

## Self-Concept and Adversity Quotient with Future Orientation of Recidivist Prisoners in Prisons and Detention Centers



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**ABSTRACT:** This study aims to analyze the relationship between self-concept and adversity quotient (AQ) with the future orientation of inmates involved in theft and drugs cases at risk of recidivism in Correctional Facilities (Lapas) and Detention Centers (Rutan) in Manado City. A quantitative approach with a correlational design was used. The study subjects were inmates characterized as being at risk of recidivism, selected through purposive sampling, with a total sample size of 114. The study tested three main hypotheses, and the correlation analysis revealed a very strong and positive relationship between self-concept and future orientation, as well as between AQ and future orientation. Regression analysis indicated that self-concept and AQ simultaneously have a significant influence on future orientation. The results of this study confirm that inmates with a positive selfconcept tend to have a more optimistic outlook on life, while a high AQ enables them to overcome difficulties and plan for a more directed future.

**KEYWORDS:** Self-Concept, Adversity Quotient, Future Orientation, Inmates, Recidivism

### I. INTRODUCTION

Crimes committed by individuals involved in criminal activities are often regarded as anti-social behavior, deviating from the moral norms prevailing in society, and religious principles (Yulianti, 2009). Crime can be categorized into various types, including assault, murder, rape, theft, psychotropic abuse, corruption, and kidnapping. The range of perpetrators is diverse, encompassing individuals of different genders as well as age groups, ranging from children to adolescents and adults.

According to the Decree of the Director General of Corrections of the Ministry of Law and Human Rights of the Republic of Indonesia Number PAS-90.KP.04.01 of 2021, the number of prisoners in Indonesia fluctuates from year to year. In 2016, there were 204,549 prisoners with 30,977 of them being recidivists. This figure increased to 232,080 in 2017, although the number of recidivists decreased to 27.531. In 2018, the total number of prisoners reached 255,727, of which 29,262 were recidivists (Maghfiroh & Lewoleba, 2024).

Based on a report by Indonesia's Central Bureau of Statistics in 2024, the crime rate showed significant variability across Regional Police jurisdictions, with North Sulawesi Province showing the highest risk at 589 crimes per 100,000 population (Ayuningtias, 2024). On the issue of drugs, Ditresnarkoba Polda North Sulawesi reported a spike in cases from 211 in 2023 to 231 in 2024, along with an increase in the number of suspects arrested from 253 to 269 over the same period. However, ordinary theft cases were the most recorded, totaling 778 cases, and were the type of crime most prone to recidivism (Nurtiah, 2025).

Moore & Eikenberry (2020) define recidivists as individuals who re-offend after serving a sentence. Often, these individuals are returned to their families but then re-engage in crime within a short period of time after release. Prisoners' lives are generally governed by a number of strict regulations, which often limit individuals' opportunities to prepare for the future (Kurniasari et al., 2021; Ariyanti et al., 2020). Many prisoners adopt a passive lifestyle during incarceration, going about their days without clear goals or plans. This causes individuals to experience time as slow and lack orientation towards the future (Riansyah & Subroto 2023; Kurniasari et al., 2021; Gero, 2018). This situation is exacerbated by the individual's increased susceptibility to boredom and a negative view of the future (Howerton, et al., 2009).

A study involving 503 prisoners revealed that although most of the prisoners showed hope for the future, many felt unprepared to return to society after release (Bahfiarti, 2020). Regression analysis showed that future orientation was influenced by factors such as laziness level, marital status, and drug dependence (Amelia et al., 2019; Liu et al., 2020; Buja et al., 2017). Meanwhile, readiness for reintegration was influenced by laziness, involvement in education and employment in prison, age, marital status, sentence phase, and individual mental health issues (Chusairi, 2022). These findings provide important insights into how prisoners view the future and the variables that influence individuals' readiness for social reintegration (Kennedy et al., 2020).

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Future orientation is an individual's tendency to think about and plan for the future, which is important for prisoners in formulating concrete steps for reintegration into society (Kennedy et al., 2020). The main goals of reintegration include behavior change, compliance with social norms, and acceptance in social life (Nasution & Anastasya, 2022; Kennedy et al., 2020). However, many prisoners feel pessimistic about the future due to psychological, social, and structural factors (Sutra, 2020; Pramana et al., 2021). Future orientation influences individual goal-setting and planning, which is based on the context of education, career, and family (Rahayu & Novita, 2024). The process of forming this orientation consists of three aspects: motivation, planning, and evaluation (Rahayu & Novita, 2024). This orientation cannot be separated from personal values and environmental factors that influence individuals (Lewin, 1984). In addition, future orientation is influenced by internal factors, such as cognitive ability, self-concept, and adversity quotient, which is formulated as an individual's ability to persevere in the face of adversity (Amalia et al., 2022; Ulitua & Ratnaningsih, 2020; Stoltz, 2000). Adversity quotient includes control, recognition, range, and endurance, all of which are important to help individuals overcome life's challenges and achieve individual future goals (Stoltz, 2000).

Research shows that adversity quotient has a significant positive impact on future orientation, both among adolescents and university students (Assyafii & Nuryanti, 2023; Indriani et al., 2021; Juwita et al., 2020; Krisnahari, 2017). Juwita et al. (2020) found a significant relationship between adversity quotient and students' future orientation, the better the future orientation of students. Research by Pong & Lam (2023) illustrates that adversity quotient factors also affect academic achievement, where students with high adversity quotient can cope better with learning difficulties, thereby improving future orientation (Pong & Lam, 2023). Research conducted by Fauziah et al. (2020) found that individuals with high levels of adversity quotient tend to have optimistic attitudes and clearer plans regarding the future. Similar research also shows that farmers with high adversity quotient tend to have better future orientation, suggesting that this is not only limited to university students but also applies in a broader context (Fauziah, et al., 2020).

Self-concept plays an important role in future orientation. Adamson et al. (2007) explain that consistency in self-concept is positively related to future orientation, both among adolescents who are in transition to adulthood and in university students. This confirms that stability in self-understanding can influence better life decisions. A study by Aslamawati (2012) of deaf adolescents found that the more positive the self-concept, the better the orientation. Research by Nisa et al. (2022) also showed that drug inmates' self-concept is related to individuals' knowledge and expectations about the future. This finding emphasizes that inmates' understanding of themselves affects the way individuals face challenges to plan for a better future. On the other hand, research by Saekoko (2023) found no significant relationship between self-concept and future orientation in 31 prisoners. This finding contradicts other studies that show a positive relationship, as revealed by Adamson et al. (2007) and Aslamawati (2012).

This discrepancy in results indicates that the relationship between self-concept and future orientation may be influenced by contextual factors, including the characteristics of the subjects studied. Understanding the context and variables at play is important to provide a more comprehensive picture of this relationship. Therefore, this study focuses on exploring the relationship between self-concept, adversity quotient, and future orientation, especially in who are prone to recidivism in Manado City Correctional Facility

## II. METHODS

This study uses a multiple correlation research design to analyze the relationship between two independent variables, namely self-concept and adversity quotient, to one dependent variable, namely future orientation. The population used as research subjects are prisoners and individuals who are prone to recidivism in Manado Correctional Institution and Detention Center. The selection of this population is based on its relevance to the research objectives, which aim to understand the relationship between the concept of future orientation and the concept of recidivism.

self-esteem, coping skills, and future orientation, so that correctional authorities can design interventions that are more effective in shaping inmates' mindsets to increase their hopes and goals after completing their sentences. The researcher applied a non-probability sampling technique with purposive sampling. This technique because not all individuals in the population of prisoners and vulnerable recidivists in Manado Correctional Facility could be included as samples. The sample criteria used in this study were prisoners of Manado Correctional Institution, aged 18 years and over, prisoners who had served at least 6 months of detention, willing to participate in the study, and did not have severe mental disorders.

Based on a priori analysis using G\*Power software version 3.1.9.7 by entering an effect size of 0.15, a significance level ( $\alpha$ ) of 0.05, and a power of 0.95, it was found that the number of samples required for this study was 110 respondents. Measurement of the subject's self-concept level carried out using the Tennessee Self Concept Scale (TSCS) developed by William H. Fitts (1979). This measuring instrument has been used in previous research by Triwardhani (2014) and consists of 45 items related to self-concept. To measure adversity quotient, this study used a scale developed by Putri (2018), which is based on the dimensions of adversity quotient according to Stoltz (2000). Meanwhile, the future orientation scale refers to Triwardhani's (2014) research, which was developed based on Nurmi's (1991) theory that identifies aspects of future orientation as motivation, planning, and evaluation. This scale consists of 18 items designed to describe the subject's future orientation.

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## III. RESULTS

Multiple correlation analysis was conducted to identify the relationship between Self-Concept and Adversity quotient with Future Orientation. The Self-Concept variable, comprising 114 samples, showed a minimum value of 95.00 and a maximum of 144.00, with a mean of 118.7982 and a standard deviation of 11.48079, indicating significant variation among respondents. On the Adversity quotient variable, with the same number of samples, a minimum value of 57.00 and a maximum of 92.00 were recorded, an average of 74.7193, and a standard deviation of 7.62217, indicating a narrower range of values and a more centered spread of data, meaning that the values are more homogeneous. The Future Orientation variable shows a minimum value of 47.00, a maximum of 69.00, a mean of 56.6404, and a standard deviation of 5.50965, with a smaller spread of data than Self-Concept and Adversity Quotient, reflecting a higher concentration of values around the mean, as well as better consistency among respondents. The explanation above can be seen in table 1

**Table 1. Results of Statistical Descriptive Analysis**

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
X1	114	95.00	144.00	118.7982	11.48079
X2	114	57.00	92.00	74.7193	7.62217
Y	114	47.00	69.00	56.6404	5.50965
Valid N (listwise)	114				

Source: SPSS Outputs Version 25

The results of the normality test using the One-Sample Kolmogorov-Smirnov Test show a significance value (p-value) of 0.200. Thus, it can be concluded that the three variables are normally distributed, with a significance value greater than 0.05. The results of the normality test can be seen in table 2.

**Table 2. Normality Test Results**

One-Sample Kolmogorov-Smirnov Test		
Unstandardized Residual		
N		110
Normal Parameters <sup>a,b</sup>	Mean	.0000000
	Std. Deviation	1.16190634
Most Extreme Differences	Absolute	.064
	Positive	.064
	Negative	-.056
Test Statistic		.064
Asymp. Sig. (2-tailed)		.200 <sup>c, d</sup>

Source: SPSS Outputs Version 25

Based on the ANOVA test results for linearity, a p value (Sig.) of 0.000 was obtained. The p value <0.05, there is a significant linear relationship between the Future Orientation and Self-Concept variables. Furthermore, the ANOVA results showed a linearity value (F = 373.655, p = 0.002), which indicated a significant linear relationship between Future Orientation and Adversity Quotient. <With a p value of 0.05, this indicates that the linear model significantly explains the relationship between the two variables. The explanation of the linearity test results can be seen in table 3.

**Table 3. Linearity Test Results**

		ANOVA Table				
		Sum of Squares	df	Mean Square	F	Sig.
Y * X1	Between (Combined) Groups Linearity	2687,288	39	68,905	6,863	0,000
		2251,358	1	2251,358	224,237	0,000
	Deviation from Linearity	435,930	38	11,472	1,143	0,307

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	Within Groups	742,967	74	10,040		
	Total	3430,254	113			

Source: SPSS Outputs Version 25

ANOVA Table						
		Sum of Squares	df	Mean Square	F	Sig.
Y * X2	Between (Combined) Groups	2881,010	31	92,936	13,875	0,000
	Linearity	2502,779	1	2502,779	373,655	0,000
	Deviation from Linearity	378,230	30	12,608	1,882	0,013
	Within Groups	549,244	82	6,698		
	Total	3430,254	113			

Source: SPSS Outputs Version 25

Based on the multicollinearity test results, the Tolerance value for the self-concept and adversity quotient variables on future orientation was recorded at 0.416. This value is greater than 0.1, while the Variance Inflation Factor (VIF) value is 2.406, which is less than 10. From these findings, it can be concluded that the model involving the variables of self-concept and adversity quotient on future orientation does not experience multicollinearity problems. The multicollinearity test results can be seen in table 4.

**Table 4. Multicollinearity Test Results**

Model	Coefficientsa		t	Sig.	Collinearity Statistics	
	Unstandardized Coefficient B	Std. Error			Tolerance	VIF
1 (Constant)	4,561	2,595	1,758	0,082		
X1	0,181	0,032	0,378	0,000	0,416	2,406
X2	0,408	0,049	0,565	0,000	0,416	2,406

Source: SPSS Outputs Version 25

Based on the results of the first hypothesis test, the Pearson Correlation value is 0.810 with a p value of 0.000. The Pearson Correlation value of 0.810 indicates a very strong and positive relationship between self- concept and future orientation. This means that the higher a person's self-concept, the higher his or her future orientation. With a p value smaller than 0.05 (i.e. 0.000), this test result indicates that the relationship between the two variables is significant. Therefore, the first hypothesis proposed is accepted. The results of the first hypothesis test are in table 5.

**Table 5. First Hypothesis Test**

Pearson Correlation	P	Keterangan
0,810	0,000	Significant correlation (p<0.05); Hypothesis accepted

Source: SPSS Outputs Version 25

The second hypothesis test results show a Pearson Correlation value of 0.854 with a p value of 0.000. This value indicates a very strong and positive relationship between adversity quotient (AQ) and future orientation, where the higher a person's AQ, the stronger their future orientation. With a p value <0.05, this relationship is statistically significant, so the second hypothesis is accepted. This finding suggests that individuals with high AQ tend to have a clearer and more positive view of the future and are better able to plan and achieve individual life goals. The results of the second hypothesis test are in table 6.

**Table 6. Second Hypothesis Test Results**

Pearson Correlation	P	Keterangan
0,854	0,000	Significant correlation (p<0.05); Hypothesis accepted

Source: SPSS Outputs Version 25

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The results showed that the F Change significance level of 0.000 indicates that the model that examines the relationship between Self-Concept and Adversity quotient with Future Orientation of inmates of theft cases is very statistically significant. The R value of 0.976 indicates a very strong correlation between the independent and dependent variables, which means that the higher the Self-Concept and Adversity quotient, the better the future orientation of the inmates. The results of the third hypothesis test are in table 7.

**Table 7. Third Hypothesis Test Results**

<i>Model Summary<sup>a</sup></i>			<i>Change Statistics</i>				
<i>Model</i>	<i>R</i>	<i>R Square</i>	<i>R Change</i>	<i>Square F Change</i>	<i>df1</i>	<i>df2</i>	<i>Sig. F Change</i>
1	.976a	.952	.952	1063.859	2	107	.000

**Source: SPSS Outputs Version 25**

This finding confirms that both factors play an important role in shaping ' outlook and life goals after serving their sentence. Therefore, improving Self-Concept and Adversity quotient can be an effective strategy to help prisoners develop a more positive future orientation

### IV. DISCUSSION

Based on the results of hypothesis testing, this study tested three hypotheses regarding the relationship between self-concept, adversity quotient (AQ), and future orientation in prisoners of theft cases. The first hypothesis examines the significant relationship between self-concept and future orientation. The correlation test results showed a Pearson Correlation value of 0.810 with p value of 0.000, indicating a very strong and positive relationship. This means that the higher the self-concept, the better the future orientation of the individual, so the first hypothesis is accepted.

The second hypothesis questioned the relationship between AQ and future orientation, assuming that an increase in AQ is directly proportional to an increase in future orientation. The test yielded a Pearson Correlation value of 0.854 and a p-value of 0.000, confirming a very strong and positive relationship between the two variables, so the second hypothesis was accepted. This suggests that AQ plays an important role in the formation of positive future outlook and planning.

The third hypothesis tested the simultaneous relationship between self-concept and AQ with future orientation, which led to evidence that both variables had a significant effect. The regression model results showed an R value of 0.976 with an F Change significance value of 0.000, confirming the significance of the joint influence of the two variables. This study shows that a positive self-concept supports individuals in developing an optimistic outlook on life, while AQ plays a role in helping individuals face difficulties and plan for a better future.

The results of this study are in line with previous research which shows that improving self-concept and AQ can improve future planning, especially in prisoners, by equipping individuals with the ability to face life challenges and plan for the future after serving a sentence. Self-concept is an important element in future orientation, where individuals who recognize and trust themselves tend to have a clearer view of life.

Although Saekoko's (2023) study showed that self-concept did not have a significant effect on future orientation in juvenile prisoners, this does not negate the importance of improving self-concept for better future orientation, even though it did not reach the expected significance. This reflects the complex dynamics of the relationship, where other factors may influence the strength of the relationship between self-concept and future orientation.

In contrast to Aslamawati's research (2012), which found that self-concept is closely related future orientation in education. Individuals with a positive self-concept tend to form clearer life goals and strive to achieve them, driven by optimism and confidence. In contrast, individuals with a negative self-concept tend to struggle to find clear life goals, resulting in a lack of motivation. Several other studies have shown that enhancing positive self-concept can reduce antisocial behavior as well as help prisoners to adjust their thoughts and emotions (Antunes, 2012; Basilio et al., 2017). This confirms that prisoners with a good self-concept have a greater ability to overcome challenges during their sentence, as well as being able to plan for life after release.

After that, awareness of AQ confirms the individual's ability to face challenges. Krisnahari's (2017) research showed a significant positive relationship between AQ and future orientation, with a correlation coefficient of 0.619 and a p value of 0.000. This finding supports that individual who are more able to face life's challenges have a better future orientation. Putri's (2018) research reinforces these results, showing that an increase in AQ is directly proportional to a better future orientation. Indriani's (2021) continued research shows that prisoners with high AQ tend to have a good future outlook, showing a close relationship between the ability to face challenges and their outlook on life. These results support the hypothesis that AQ plays a significant role



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in shaping prisoners' views of the future, as well as providing a basis for interventions aimed at improving individuals' future orientation.

Furthermore, AQ contributes to reducing anxiety about the future. Individuals with high AQ have good self-control and high resilience when facing the future. Difficulties, allowing them not to give up in the face of challenges. Harahap & Pranungsari's (2020) research adds that adolescents with high AQ do not experience anxiety, as they have strong fighting power in turning obstacles into opportunities. Overall, this study emphasizes the importance of improving self-concept and AQ as strategies to help inmates develop a more positive future orientation. Despite limitations, the findings provide a basis for interventions that can improve prisoners' outlook on life and prepare them for life after prison.

### V. CONCLUSIONS

This study reveals the significance of the relationship between self-concept and Adversity Quotient (AQ) with the future orientation of recidivist prisoners. The results of the analysis show that individuals with a positive self-concept and high AQ tend to have a more optimistic view of their future after serving their sentence. This finding suggests that both psychological factors have an important role in shaping a more purposeful life orientation, allowing inmates to plan and achieve better life goals.

Thus, strengthening self-concept and fostering coping skills through AQ development can be effective strategies in rehabilitation programs in correctional institutions. Programs that focus on strengthening these psychological aspects not only help inmates in facing the challenges of life after detention but also support the process of social reintegration of individuals.

Although this study shows a significant relationship between the variables studied, it is still important to remember that other factors also contribute to the complexity of prisoners' future orientation. Therefore, further research should be conducted to explore other aspects that may influence the outlook on life of individuals who have been involved in criminal acts. Overall, these results provide a strong basis for the development of targeted interventions, which can increase the hope and readiness of prisoners to return to society, as well as help individuals overcome the stigma that is often attached to the status of the individual

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