THE CORRELATION BETWEEN SELF-REGULATION WITH DEVIATION BEHAVIOR IN PRISONERS OF SEXUAL VIOLENCE IN LEMBAGA PEMASYARAKATAN KLAS II A KARAWANG

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Abstract---Each individual has self-regulation ability that can be used to regulate and detain himself from deviant behavior or deviation, but this ability is not automatically activated, if the active self- regulation or high ability of individuals will tend to behave normally according to applicable norms and laws, but if the ability individual self-regulation has not been active or low, then the individual's deviation behavior will tend to be high, so that individuals have the potential to commit crimes, one of which is sexual crime. This study aims to determine the relationship between deviation behavior and self-regulation in prisoners of perpetrators of sexual violence Lapas Klas II A Karawang. The hypothesis of this study shows that there is a negative relationship between deviation behavior and the self-regulation of prisoners of sexual crimes. The subject of this study was 79 convicted perpetrators of sexual violence Lapas Klas II A Karawang. This study uses a quantitative correlational method with a scale of deviation behavior and a self-regulation scale as a data collection tool. The behavioral deviation scale consists of 22 items with a reliability coefficient of 0.797. While the self-regulation scale consists of 35 items with a reliability coefficient of 0.908. The results of data analysis using Product Moment Correlation indicate that there is a negative relationship between deviation behavior and self-regulation in prisoners of sexual violence Lapas Klas II A Karawang of -0.598 with a significance of 0.00.

Keyword---Behavior deviation, Self-regulation, Prisoners, Sexual Crime

I. PREFACE

According to the Indonesian Statistics Agency in 2014 the crime rate in Indonesia is still very high. In 2011 the number of crimes that occurred in Indonesia was 347,605 cases, then in 2012 it decreased by 1.85 percent but in 2013 it rose again by 0.27 percent (Anggraini, 2015). Crime according to Kartono (2015) is one form of deviation behavior, which is a form of behavior that is different and deviant and is contrary to applicable norms and laws. Crime itself has many variations and is heterogeneous, because it can be done by anyone, both men, women, children, parents and adolescents. Whereas deviation behavior is behavior that deviates from the central tendency or the characteristics of the average characteristics of the general public. Real forms of deviation behavior, for example sexual crime, are all forms of sexual violence, attempted sexual acts, sex trafficking, sex using threats, and sex using physical coercion by anyone regardless of the relationship with the victim. Sexual violenceitself can be seen in various forms such as, rape, sexual abuse, sexual harassment and sexual violence (Ananta and Wijaya, 2016).

Furthermore, Sirait added that data and victims of sexual crimes that enter the National Commission for Child

Protection every year have increased, where: in 2011 there were 2,046 cases entered and 42 percent of the data were sexual violencecases, in 2011 there were 2,426 cases, with 62 percent of them being sexual crimes, in 2012 there were 3,339 cases with 62 percent of sexual crimes, in January to April 2014 there were 600 criminal cases and 137 of them were sexual violencecases where the perpetrators were children (Ananta and Wijaya, 2016). From these data shows that deviation behavior in this case is a sexual violencecan be done by anyone, regardless of age or education.

Class II Penitentiary (Lapas) A Karawang 2018-2019 period also noted that 83 perpetrators of sexual crimes were detained. Detained prisoners have different terms of detention, according to the level of crime, there are only two months of detention and some are up to ten years in prison. The age of inmates also varies from 16 years to 73 years, it shows that deviation behavior is not only done by adolescents, but also done by adult individuals, who should have been able to control and regulate themselves or in psychology called self regulation .

Self regulation is an individual's ability to think and with this ability the individual can manipulate the environment through the activities or behaviors that he does. In general, individuals must be able to change responses, such as controlling behavioral impulses (impulse behavior), holding back desires, controlling thoughts and holding emotions (Anfaldi, 2013). Furthermore, with the self-regulation, individuals can motivate and direct their actions through proactive self-control towards positive goals that they want to achieve. Although sometimes there are conditions of imbalance between themselves and environmental conditions, but individuals can mobilize capabilities and anticipatory efforts on what needs to be done in order to achieve its objectives (Feist & Feist, 2013).

Bandura (Feist & Feist, 2013) added that self-regulation does not occur automatically, but will only function if activated, therefore individuals who have not or do not activate self-regulation will be easy to deviate from the law, in this case committing sexual violance. Bandura also asserted that sometimes individuals who have strong moral beliefs can behave in deviant behavior towards other individuals, because these individuals assume the deviant behavior that they do (Feist & Feist, 2013).

Data from Class II Lapas A Karawang shows that the age range of prisoners who are undergoing a period of detention, starting from the age of 16 to 73 years. This shows that deviation behavior can be done by anyone regardless of young or old age. Furthermore, deviation behavior is not necessarily immediately formed, but occurs slowly and generally takes place in an unconscious state with a pattern of formation of progressive behavior, which is then consciously rationalized, and then developed into pathological habits deviating from general behavior patterns (Kartono, 2015). This concept is reinforced by Bandura who states that individual actions are the result of the interaction of three factors, namely: environment, behavior, and person / cognitive, so that individuals will bring up a different form of behavior even though they are in a similar environment, because each individual has a process of cognition which is different for the environment (Santrock, 2015). Furthermore Bandura added that in self-regulation, individuals will provide incentives for their actions through self-reinforcement or self-punishment, individuals will reward themselves if their actions are in accordance with personal standards and referral standards, and individuals will punish themselves if individuals are aware that his actions are not in accordance with personal standards and reference standards (Feist & Feist, 2013). Whereas Kusumaningrum and Supatmi (2012) state that the purpose of prisons is to form prisoners to be fully human, aware of their mistakes, improve themselves and not repeat criminal acts, so that the hope is that in prison the deviant behavior of prisoners will decrease and be able to regulate themselves again. This is what makes the writer interested in conducting research on the deviation behavior of perpetrators of sexual crimes that exist in Class II Prison A Karawang and its relationship with self-regulation.

II.   THEORITICAL REVIEW

Hisham, C. J., (2018) states that deviation behavior is an action taken by a person or several members of the community, consciously or unconsciously that is contrary to the norms and rules that have been mutually agreed upon,

which cause victims (victims) or no victims. For example, crime is, all forms of behavior are different and deviate from the characteristics of general characteristics, as well as against the law or against legal regulations. While the crime itself includes many variations of behavior and heterogeneous nature, because it can be done by men, women, children, old, teenagers and very young age (Kartono, 2015).

Kartono (2015) distinguishes deviation behavior into two aspects, namely: outward aspects and hidden symbolic aspects. The outward aspects are divided into two namely verbal and nonverbal outward. Outward aspects in verbal form such as swear words, obscene and obscene obscenities, curses, dialects, while outward nonverbal aspects are real actions such as: stealing, raping, harassing, and others. The hidden symbolic aspect is in the form of the deepest thoughts and hidden behind all acts of crime and deviant behavior.

While self-regulation according to Bandura is an individual strategy in directing and motivating their actions through proactive self-control by making valuable goals and then moving their abilities and efforts based on anticipatory estimates of what is needed to achieve these goals (Feist & feist, 2013) . Zimmerman (Ghufron and Risnawati, 2010) also added that self-regulation is related to self-awakening both thoughts, feelings and actions planned and the reciprocity that is adjusted to the achievement of personal goals. Zimmerman also divides regulations into three aspects, namely: metacognition, motivation and behavior.

Ananta and Wijaya (2016) mentioned that sexual crimes are all acts of sexual violence, attempted sexual acts, sex trafficking, sex using threats, and sex using physical coercion by anyone regardless of the relationship with the victim. While Sulistiani, S. L., (2016) added that sexual violence is an immoral and anti-social act that harms certain parties with the coercion to carry out sexual acts or activities and cause discomfort and chaos to individuals, groups, and society. Sexual violence can be seen in various forms such as; rape, molestation, sexual harassment, sexual violence, sex trafficking, sexual exploitation and abortion.

Prisoners are convicts who undergo the crime of missing independence in a prison, lost independence means that they are undergoing a process of detention, imprisonment, or placement of a person in a place of detention where the person is not allowed to go at will on the orders of a judicial, administrative or other public party (Kusumaningrum and Supatmi, 2012).

Kusumaningrum and Supatmi (2012) state that in Law number 12 of 1995 has formulated a mechanism of rehabilitation and reintegration for prisoners as a system organized by:

a. The purpose of forming prisoners:

1) to become a complete human being; 2) realize his mistakes; 3) improve themselves; and 4) not repeating criminal offenses. (article 1)

b. Prisoners' output so that: 1) can be accepted again by the community; 2) can play an active role in development; and 3) can live naturally as good and responsible citizens. (Section 2)

Prisoners who commit sexual crimes in Lapas Class II A Karawang, are included in the category of Violators of the Child Protection Act with 83 prisoners of the Child Protection Act in 2018-2019, with ages ranging from 18 to 73 years.

III.   METHOD

The population used in this study is inmates of sexual offenses in Lapas Klas II A, Karawang. This research is a population study, so the sample used is the entire population with 79 inmates. The characteristics of the population in this study are all sex offenders who are in Lapas Class II A Karawang, who are violators of the child protection law.

Data collection used is a scale method with a Likert scale model. The scale consists of items arranged based on aspects of the construct to be measured. Items on a scale consist of statements that are favorable and unfavorable. The scale used in the study is two Likert scales, namely the scale of deviation behavior and the scale of self-regulation.

Deviation behavior is measured using a scale based on aspects of deviation behavior proposed by Kartono (2015),

namely the outward aspects and hidden symbolic aspects. Self-regulation is measured using aspects proposed by Zimmerman (Ghufron and Risnawati, 2010), namely metacognition, motivation, and behavior.

The validity test used in this study was internal validity which was performed with the Product Moment Correlation technique from Pearson. Reliability tests on the scale were tested using the Cronbach Alpha method. The data analysis method used to test the hypothesis is Product Moment Correlation. Product Moment Correlation is useful for knowing the relationship between two variables. The researcher calculated the data analysis using SPSS version 24.

IV. RESULTS AND DISCUSSION

Based on the calculation results obtained by the correlation value between deviation behavior and self-regulation of -0.482 with a significance value of 0.00. Because the significance value (0.00) <0.05 then H0 is rejected and H1 is accepted, meaning that there is a significant relationship between deviation behavior and self regulation. The magnitude of the relationship between deviation behavior and self-regulation is -0.482 showing a sufficient correlation. The negative correlation coefficient indicates the lower the deviation behavior, the higher the self regulation and vice versa ie the higher the deviation behavior, the lower the self regulation. While the results of the categorization of the scale of deviation behavior, it can be seen that respondents' deviation behavior spreads from moderate (58%) and low levels (42%). The results of respondents self-regulation scale categorization spread from high level (51) and moderate (49). This study is also in accordance with the results of research conducted by Wibowo & Nashori (2017) which states that if the ability of self-regulation in individuals decreases or not active then it will hamper his ability to withstand aggressive behavior and other antisocial behavior which in this case is included in the category of deviant behavior and vice versa if the ability of self-regulation is high then the ability of individuals to resist deviant behavior will be better. DeWall, Baumeister, Stillman, and Galliot's research (Wibowo & Nashori, 2017) states that self-regulation that is less effective or in this case inactive can lead to aggressive or distorted behavior, whereas individuals who have effective or active self-regulation will be more able to control himself. Research conducted by Anggraini (2015) also states the same thing: when prisoners are able to regulate themselves appropriately (adaptively), individuals will be easy to deal with difficult situations such as being able to think positively, be able to control themselves well, and behave well, but if individuals are not able to regulate themselves appropriately (non-adaptive) then it will have an impact on deviant behavior, can be in the form of external behavior (aggressive action), or internal (anxiety, depression and distress).

Individuals who have high self-regulation will be careful in behaving and avoiding actions that are destructive and can harm others and the surrounding environment, whereas individuals who have low self-regulation tend to have less ability to implement social norms, control his behavior, and regulate negative emotions in him not to harm others with destructive actions (Wibowo & Nashori, 2017). In addition, Wibowo & Nashori (2017) also added that destructive behavior can arise if the individual is faced with an unpleasant situation or a threat, but if the individual is embedded in good self-regulation, of course the individual is not easily provoked by negative emotions that arise and able to refrain himself from behaving destructively.

These results are consistent with Woolfolk's statement (Pisani, 2017) that individuals who have low self-regulation are unable to control their behavior and do not pay attention to the risks that will occur when behaving, whereas individuals who have high regulation tend to avoid bad behavior because the individual able to control his behavior and take responsibility for all his actions. Anggraini (2015) also added that prisoners who are able to conduct self-regulation well will be more able to control themselves, be optimistic, think positively and not be aggressive, while prisoners who have not been able to regulate themselves well tend to often lament because they have not been able to let go, often daydreaming and often daydreaming and pessimistic about the future, aggressive and quarrelsome. Bandura (Feist & Feist, 2013) added that self-regulation does not necessarily occur automatically, but will function if

activated, therefore individuals who have not or do not activate self-regulation will be easy to deviate from the law, so environmental conditions are needed , be it the family environment, schools, and communities that support active self-regulation in individuals.

Anova test results also found that there were differences in mean based on age, education, length of stay in prison and marital status. Based on the age of respondents found respondents who fall into the adolescent category (12-22 years) have a mean deviation behavior of 46 and a mean self-regulation of 102.11. Furthermore adult respondents (23-39 years) has a mean deviation of behavior of 46.42 and a mean of self-regulation of 105.53. Medium adult respondents (40-60 years) have a mean deviation behavior of 40.79 and a mean self-regulation of 106.83. Finally, the late adult respondents (60-70 years) had a mean deviation of behavior of 43.33 and a mean of self-regulation of 106.83. From these data it appears that the highest mean deviation behavior is in adult individuals, this supports previous research which states that the majority of perpetrators of violence or deviations are in the age group of 23 years to 50 years (Gani, 2016). In addition Hurlock (Gani, 2016) also added that at that age emotionally the individual has the motivation to achieve something big that is supported by excellent physical strength and also at that age is a period where individuals prioritize physical strength rather than ratio strength in completing problem.

Based on the level of education it was found that respondents who did not attend school or elementary school had the highest mean deviation behavior of 45.70 and the lowest mean of self regulation of 103.13. Then followed by respondents with a junior high school education level which has a mean deviation behavior of 44.45 and a mean of self-regulation of 105.92. Finally, respondents with a high school education level had the lowest mean deviation behavior of 42.15 and the highest mean of self-regulation of 110.00. From these data it can be seen that individuals with low education tend to have high deviation behavior and low self-regulation, whereas highly educated individuals tend to have lower deviation behavior and self-regulation which tends to be high. Research conducted by Husni Abdul Gani on Violence Against Children in terms of Actors in the City of Jember (2016) found that individuals with low education tend to be less wise in addressing problems and have limited perspectives and thinking, besides that individuals also do not think long about risks and the consequences of his behavior. According to Suyanto (Gani, 2016) low educated individuals often assume that the behavior or actions they take will not be noticed by others because they are aware of their position which tends to be low in society, so that in everyday life indifferent attitudes appear to the environment around, as if they were legitimate to do all actions or actions in their environment.

Based on the length of stay in prison it was found that new respondents (less than 20 months) in prison had the highest mean deviation behavior of 45.36 and the mean of self regulation of 104.77. Furthermore respondents in prison in the medium category (20-51 months) have a mean deviation behavior of 44.93 and a mean of self-regulation of 105.69. Finally, respondents who have been long (more than 51 months) in prison have the lowest mean deviation behavior of 42.83 and the highest mean of self-regulation of 104.00. From these data it can be seen that individuals who are classified as new in prison have a deviation behavior that tends to be higher when compared to individuals who have been in prison for a long time, whereas when viewed from self-regulation there is no mean difference between individuals who are new in prison and individuals who have already long time in prison. Research conducted by Indrawati and Hilman on the experience of being a juvenile prisoner in Lapas Klas I Semarang (2017) found that individuals need about four months to be in prison to be able to understand and adjust to the new environment, but also individuals begin to try to establish good relations with other prisoners and try to maintain behavior so as not to offend or hurt others.

Whereas based on marital status it was found that respondents who were not married with the highest mean deviation behavior was 46.73 and the lowest mean of self regulation was 103.15. Subsequently followed by respondents who were married with a mean deviation of 44.21 and a mean self-regulation of 104.29. Finally respondents who have been widowed with the lowest mean deviation behavior of 42.32 and the highest mean of self regulation of 109.18. From these data it appears that unmarried individuals tend to have high deviation behavior and

low self-regulation, whereas married individuals tend to have lower deviation behavior and self-regulation which tends to be high. The results of this study support previous research which states that individuals who are not married tend to lack a sense of responsibility in behaving, in contrast to individuals who are married where in acting always think twice, especially if the risks faced involve family (Gani, 2016).

V.   CONCLUSION

Based on data obtained from the results of the analysis that has been carried out, it can be concluded that; the level of deviation behavior of convicted perpetrators of Class II A Karawang Laps II sexual crimes in the 2018 // 2019 period the majority were in the moderate category of 46 respondents (58.2%), then the low category were 33 respondents (41.8%), whereas in the high category there is no. The level of self-regulation of prisoners who commit sexual crimes in Class II Lapas A Karawang in the 2018/2019 period the majority are in the high category of 40 respondents (50.6%), then the medium category is 39 respondents (49.4%), while in the low category there is no there is. There is a negative relationship between deviation behavior with self-regulation of prisoners who commit sexual crimes in Lapas Class II A Karawang in the 2018/2019 period, this is evidenced from the significance value of 0.00, which means less than 0.05 (0.00 <0.05) and the correlation value (r) of -0.598 belonging to the medium relationship category. The correlation coefficient shows a negative direction, which means that the higher the self-regulation, the deviation behavior will decrease and vice versa, the higher the deviation behavior, the self-regulation will decrease. In addition, the large determinant coefficient in this study was 0.357 so the total effective contribution of the self-regulation variable to deviation behavior was 35% while the remaining 65% was influenced by other factors not proven in this study.

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