

Optimization of Spiritual Resilience, Self-Motivation, and Life Skills of Lowokwaru Assisted Residents through Self-Aware Training

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Abstract: *The program to increase spiritual resilience, self-motivation, and life skills for male-assisted residents at the Lowokwaru Correctional Institution in Malang City, community service aims to achieve several goals that cover important aspects of their development. To achieve this goal, various methods are used, such as lectures, discussions, ice breaking, and training in skills to process old tires into souvenirs that have economic value. While the results of the activity are indirectly concluded (a) the implementation of the training generally has a positive effect on increasing participant motivation during or after the training activity, (b) students are pleased with the speaker's presentation during the training, and (c) participants are still eager to follow up on the training's outcomes, as evidenced by their enthusiasm to plan similar training.*

Keywords: *training, increasing spiritual resilience, self-motivation, life skills, inmates*

A penitentiary is a place where individuals who have been legally proven to have committed violations of the law according to court decisions are imprisoned. Its function is to nurture individuals who commit unlawful acts, commonly referred to as prisoners or fostered citizens, to fulfill their roles and responsibilities.

The penitentiary not only serves as a place to carry out punishment for fostered citizens, but also as a place to change their behavior to be more positive after serving a sentence. (Argadinata, 2022a; Elhany, 2017; K. C. dan Z. Hidayat, 2019). Therefore, a coaching program implemented in prisons is very necessary. The aim is to provide coaching, mentoring, and training to fostered citizens during their sentence, so that they can develop spiritual resilience, self-motivation, and life skills that enable them to become better individuals after the sentence ends (Rimayati et al., 2021; Rina Saraswaty et al., 2020; Wahyudi, 2018; Williams & Streat, 2002).

It will also provide fostered citizens with knowledge and skills that will be beneficial when they return to society. They will bring with them skills that can prevent them from committing unlawful acts again, and vice versa, become more productive individuals (Bella et al., 2019; Brumell, 2016; Mims et al., 2017; Prabawa & Suardana, 2020). The Republic of Indonesia Government Regulation No. 31 of 1999, which addresses the Development and Supervision of Rehabilitation Programs for Inmates, also oversees and manages development initiatives within correctional facilities.

More specifically, it is said that the goal of the coaching in question is to enhance the foster citizens' intellectual, attitude, behavioral, professional, physical, and spiritual well. In accordance with the Regulation of the Minister of Law and Human Rights (Permenkumham) No m.01 Pk.04.10 concerning correctional guardians, it is stated that the heads of prisons are obliged to carry out coaching activities for assisted citizens in their respective work areas (Arifai, 2021; Prastina R., 2021; Zainuri, 2021).

Where in the implementation of coaching activities, the head of the prison needs to compile planning, implementing, and supervising the activities of the coaching program. This makes it possible for community institutions to cooperate with other agencies as partners, one of which is universities. Therefore, cooperation between prisons and universities can be said to be carried out to assist the prison itself in carrying out development activities for fostered citizens (Bella et al., 2019; Prabawa & Suardana, 2020; Pradipta et al., 2020; Widiastuti & Yusuf, 2021).

At the academic level, universities will certainly have many studies and research results related to how to implement the right strategies to nurture fostered citizens to become better and more productive individuals. Later it will produce many options that can be done in fostering fostered citizens. This problem is of course generally faced by all prisons in Indonesia. However, the portrait of the problems faced in prisons can be seen regionally as a representation of the problems faced by prisons in general in all regions of Indonesia (Bella et al., 2019).

One of them is East Java Province which has two fairly large prisons, namely the Surabaya Class 1 Penitentiary and the Lowokwaru Correctional Institution in Malang City. Both prisons have quite a lot of assisted citizens (*Kantor Wilayah Jawa Timur | Kementerian Hukum Dan HAM Republik Indonesia*, n.d.).

The service team chose the Class 1 Lowokwaru Penitentiary (LP) Malang City as a partner considering the distance of the location is one of the considerations in carrying out service activities. LP Klas 1 Lowokwaru Malang City has a fairly wide scope of working areas. Not only in the jurisdiction of Malang Raya but also other areas so that LP Klas 1 Lowokwaru Malang City is considered ideal as a location for service activities carried out by the Malang State University service team.

METHOD

The implementation of community service employs a participatory approach (Andriany et al., 2018; Muslim, 2007). The participatory approach is capable of (1) creating an environment conducive to the flow of information regarding attitudes, aspirations, needs, and local conditions that would remain undisclosed without community involvement. (2) Providing an environment that supports the realization of potential and community growth (Muslim, 2007). The form of service provided is training for improving spiritual resilience, self-motivation, and life skills for male beneficiaries in the Lowokwaru Penitentiary, Malang City. In the effort to enhance the success of the training activities for improving spiritual resilience, self-motivation, and life skills for male beneficiaries in the Lowokwaru Penitentiary, the methods used include lectures, discussions, question and answer sessions, modeling, and demonstrations. These methods are integrated into the training strategy.

Table 1. Stages of Community Service Implementation

Phase	Activities
Phase 1	Needs Analysis Stage
Phase 2	Preparatory and Survey Phase
Phase 3	Implementation Phase
Phase 4	Evaluation Phase

The implementation of community service is divided into four stages (see Table 1). The first stage is the needs analysis phase. The analysis is conducted by the team through the examination of documentation and interviews with one of the officers at the Lowokwaru Penitentiary in Malang City. The analysis of the program activities to be carried out begins with a discussion of the service program. The Community Service Team will invite experts to provide guidance and training to the inmates who are still serving their sentences, while the Community Service Team is responsible for enhancing the competencies and skills of the inmates in terms of spiritual resilience, self-motivation, and life skills. Through the initial discussions between the Community Service Team and the officials of the Penitentiary, it was agreed to conduct community service activities among male inmates. This decision was based on the belief that male inmates are in greater need of training related to spiritual resilience, self-motivation, and life skills. This community service activity is seen as an effort to monitor the skills of the inmates at the Lowokwaru Penitentiary in Malang City after they have completed their sentences.

Once the location for the implementation of community service is determined, further communication is conducted with the Penitentiary to decide on the venue for the activities. This is due to the presence of two locations in East Java, namely LP Class 1 Surabaya and LP Class 1 Malang City. The Community Service Team selects the Lowokwaru Penitentiary, Class 1, in Malang City as its partner because the proximity of the location is one of the considerations in carrying out community service activities. The Lowokwaru Penitentiary, Class 1, in Malang City has a broad jurisdiction, encompassing not only the Malang Raya region but also other areas. Therefore, the Lowokwaru Penitentiary, Malang City, is considered an ideal location for community service activities conducted by the Community Service Team from the State University of Malang. Based on the needs analysis and program analysis, it is concluded that the community service activities will be carried out in an integrated manner.

The second stage is the preparation and survey phase. The preparation stage involves direct discussions with the Correctional Institution conducted twice. Subsequently, the community service team conducts surveys at the location twice. Based on the survey results, the community service location is determined to be the Correctional Institution (CI) Class 1 Lowokwaru in Malang City as the partner. The location of the community service activities is approximately 5 km away from the State University of Malang. According to the interview with the Head of the Correctional Institution Class 1 in Malang City, there is still a need for guidance and support for the inmates regarding spiritual resilience, self-motivation, and life skills. Therefore, it is expected that this community service program will: 1) provide a new experience for the inmates regarding spiritual resilience, self-motivation, and life skills, and 2) create a relaxed atmosphere during their incarceration by engaging in positive activities to enhance their personal skills.

The third stage is the implementation phase. The community service activities were conducted on Monday, September 12, 2022, at the Class 1 Correctional Institution (CI) in Lowokwaru, Malang City, involving the Head of the Lowokwaru Correctional Institution in Malang City as the partner for the community service activities and serving as the liaison with the inmates participating in the training. The subjects of the community service were 35 inmates in the Class 1 Correctional Institution in Lowokwaru, Malang City. The stages of the community service activities were as follows: In the morning, training on spiritual resilience and motivation was conducted. Subsequently, the activities continued with the enhancement of soft skills in creating economically valuable items using used tires.

The final stage is evaluation, during which both process and outcome assessments are conducted. Process evaluation assesses the overall success of the activity's processes. Meanwhile, outcome evaluation comprehensively examines the training's success and involves both the community service team and the partner. Data for the outcome evaluation are obtained from pre-test and post-test questionnaires filled out by the training participants.

RESULTS AND DISCUSSION

The tangible outcomes of these endeavors can be categorized into two distinct categories: the immediate outcomes of the activities themselves, and the secondary outcomes stemming from efforts to enhance the spiritual resilience, self-motivation, and life skills of male inmates at the Lowokwaru Correctional Institution in Malang City. This was accomplished through the implementation of diverse methods,

strategies, and techniques, which were introduced, illustrated, and put into practice by participants throughout their training sessions.

The outcomes of the immediate activities, as indicated by the analysis findings, are as follows. As shown in Table 1, a group of 35 assisted residents under LP Lowokwaru Malang City achieved an average pre-test score of 49.00, falling within the "good" category. There was a noticeable improvement, with post-test results averaging 91.00, now categorized as "very good."

Table 2. Frequency and Mean Distribution of Pre-Test and Post Test Values increased spiritual resilience, self-motivation, and life skills for male-assisted residents at the Lowokwaru Correctional Institution at Malang City

Value	Interval	Category	Frequency	Mean	Information
Pre-Test	0 - 25	Bad	0	49.00	Good
	26 - 50	Not Good	12		
	51 - 75	Good	24		
	76 - 100	Excellent	4		
Post-Test	0 - 25	Bad	0	91.00	Excellent
	26 - 50	Not Good	0		
	51 - 75	Good	10		
	76 - 100	Excellent	30		

N: 40

The presentation of the results is substantiated by the examination of value disparities before and after the training. Initially, a normality test using the Kolmogorov-Smirnov test was applied to the data before conducting the paired sample T-test. As per Table 2, it is noteworthy that Asymp. Sig. (>0.05), which implies that the pre-test and post-test data exhibit a normal distribution. The comparison test was carried out utilizing the Paired sample T-test with the assistance of SPSS 24.0, as indicated in Table 3. Notably, the significance level is 0.00, which is less than 0.05, signifying a substantial difference in the enhancement of spiritual resilience, self-motivation, and life skills for male assisted residents at the Lowokwaru Correctional Institution in Malang City before and after their participation in the training.

Table 3. Pre-Test and Post Test Data Normality Test increases spiritual resilience, self-motivation, and life skills for male-assisted residents at the Lowokwaru Correctional Institution at Malang City

One-Sample Kolmogorov-Smirnov Test			Pre_Pemb	Post_Pemb
N			40	40
Normal Parameters ^{a,b}	Mean		57.6500	85.2500
	Std. Deviation		10.36896	9.01779
Most Extreme Differences	Absolute		0.108	0.140
	Positive		0.108	0.112
	Negative		-0.091	-0.140
Test Statistic			0.138	0.140
Asymp. Sig. (2-tailed)			0.128	0.072

Table 4. Paired Sample T-Test results increase spiritual resilience, self-motivation, and life skills for male-assisted residents at the Lowokwaru Correctional Institution at Malang City

Paired Samples Test									
Paired Differences									
95% Confidence Interval of the Difference									
		Mean	Std. Deviation	Std. Error	Lower	Upper	t	df	Sig. (2-tailed)
Pair 1	Pre_Pemb - Post_Pemb	-27.600	11.345	1.794	-31.228	-23.972	-15.386	39	0.000

The indirect effects of the activity encompass several noteworthy aspects. First, there is an increase in participants' motivation during or after the training. This is a positive outcome of implementing the training program aimed at improving the spiritual resilience, self-motivation, and life skills of male-assisted residents at the Lowokwaru Correctional Institution in Malang City. Furthermore, participants provide positive feedback regarding the performance of the speakers during the training. This satisfaction is based on the speakers' ability to manage the training sessions, their deep understanding of the material, their choice of appropriate teaching methods and strategies, their clarity in communication (both in pronunciation and information delivery), and their openness to participant engagement. Lastly, participants demonstrate a willingness to continue following up on the program's outcomes. This is evident in their enthusiasm for organizing additional training, as seen in Figures 1 and 2 below.



Figure 1. Training on Waste Tyre Processing Skills for Assisted Residents



Figure 2 Spiritual Resilience Training Activities

Mentoring and training are concrete solutions to solve problems of spiritual improvement, self-motivation, and life skills for fostered citizens. This problem is of course generally faced by all prisons in Indonesia. However, the portrait of the problems faced in prisons can be seen regionally as a representation of the problems faced by prisons in general in all regions of Indonesia. The mentoring and training activities carried out by the community service team are considered to be concrete solutions in fostering fostered residents at LP Klas 1 Lowokwaru Malang City (Harianto et al., 2019; Hasibuan et al., 2021; Hayati, 2018; M. I. Hidayat et al., 2021; Kaloeti et al., 2018).

Activities related to community service take the shape of mentorship and training with the objective of enhancing the spiritual well-being, self-motivation, and life skills of supported residents. The existence of community service activities that have a positive impact on the development of fostered residents at LP Klas 1 Lowokwaru Malang City (Argadinata, 2022b; Arifin et al., 2018; Prastina R., 2021; Sucipto et al., 2019; Usraleli & Mulyenti, 2019). The great hope for the community service team is that the activities carried out by the community service team with partners can be a sustainable reference and reference in implementing the development program for fostered residents.

CONCLUSION

In conclusion, the effectiveness of training activities aimed at enhancing the spiritual resilience, self-motivation, and life skills of male-assisted residents at the Lowokwaru Correctional Institution in Malang City is evident. This conclusion is drawn from the combined results of both direct and indirect activities conducted at the institution. After participating in the training, male inmates at the Lowokwaru Correctional Institution in Malang City greatly improved their spiritual fortitude, self-motivation, and life skills.

The outcomes of the activity are primarily deduced indirectly; however, they encompass the following aspects: (a) participants express satisfaction with the speaker's delivery during the training, and (b) participants exhibit continued enthusiasm for further engagement with the training's results, as demonstrated by their eagerness to coordinate; and (c) participants continue to be spiritually resilient, self-motivated, and life-skills-improving. Advice for partners should be able to preserve and enhance foster residents' spiritual fortitude, drive, and life competencies so that they can be more effective when they reintegrate into society.

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