Moral Anxiety Reviewed from the Type of Prisoner Cases Facing the Period Approaching Release

*Risma Kamalia[1], Ali Syahidin Mubarok[2], Naser Aghababaei[3]
[1]Universitas Islam Negeri Sayyid Ali Rahmatullah (UIN SATU), Jl. Mayor Sujadi No.46, Tulungagung, East Java, Indonesia
[2]Universitas Islam Negeri (UIN) Maulana Malik Ibrahim, Jl. Gajayana No.50, Malang, East Java, Indonesia
[3]Hadith College of Tehran, Iran
*risma.fhaa.120701@gmail.com

ABSTRACT: *Prisoners facing the period before release with different types of cases tend to experience moral anxiety, on the other hand prisoners want to be free immediately but it turns out that this situation makes prisoners experience anxiety, restlessness, insecurity and fear when returning to society. This study has a goal to determine whether there is a difference in moral anxiety seen from general and special criminal cases of prisoners facing the period before release. This study uses a quantitative descriptive-comparative approach. The sampling technique uses non probability sampling with purposive sampling type with a sample of 186 samples. The data collection technique by distributing questionnaires using a moral anxiety scale that has been tested with validity and reliability tests. Hypothesis testing using independent sample tests. The results of the study showed a sig. 2-tailed value of 0.143> 0.05 which means that there is no significant difference in the moral anxiety of prisoners viewed from the type of prisoner case facing the period before release. In this study showed that out of 186 research subjects, there were 59 prisoners experiencing moderate moral anxiety with a percentage of 31.7% and 127 prisoners experiencing high moral anxiety with a percentage of 68.3%. The limitations of this study are that there are poor conditions for prisoners and fear that the data will be misused, so that prisoners do not fill out the questionnaire optimally. This finding provides insight for further researchers in designing interventions that support the social reintegration of prisoners more effectively.*

Narapidana menghadapi masa menjelang bebas dengan jenis kasus yang berbeda-beda cenderung mengalami kecemasan moral, disisi lain narapidana ingin segera bebas akan tetapi ternyata keadaan tersebut membuat narapidana mengalami kecemasan, kegelisahan, rasa tidak aman dan ketakutan ketika kembali ke masyarakat. Penelitian ini memiliki sebuah tujuan untuk mengetahui apakah terdapat suatu perbedaan kecemasan moral yang dilihat dari pidana umum dan pidana khusus narapidana menghadapi masa menjelang bebas. Penelitian ini menggunakan pendekatan kuantitatif dekriptif-komparatif. Teknik dalam pengambilan sampel menggunakan *non probability sampling* dengan jenis *purposive sampling* dengan sampel yang berjumlah 186 sampel. Teknik pengambilan data dengan menyebar kuesioner menggunakan skala kecemasan moral yang telah diuji dengan uji validitas dan uji reliabilitas. Uji hipotesis menggunakan uji *independent sampel test*. Hasil penelitian menunjukkan nilai *sig. 2-tailed* yaitu 0,143 > 0,05 yang

berarti bahwa tidak terdapat perbedaan yang signifikan kecemasan moral narapidana yang ditinjau dari jenis kasus narapidana menghadapi masa menjelang bebas. Dalam penelitian ini menunjukkan dari 186 subjek penelitian terdapat sebanyak 59 narapidana mengalami kecemasan moral tingkat sedang dengan persentase 31,7% dan 127 narapidana mengalami kecemasan moral tingkat tinggi dengan persentase 68,3%. Adapun limitasi dalam penelitian ini, adanya kondisi narapidana yang kurang baik dan takut jika data akan disalahgunakan, sehingga narapidana mengisi kuesioner dengan tidak maksimal. Temuan ini memberikan wawasan bagi peneliti selanjutnya dalam merancang intervensi yang mendukung reintegrasi sosial narapidana secara lebih efektif.

I. INTRODUCTION

The approaching release period is a source of anxiety that occurs unconsciously or consciously in a prisoner. There is a sense of worry related to the acceptance of family and society when a prisoner has returned to society, the prisoner has finished serving his sentence in the Correctional Institution and will return to mingle in the community (Santoso & Ramadhini, 2019). When the day of release is getting closer, it can give rise to new problems for a prisoner, because a prisoner who is serving a sentence in a Correctional Institution has a situation and condition that is definitely very different from other people in general who are outside the correctional institution (Hakim & Subarkah, 2022). A prisoner who is in a certain situation and condition must be in a place that is very limited in their daily scope of movement, limitations on free activities, free communication, and everything that the prisoner wants to do becomes limited (Aebi et al., 2021).

In conditions like this, prisoners tend to experience anxiety kecemasan (Caravaca Sánchez et al., 2019). This is in line with interviews in previous studies, which stated that the number of prisoners in Class IIB Tuban Prison on December 18, 2020 was 289 people, and data was also obtained that there were 45 prisoners who were approaching release (Ardy, 2021). In interviews with prisoners approaching release, they revealed that they experienced anxiety when approaching their release day because of the stigma of the community around their neighborhood and were also worried about the difficulty of getting a job after leaving the Penitentiary, and their faces were seen to be restless (Yenes et al., 2022). This is in line with the results of the researcher's initial interviews with several Correctional Guidance figures at the Class I Malang Correctional Center, stating that prisoners on average experience anxiety and worry regarding their lives after leaving prison, prisoners are afraid that their families and society will not accept their presence in the midst of the cases they have committed.

Prisoners go through a period of guidance in the Correctional Institution (LAPAS) with the aim that prisoners are ready when they return to society without experiencing moral anxiety and fear before the day of release from their sentence, but what happens is that prisoners experience anxiety when they are about to be released because there is actually a desire in the prisoner to be free and reintegrate into society, but negative perceptions

of former prisoners are still very much embedded in the surrounding community. This results in attitudes that tend to cause prisoners to feel ostracized by society and a lack of public trust in prisoners (Santoso & Ramadhini, 2019).

Prisoners tend to often show anxiety after being released from their sentence and reintegrating into society. Prisoner anxiety that is considered excessive leads to behavior that tries to avoid social interactions, focuses on self-attention, and tends to avoid doing activities in front of the community (Alizamar et al., 2018). There are people who are willing to accept former prisoners, there are also people who tend to be isolating (Liebling et al., 2019). This tends to make some former prisoners tend to experience fear of discrimination by society so that it can trigger moral anxiety. This is supported by the results of the researcher's initial interview with one of the prisoners who revealed that there was indeed a sense of fear and anxiety about being isolated by family and society, which caused him to be afraid of being released. Fear of being discriminated against by his family members and fear of not getting a job to earn a living. As a result, the prisoners felt insecure, could not focus on carrying out activities in the Correctional Institution and always thought that when they were released they would be shunned by family members and society (Hasan et al., 2023).

According to Freud, anxiety comes through a certain interpretation of a condition that is experienced. Anxiety arises due to reasoning, not a moment experienced by an individual (Freud et al., 1977). In relation to moral anxiety, it is the same as the process of anxiety in general, but there is a slight difference in the cause of anxiety, namely moral anxiety is caused by the fear of committing a violation of moral norms that apply in society (Hall & Lindzey, 1993). According to Kartono (2015) Moral Anxiety is a feeling that we experience about right or wrong, good or bad. The measure used is conscience. Good deeds give a sense of pleasure while bad deeds give rise to feelings of guilt or sin. Included in this moral feeling is an awareness of obligation, a sense of justice and injustice. The teachings about good and bad, fair and unfair are called ethics.

According to Kartono (2015) there are 5 aspects that influence Moral anxiety, namely Conscience, Responsibility, Awareness, Action and Environment. Conscience is an ability possessed by an individual to always apply the law where it must exist in a situation that is in accordance with the place where the individual is located, namely an ability that has a relationship between the law and the behavior or actions carried out by the individual, a person who is experiencing moral anxiety always uses his conscience as a guideline before taking action, conscience as a critical controller of everything good or bad in an action or behavior and his thoughts, causing an individual to always move within certain limits that certainly should not be violated based on conventional norms that already exist in the environment.

Furthermore, Responsibility is an attitude where individuals dare to bear all risks that arise due to their actions and behavior, dare to admit mistakes to their mistakes, dare to ask for forgiveness and are willing to correct the mistakes they have made. Individuals who experience moral anxiety tend to have more responsibility to themselves, the community environment and to God Almighty. Awareness is agreeing or rejecting an existing norm and having an attitude of justifying or considering with a rejection, individuals who are experiencing moral anxiety tend to have an awareness that they have indeed made a mistake, so that there is deep regret, concern and a tendency to cause a reaction to always correct their mistakes.

The next aspect, Action is a tendency of individuals who react to take action to improve themselves. Individuals who have moral anxiety will always act in accordance with the norms that apply and are upheld in the community. Everything will be done to achieve peace of mind, an individual's tendency to take action to improve themselves. Individuals who experience moral anxiety always act in accordance with the norms that apply. All of this will be done willingly in order to achieve peace of mind. Environment, namely individuals who have moral anxiety in an environment where they cannot control their conscience, so that even though the influence of the environment that occurs is so great, the individual is not easily influenced and is always within certain limits that the individual has set so as not to be violated. The individual always reconsiders more carefully what has happened in the environment with his own conscience.

In terms of conscience, in initial observations conducted at the Correctional Institution, it was found that prisoners expressed that when they were about to be released, they thought about what actions should be taken to avoid negative evaluations from their community, this is in accordance with the results of interviews which stated that prisoners try their best to fulfill social expectations in their community by thinking about behavior that can be accepted by the community because in this case prisoners always control themselves by using their conscience to avoid negative judgments from the community towards prisoners (Pardede et al., 2021). In terms of responsibility, in initial observations conducted at the Correctional Institution, it was found that prisoners wanted to be responsible for what they had done, but instead of carrying out their responsibilities, prisoners tended to get a negative stigma for the actions they had done. This is in line with research conducted by Febrianto & Ambarini (2019) that prisoners are afraid to do something or do something in front of other people because they are afraid that what they have done is not in accordance with other people's expectations and are afraid that it will be considered a mistake by the community which can make prisoners feel even more ashamed.

In the Awareness Aspect, in the initial observation conducted in the correctional institution, it was found that prisoners felt guilty and said that they regretted the crime they had committed. This is in line with research from Dina (2021) which stated that prisoners with murder cases have a strong sense of guilt and regret because they do not have the opportunity to apologize to the victim. In a study conducted by (Waluyan & Suharso, 2020) it was stated that prisoners feel regret and feel guilty for what they have done and prisoners feel uncomfortable because they are viewed negatively by the general public, especially their own families. In the Action Aspect, prisoners try harder to meet social expectations in order to heal the disappointment of relatives, family and society, prisoners will avoid social activities by seeing how interactions occur in their community environment so that prisoners can determine the actions they take can pose a threat so that prisoners are more careful in carrying out various actions and activities in their community environment (Panjaitan & Purwati, 2017). Furthermore, in terms of the environment, prisoners show social avoidance by avoiding activities in the community, being more careful when meeting new people and doing things in a new environment and prisoners become more vigilant by studying the characteristics of strangers because learning from an experience this effort is made so that prisoners achieve inner peace and fear when the environment cannot accept their presence as a former prisoner (Hasan et al., 2023).

On the other hand, this level of anxiety is closely related to tension in the daily lives of prisoners and causes physical symptoms, feelings of discomfort, tends to feel restless and easily offended. When a male prisoner is free and returns to the family environment, his role as a husband and father who earns a living for his wife and children will return with the status that is already attached, namely as a former prisoner in the community. However, this is contrary to the assumptions inherent in society, where the general condition of society does not agree to give work to someone with the status of a former prisoner because prisoners have received a bad stigma in the community and are labeled as bad people who must be avoided. This will actually worsen the situation of prisoners who have been released. Based on the results of previous research, it shows that out of 10 male respondents, the data shows that the level of anxiety of male prisoners, the majority experience mild anxiety, namely 8 people and the rest experience moderate anxiety (Hadiyamsah, 2020).

The uniqueness of this study is examining the anxiety of prisoners in terms of the types of cases that ensnare them with the types of cases in the special criminal and general criminal categories. Special criminal is a criminal act that has been regulated outside the Criminal Code and has several special provisions of criminal procedure. While general criminal is a criminal act that has been regulated in the Criminal Code and is an act of a general nature (Mangkepriyanto, 2019). This study aims to determine whether there is a difference in the level of moral anxiety of prisoners facing the period before release with the cases that ensnare them. This research is important to do because the impact of anxiety is very negative on prisoners which causes several disorders such as feelings of being very restless, nervous, restless, and worried so that prisoners become more sensitive, easily angered and offended. This is because when facing the period before release, prisoners think about uncertain situations when mingling with society related to society's acceptance of prisoners with cases that ensnare them (Arza & Wibowo, 2021).

The hypothesis proposed in this study is Ha: there is a difference in the level of moral anxiety viewed from the type of prisoner case facing the period before release and H0: there is no difference in the level of moral anxiety viewed from the type of prisoner case facing the period before release. Theoretically, the benefits of the results of this study are expected to be a contribution to the development of psychological science, especially in the development of social psychology. While practically, this study is expected to provide information related to matters related to prisoner anxiety, and what causes it so that it can provide preventive efforts for the survival of prisoners after their release and return to society.

II. METHOD

This study uses a quantitative method with a descriptive-comparative type where researchers collect data using research instruments (Sugiyono, 2019). The variable in this study is moral anxiety as the dependent variable. The Moral Anxiety Scale consists of 32 items with 5 aspects, namely conscience, responsibility, awareness, action, environment (Kartono, 2015). The next variable is the type of case of prisoners facing the period before release, and 2 types of criminal acts are determined including general crimes and special crimes. This study used a content validity test to determine whether the questionnaire used was appropriate to measure something that had to be measured (Siregar, 2013). Researchers used 3 expert judgment assessments and the results of the assessment were processed using the Aiken's V formula. Then the researchers conducted

a reliability test using the help of SPSS version 21 which obtained a Cronbach Alpha value of 0.891. Thus, this item is called reliable where in the reliability test there are 21 items that fall out of 53 items so that 32 items remain that meet the standards.

The population in this study were prisoners approaching their release period who were in the IIA Kediri City and IIB Tulungagung Penitentiary with a total of 363 subjects from general and special criminal cases with the population, 186 samples were determined with a 5% error rate. The sample of this study was taken using the Purposive Sampling technique (non-probability sampling) with predetermined subject criteria, namely prisoners facing the period approaching release, prisoners who have proposed parole (PB), Parole (CB), Leave Approaching Release (CMB) and there are additional ones when going into the field, namely Pure Release and the Assimilation program.

The technique in collecting data in this study, the researcher used a moral anxiety scale measuring instrument where there were 4 answer choices, namely Strongly Agree (SS), Agree (S), Disagree (TS), and Strongly Disagree (STS). Data collection by distributing questionnaires in the form of hard files to subjects with the help of wardens/Correctional Institution employees to facilitate the distribution of questionnaires because considering the subjects in this study were prisoners with various criminal cases. The data analysis technique uses the classical assumption test consisting of the Normality test and the homogeneity test, after the data shows a Normal and Homogeneity distribution (the same) then using the Parametric difference test in the form of an Independent sample test to determine whether there is a significant difference in Moral Anxiety between Prisoners with General and Special Criminal Cases (Azwar, 2007).

III. RESULT AND DISCUSSION

Case Study Analysis of Prisoners in the IIA Kediri City and IIB Tulungagung Correctional Institutions

The subjects in this study were prisoners facing the period before release. Data were taken by distributing questionnaires to the IIA Kediri City and IIB Tulungagung Penitentiary using the non-probality sampling technique. The results of this study are:

Table 1. Subject Demographic Data

Subject	Frequency	Percentage
Male	173	93%
Female	13	7%
Total	186	100%
Subject	Frequency	Percentage
PB	119	64%
CB	44	24%
CMB	4	2%
Assimilation	10	5%
Pure Free	9	5%
Total	186	100%
Criminal Category	Frequency	Percentage
General Criminal	56	30%
Special Criminal	130	70%
Total	186	100%

Guidance Category	Frequency	Percentage
Personality Guidance	156	84%
Personality and Independence Guidance	30	16%

This study took subjects from the IIA Kediri City and IIB Tulungagung Correctional Institutions with predetermined criteria, namely prisoners who have or are in the process of proposing Conditional Release (PB), Conditional Leave (CB), Leave Before Release (CMB) and it turned out that after going into the field there was an additional release category, namely Pure Release and Assimilation Program at home. The respondents in this study were 186 prisoners approaching their release period, the majority of whom were male, namely 173 subjects with a percentage of 93% and 13 female subjects with a percentage of 7%. Prisoners with general crimes were 56 subjects with a percentage of 30% and prisoners with special crimes were 130 with a percentage of 70%. Prisoners who only participated in personality guidance were 156 with a percentage of 84% while those who participated in personality and independence guidance were 30 prisoners with a percentage of 16%. Prisoners who were respondents in this study participated in independence guidance provided in the Correctional Institution, namely religious studies, congregational prayers, spiritual cleansing in church, while for independence guidance that was followed included cooking classes, weaving, agriculture, welding workshops, making tempeh, building, electronics, furniture, fisheries, sewing, music and furniture.

In the Correctional Institution, prisoners are given guidance in two forms, namely personality guidance with the aim of strengthening mental and character so that a prisoner behaves responsibly, especially towards themselves, their families and the community so that when prisoners leave the Correctional Institution, the community can accept former prisoners like normal citizens. And Independence guidance which aims for a prisoner to have a skill or technical ability that is useful for himself and can be used as capital after leaving the correctional institution. However, it turns out that there are obstacles from prisoners where they lack cooperation in participating in following and facilitating the development program being implemented (Arza & Wibowo, 2021).

Table 2. Categorization of Moral Anxiety

Category	Frequency	Percentage
Medium	59	31.7%
High	127	68.3%
Total	186	100%

The results of the categorization of moral anxiety show that the majority of prisoners approaching release experience high moral anxiety, namely 127 subjects with a percentage of 68.3%, while prisoners with moderate moral anxiety are 59 prisoners with a percentage of 31.7%. Previous research at the Class IIB Majene Prison revealed that the majority of prisoners experience moderate anxiety which is caused by prisoners who are in prison are prone to anxiety, according to the results of observations and interviews also stated that prisoners experience anxiety because they think about their families at home, think about the stigma of former prisoners that still sticks in society when they leave prison (Nurfadilah & Wahyuddin, 2020).

Moral Anxiety Reviewed from the Type of Prisoner Cases Facing the Period Before Release

In this study, two criminal acts were used, namely special criminal acts and general criminal acts. Based on article 103 of the criminal code, the term special criminal act can be interpreted as a criminal act determined in certain legislation outside the criminal code including economic crimes in law number 7 / Drt / 1955 concerning prosecution, investigation, trial of criminal acts; corruption; money laundering in law number 8 of 2010; terrorism; psychotropic crimes in law number 5 of 1997 concerning Psychotropics; narcotics crimes in law number 35 of 2009 concerning narcotics; and information and electronic transaction crimes. While for general crimes are criminal acts that have been regulated in the criminal code and are general acts such as according to the directory of decisions of the supreme court of the Republic of Indonesia, namely: theft; assault; gambling; embezzlement; fraud; procurement; murder; forestry; counterfeiting, etc (Mangkepriyanto, 2019).

According to Mangkepriyanto (2019), special crimes are crimes that are regulated separately in special laws, which of course provide special regulations regarding the process of investigation, prosecution, examination, and sanctions outside the Criminal Code which are stricter and more severe, but if it turns out that no provisions are provided outside the Criminal Code, then general criminal provisions still apply, unlike general ones where special criminal provisions do not apply to them. Special crimes are very detrimental to society and the state, so quick action is needed and broader authority needs to be given to an investigator and a public prosecutor, this is done in order to prevent greater losses. The substance of special crimes includes criminal acts, criminal liability, and criminal and criminal penalties. In line with the process from investigation to the decision to be determined as a prisoner, it provides a stimulus to the community that the special crime is an extraordinary and serious crime. This is in line with research by Liem & Weggemans (2018) which states that prisoners with special crimes, they significantly struggle in family relationships, parents, work and relationships with the community. Prisoners with special crimes often appear in the public eye with the view that they need strict supervision, which can limit prisoners from building relationships that can control social control, with the length of detention prisoners are more likely to lose social contact in society and be excluded from legitimate opportunities such as work and education after being released (Sutarto, 2022). The list of criminal categories at the IIA Kediri City Penitentiary and IIB Tulungagung are as follows:

Table 3. General Criminal Category

Category	Frequency	Percentage
Medium	18	32.1%
High	38	67.9%
Total	56	100%

Table 4. Special Criminal Categories

Category	Frequency	Percentage
Medium	41	31.5%
High	89	68.5%
Total	130	100%

The results of the categorization of prisoners approaching their release period in terms of the type of general criminal cases, the majority experienced high moral anxiety, namely 38 subjects with a percentage of 67.9%, while for the moderate category there were 18 subjects with a percentage of 32.1%. The results of the category of prisoners approaching their release period in terms of the type of special criminal cases, the majority also experienced moral anxiety with a high category, namely 89 subjects with a percentage of 68.5%, while moral anxiety with a moderate category was 41 subjects with a percentage of 31.5%. This is different from the findings of Hakim & Subarkah (2022) which stated that the majority of prisoners experienced mild and moderate anxiety, the researcher assumes that there are other factors where these factors influence the moral anxiety of prisoners approaching their release period. Furthermore, this study is in line with the research conducted by Waluyan & Suharso (2020) where prisoners experience moral anxiety because they receive criminal law due to actions that violate the moral code in the community.

According to research conducted by Lerman et al (2022), prisoners approaching their release tend to experience anxiety, where anxiety related to the aspects used in this study, namely prisoners feel that they tend to be judged and have a negative impression when returning to their residential community, which causes prisoners to try harder to get closer to the creator in order to be accepted in the social community and try harder to meet social expectations in the future. Prisoners tend to take social avoidance actions and feel pressured in new situations or when interacting with other people. This makes prisoners tend to be more careful in choosing new friends to be more aware of themselves so as not to fall into the same mistakes. In addition, prisoners experience a lack of self-confidence where prisoners tend to feel deep guilt and regret for all their actions that make prisoners feel uncomfortable because they are always viewed negatively by society, especially their own families.

This is in line with the results of interviews from previous research Ardy (2021) which states that prisoners who will receive a social reintegration program tend to feel worried about the acceptance of their families or communities in their residential environment when they return to mingle with their families and communities. Prisoners feel that their actions have tarnished the good name of their neighborhood so that prisoners feel unworthy of being accepted by society. Prisoners are worried about work because they are afraid that no one will hire them with their ex-convict status. What they are actually afraid of is that if they cannot meet their family's needs, their partners will divorce and their children will leave the prisoner.

Likewise, research conducted by (Salsabila & Hadi, 2022) shows that prisoners approaching release experience different levels of anxiety, namely from 36 respondents studied, 13.9% did not experience anxiety, 38.9% experienced mild anxiety and 38.9% experienced moderate anxiety, 8.3% experienced severe anxiety. Factors that influence anxiety before release felt by prisoners are age, gender and level of education. There are also other factors that influence, namely the existence of an emotional reaction such as worry, on the one hand prisoners are happy to be free but on the other hand feelings of anxiety arise due to the bad stigma of society towards former prisoners and uncertain future conditions which are safe or threats that must be passed by prisoners when returning to society. The results of the study according to Waluyan & Suharso (2020) show that prisoners experience moral anxiety, moral anxiety is anxiety caused because in the past an individual has received a punishment as a result of an act that violates the moral code and may receive another punishment. Researchers found a factor that

influences prisoner anxiety, namely the cognitive factor where a prisoner feels anxiety due to illogical thoughts about his fate in the future which is clearly uncertain.

In an interview conducted by Yenes et al (2022) in Lubuk Basung where the informant was the Head of the Registration Sub-Division and was carried out on June 25, 2022, it was stated that there were 115 prisoners involved in drug cases where the majority of anxiety occurred in prisoners aged 18-40 years where there were prisoners who committed suicide while in the Correctional Institution. Prisoners are actually often involved in fights. This happens because there are new prisoners who arrive. A problem experienced by prisoners is related to disturbing thoughts, where these thoughts have the potential to influence the feelings, behavior, and physiological responses of prisoners. Small examples such as not getting a job after being released from punishment, fear of being ostracized and not accepted by family members as a whole, and looking at the status of their former prisoners so that prisoners feel useless, worried about their family's situation, worried about their family's living expenses, afraid to interact with family and others and fear of negative views towards prisoners (Jackson et al., 2021).

Table 5. One-Sample Kolmogorov-Smirnov Test

	General Crimes	Special Crime
Asymp. Sig. (2-tailed)	0.881	0.396

The results of the normality test in the table above show that in the General Crime category with Asymp. Sig. (2-tailed) = 0.881 > 0.05, it can be concluded that the data is normally distributed, while for the Special Crime Category shows Asymp. Sig. (2-tailed) = 0.396 > 0.05, it can be concluded that the data is normally distributed.

Table 6. Independent Samples Test

	Sig. (2-tailed)	Explanation
Equal variances assumed	0.143	no difference

This study uses an independent sample test which shows that there is no significant difference in moral anxiety between prisoners approaching release with $p > 0.05$ in the moral anxiety scores of prisoners viewed from the type of case Sig. 2-Tailed, namely $0.143 > 0.05$. Therefore, it can be concluded that Ha is rejected and H0 is accepted, which means that there is no significant difference in moral anxiety of prisoners viewed from the type of case of prisoners facing the period approaching release. This study is supported by research conducted by Hasan et al (2023) where the study used prisoners with different cases and found that prisoners experienced anxiety about work after their release to provide for their families. This causes prisoners to always think about it when they are active until they feel deep sadness, prisoners try to be strong to bear the risk of negative stigma from society, prisoners try harder to control their emotions because if they do not behave well, prisoners will not be able to get out on time (Azka, 2017). Thus, the study conducted has an important point, namely that prisoners are actually impatient for their release time, but they feel restless and uneasy.

IV. CONCLUSION

Based on the results of the hypothesis test, it shows that there is no significant difference in moral anxiety reviewed from the type of prisoner case facing the pre-release period, it can be interpreted that prisoners approaching release with different cases all experience the same moral anxiety where in this study showed that out of 186 research subjects, there were 59 prisoners experiencing moderate moral anxiety with a percentage of 31.7% and 127 prisoners experiencing high moral anxiety with a percentage of 68.3%. The researcher is very aware that there are many limitations in the study, namely the poor condition of the prisoners and there are prisoners who are wary of data misuse, causing prisoners to fill out less in accordance with the conditions they experience. Suggestions for further researchers are to carry out full control when prisoners fill out the questionnaire in order to get maximum results, pay more attention to the creation of a moral anxiety scale so that it can be more targeted with the prisoner's condition, and can hold training on emotional regulation strategies in coaching to reduce moral anxiety experienced by prisoners so that they can provide more mature readiness, support the social reintegration of prisoners more effectively, and provide other positive impacts.

VI. REFERENCES

[1] Aebi, M., Bessler, C., & Steinhausen, H.-C. (2021). A Cumulative Substance Use Score as a Novel Measure to Predict Risk of Criminal Recidivism in Forensic Juvenile Male Outpatients. *Child Psychiatry & Human Development*, *52*(1), 30–40. https://doi.org/10.1007/s10578-020-00986-7

[2] Alizamar, A., Fikri, M., & Afdal, A. (2018). The Exploration of Young Prisoners Social Anxiety. *International Conferences on Educational, Social Sciences and Technology*, 121–125. https://doi.org/10.29210/2018118

[3] Ardy, H. K. (2021). Peran Pembinaan Literasi Terhadap Perubahan Sikap Dan Tingkah Laku Narapidana Di Lembaga Pemasyarakatan Kelas IIB Tuban. *Widya Yuridika*, *4*(2). https://doi.org/10.31328/wy.v4i2.2380

[4] Arza, M. K. Y., & Wibowo, P. (2021). Pemenuhan Hak Warga Binaan Pemasyarakatan Melalui Pelatihan Narapidana Berdasarkan Bakat Di Lapas Kelas Iia Tanjungpinang. *NUSANTARA: Jurnal Ilmu Pengetahuan Sosial*, *8*(1), 207–220. https://dx.doi.org/10.31604/jips.v8i1.2021.207-220

[5] Azka, A. (2017). Penerapan *Cognitive Behavior Therapy* (CBT) untuk Meningkatkan Self-Regulation pada pengguna *Amphetamine* di Balai Besar Rehabilitasi Badan Narkotika Nasional Lido Sukabumi. *Conference SENATIK STT Adisutjipto Yogyakarta*, *3*. https://doi.org/10.28989/senatik.v3i0.135

[6] Azwar, S. (2007). Metode Penelitian Kuantitatif. In *Yogyakarta: Pustaka Pelajar*.

[7] Caravaca Sánchez, F., Ignatyev, Y., & Mundt, A. P. (2019). Associations between childhood abuse, mental health problems, and suicide risk among male prison populations in Spain. *Criminal Behaviour and Mental Health*, *29*(1), 18–30. https://doi.org/10.1002/cbm.2099

[8] Dina, R. (2021). Konseling Individual dengan Pendekatan Gestalt bagi Warga Binaan Pemasyarakatan Kasus Pembunuhan di Lapas Kelas II A Yogyakarta. *Jurnal Bimbingan Dan Konseling Borneo*, *3*(2). https://doi.org/10.35334/jbkb.v3i2.2341

[9] Febrianto, B., & Ambarini, T. K. (2019). Efektivitas konseling kelompok realita untuk menurunkan kecemasan pada klien permasyarakatan. *Jurnal Ilmiah Psikologi Terapan*, *7*(1), 132–145. https://doi.org/10.22219/jipt.v7i1.7838

[10] Freud, S., Strachey, J., & Strachey, A. (1977). *Inhibitions, symptoms and anxiety*. Norton New York.

[11] Hadiyamsah, F. (2020). Perbedaan Tingkat Kecemasan antara Narapidana Laki-Laki dan Narapidana Perempuan Menjelang Bebas di Lembaga Pemasyarakatan Klas II A Jember. *Universitas Muhammadiyah Jember*, *9*. https://repository.unmuhjember.ac.id/5051/14/ARTIKEL.pdf

[12] Hakim, H. T., & Subarkah, M. Z. (2022). Pengaruh Dukungan Sosial Terhadap Loneliness Narapidana di Lembaga Pemasyarakatan Kelas I Semarang. *JPDK: Jurnal Pendidikan Dan Konseling*, *4*(6). https://doi.org/10.31004/jpdk.v4i6.8352

[13] Hall, C. S., & Lindzey, G. (1993). *Teori- teori Psikodinamik (klinis)*. Kanisius.

[14] Hasan, S. W., Hayati, S., & Minarni, M. (2023). Gambaran Kecemasan Menjelang Bebas pada Narapidana di Lembaga Pemasyarakatan Kelas I Kota Makassar. *Jurnal Psikologi Karakter*, *3*(2), 477–484. https://doi.org/10.56326/jpk.v3i2.2338

[15] Jackson, N. A., Pate, M., & Campbell, K. M. (2021). Prison and Post-Release Experiences of Innocent Inmates. *Journal of Aggression, Maltreatment & Trauma*, *30*(10), 1347–1365. https://doi.org/10.1080/10926771.2020.1866136

[16] Kartono, K. (2015). *Psikologi Anak (Psikologi Perkembangan)*. Mandar Maju.

[17] Lerman, A. E., Harney, J., & Sadin, M. (2022). Prisons and Mental Health: Violence, Organizational Support, and the Effects of Correctional Work. *Criminal Justice and Behavior*, *49*(2), 181–199. https://doi.org/10.1177/00938548211037718

[18] Liebling, A., Laws, B., Lieber, E., Auty, K., Schmidt, B. E., Crewe, B., Gardom, J., Kant, D., & Morey, M. (2019). Are Hope and Possibility Achievable in Prison? *The Howard Journal of Crime and Justice*, *58*(1), 104–126. https://doi.org/10.1111/hojo.12303

[19] Liem, M., & Weggemans, D. (2018). Reintegration among high-profile ex-offenders. *Journal of Developmental and Life-Course Criminology*, *4*, 473–490. https://doi.org/10.1007/s40865-018-0093-x

[20] Mangkepriyanto, E. (2019). *Pidana Umum & Pidana Khusus, Serta Keterlibatan Undang–Undang Perlindungan Saksi dan Korban*. GUEPEDIA.

[21] Nurfadilah, N., & Wahyuddin, M. (2020). Hubungan Konsep Diri Dengan

Kecemasan Narapidana Pada Rutan Kelas Ii B Majene. *J-KESMAS: Jurnal Kesehatan Masyarakat*, *6*(1), 38–51. https://doi.org/10.35329/jkesmas.v6i1.651

[22] Panjaitan, F. H., & Purwati, P. (2017). Kecemasan Pada Narapidana Di Lembaga Pemasyarakatan Narkotika Kelas Ii A Wayhuibandar Lampung. *Jurnal Ilmiah Keperawatan Sai Betik*, *10*(1), 122–128. https://doi.org/10.26630/jkep.v10i1.328

[23] Pardede, J. A., Rohana, T., & Sinuhaji, N. (2021). Dukungan Keluarga Dengan Tingkat Stres Narapidana Di Lembaga Pemasyarakatan. *Window of Health : Jurnal Kesehatan*, 98–108. https://doi.org/10.33096/woh.v4i1.298

[24] Salsabila, A. Y., & Hadi, S. (2022). Hubungan antara Coping Religiusitas dengan Kecemasan Narapidana Menjelang Masa Bebas di Lembaga Pemasyarakatan Kelas II A Kabupaten Banyuwangi. *Psychospiritual: Journal of Trends in Islamic Psychological Research*, *1*(1), 10–24. https://doi.org/10.12345/psychospiritual.v1i1.4

[25] Santoso, M. B., & Ramadhini, P. S. (2019). Assertveness training untuk meningkatkan kepercayaan diri narapidana remaja. *Jurnal Psikologi*, *4*, 74–88. https://doi.org/10.24198/jppm.v6i2.21905

[26] Siregar, S. (2013). *Metode Penelitian Kuantitatif dilengkapi dengan perbandingan perhitungan manual dan SPSS*. Kencana Prenada Media Grup.

[27] Sugiyono. (2019). Metode Penelitian Kuantitatif, Kualitatif, dan R&D (2nd ed). In *Data Kualitatif*.

[28] Sutarto, F. A. (2022). "Eksistensi dan Penerapan Pidana Pemecatan dari Dinas Militer sebagai Pidana Tambahan dalam Perspektif Hukum Pidana Khusus. *JISPENDIORA: Jurnal Ilmu Sosial Pendidikan Dan Humaniora*, *1*(2), 146–157. https://doi.org/10.56910/jispendiora.v1i2.591

[29] Waluyan, V. A., & Suharso, S. (2020). Kecemasan Narapidana Kasus Pembunuhan pada Lembaga Pemasyarakatan Kelas I Semarang. *Indonesian Journal of Counseling and Development*, *2*(1), 1–17. https://doi.org/10.32939/ijcd.v2i01.864

[30] Yenes, E., Karneli, Y., & Padang, U. N. (2022). Efektivitas Cognitive Behavior Therapy dengan Teknik Thought Stopping untuk Menurunkan Tingkat Kecemasan Narapidana Penyalahgunaan Narkoba di Lapas Klas IIB Lubuk Basung. *Jurnal Konseling Indonesia*, *7*(2), 46–53. https://doi.org/10.21067/jki.v7i2.7415