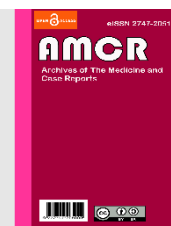


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The Effect of Supportive Therapy in Reducing Anxiety in Juvenile Inmates in Class Iib Correctional Institutions, Purwakarta Regency, Indonesia

Shinny Ria Pratiwi^{1*}

¹Politeknik Bhakti Asih, Purwakarta, Indonesia

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*Corresponding author:

Shinny Ria Pratiwi

E-mail address:

shinnyriapratwi@polbap.ac.id

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ABSTRACT

Anxiety is a mental health problem that is often experienced by teenagers, including juvenile inmates. Supportive therapy is one intervention that can be used to reduce anxiety in adolescents. This study aims to determine the effect of supportive therapy on reducing anxiety in juvenile inmates at the Class Iib Correctional Institution, Purwakarta Regency, Indonesia. This research uses a quasi-experimental design with a pretest-posttest control group design. The research sample consisted of 30 juvenile inmates who were divided into two groups, namely the intervention group (15 people) and the control group (15 people). The intervention group was given supportive therapy for 4 weeks, while the control group was given no intervention. The results of the study showed that there was a significant reduction in anxiety in the intervention group after being given supportive therapy. The average level of anxiety in the intervention group before the intervention was 2.67 (SD=0.488), while after the intervention, it was 1.53 (SD=0.516). This difference is statistically significant ($p < 0.001$). Based on the results of this research, it can be concluded that supportive therapy can reduce anxiety in juvenile inmates. Supportive therapy can help juvenile inmates understand and address the causes of their anxiety, as well as increase their ability to use adaptive coping resources.

1. Introduction

Anxiety is a mental health problem that is often experienced by teenagers, including juvenile inmates. According to the World Health Organization (WHO), anxiety is the most common mental disorder in the world, with a prevalence of 264 million people in 2020. Anxiety can be caused by various factors, such as stress, trauma, and genetics. In juvenile inmates, anxiety can be caused by various factors, such as Traumatic experiences, such as sexual abuse, physical violence, or emotional violence; Separation from family and friends; and worries about the future, such as education, work, and stigma from society.¹⁻³

Anxiety can have a negative impact on teenagers' lives, both physically and psychologically. Physically, anxiety can cause symptoms such as headaches,

muscle aches, sleep disorders, and digestive disorders. Psychologically, anxiety can cause symptoms such as worry, fear, difficulty concentrating, and withdrawal from other people. Supportive therapy is one intervention that can be used to reduce anxiety in adolescents. Supportive therapy is therapy that focuses on providing emotional and psychosocial support to clients. Supportive therapy can help clients understand and overcome the causes of their anxiety, as well as increase their ability to use adaptive coping resources.⁴⁻⁶ This study aims to determine the effect of supportive therapy on reducing anxiety in juvenile inmates at the Class Iib Correctional Institution, Purwakarta Regency, Indonesia.



2. Methods

This research uses a quasi-experimental design with a pretest-posttest control group design. This design has two groups, namely the intervention group and the control group. The intervention group was given intervention, while the control group was not given intervention. The research sample consisted of 30 juvenile inmates who were divided into two groups, namely the intervention group (15 people) and the control group (15 people). Juvenile inmates were selected based on inclusion criteria, namely: Aged 12-18 years, have a diagnosis of an anxiety disorder, and Willing to take part in research. Exclusion criteria were Having other mental disorders, taking psychotropic drugs, and having a physical condition that makes it impossible to participate in therapy. The research procedure was carried out in two stages, namely, the pre-intervention stage and the post-intervention stage.

At the pre-intervention stage, initial data was collected, namely measuring the level of anxiety using the Hamilton Anxiety Rating Scale (HARS). HARS is an instrument used to measure anxiety levels on a scale of 0-21. At the post-intervention stage, intervention was carried out in the intervention group, and anxiety levels were measured again using HARS. The intervention given to the intervention group was supportive therapy. Supportive therapy is therapy that focuses on providing emotional and psychosocial support to clients. Supportive therapy can help clients understand and overcome the causes of their anxiety, as well as increase their ability to use adaptive coping resources. Supportive therapy is carried out by a trained professional therapist. Supportive therapy is carried out in 4 sessions, each session lasting 2 hours. Supportive therapy sessions include Session 1: Introduction to supportive therapy and problem identification; Session 2: Understanding the causes of anxiety; Session 3: Development of coping skills; Session 4: Evaluation and follow-up.

Anxiety levels were measured using the Hamilton Anxiety Rating Scale (HARS). HARS is an instrument

used to measure anxiety levels on a scale of 0-21. The data obtained were analyzed using the t-test to determine the difference in anxiety levels between the intervention group and the control group before and after the intervention.

3. Results and Discussion

The results of the study showed that there was a significant reduction in anxiety in the intervention group after being given supportive therapy. The average level of anxiety in the intervention group before the intervention was 2.67 ± 0.48 , while after the intervention, it was 1.53 ± 0.52 . This difference is statistically significant ($p < 0.001$). The results of this study indicate that supportive therapy can reduce anxiety in juvenile inmates. Supportive therapy can help juvenile inmates understand and address the causes of their anxiety, as well as increase their ability to use adaptive coping resources.

Stress can cause a variety of physical and mental health problems, including anxiety. Supportive therapy can help juvenile inmates understand that anxiety is a normal response to stressful situations. Supportive therapists can explain to juvenile inmates that anxiety is a part of human life and that everyone experiences anxiety at some time in their lives. By understanding that anxiety is a normal response, juvenile inmates can begin to accept their anxiety and no longer feel ashamed or guilty for experiencing anxiety. This can help juvenile inmates to feel better about themselves and reduce their stress levels. Supportive therapy can also help juvenile inmates to identify the causes of their anxiety, both internal and external factors.⁷⁻⁹

After understanding that anxiety is a normal response, juvenile inmates can begin to identify the causes of their anxiety. Supportive therapists can help juvenile inmates explore their thoughts, feelings, and behaviors to identify factors that contribute to their anxiety. The causes of anxiety can be divided into two categories, namely internal factors and external



factors. Internal factors include factors that originate from within the individual, such as personality, genetics, and mental health conditions. External factors include factors that come from outside the individual, such as the environment, interpersonal relationships, and stressful life events.^{8,9}

Supportive therapy can help juvenile inmates reduce stress. This can be done by helping juvenile inmates understand and overcome the causes of their stress. When stress is reduced, stress hormones, such as adrenaline and cortisol, will also decrease. These hormones play a role in causing anxiety symptoms. Supportive therapy can help juvenile inmates improve their emotional regulation. This can be done by helping juvenile inmates learn to recognize and manage their emotions more effectively. Better emotional regulation can help juvenile inmates deal with stress and anxiety more effectively. Supportive therapy can help juvenile inmates improve their self-esteem. This can be done by helping juvenile inmates to understand their strengths and potential. Higher self-esteem can help juvenile inmates feel better able to cope with stress and anxiety.¹⁰⁻¹²

4. Conclusion

Supportive therapy can be an effective intervention to reduce anxiety in juvenile inmates. Supportive therapy can help juvenile inmates understand that anxiety is a normal response to stressful situations and identify the causes of their anxiety.

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