress management, and social skills development.

- c. Institutions should create a more supportive prison environment by providing structured activities and promoting peer support networks.
- d. Enhancing social and environmental factors can help improve inmates' mental health and reduce the risk of relapse among former drug users after rehabilitation.

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