

The Effectivity of “Beta Pulih” Program to Reduce Negative Emotions of Juvenile Offenders

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Abstract

Interventions related to forgiveness have a positive impact on individuals' positive emotions. Forgiveness is important for victims who experience bitterness. There is still little research that discusses forgiveness among juvenile offenders. Juvenile offenders are 'victims' of other offenders, thus causing juvenile offenders have negative emotions towards other people and themselves. The aim of this research is to know effectivity of 'Beta Pulih' program to help juvenile offenders reduce negative emotions. The Beta Pulih program is designed based on Enright's forgiveness process. The design of this research is quasi-experimental with a one group pretest-posttest design. Participants were selected using random sampling from children detention center in Kupang. The number of participants was 16 people. Participants take the program for four sessions. The research results show that the Beta Pulih Program can reduce the negative emotions of juvenile offenders with a value of $t = 9,188$ and a significance of 0.000, which shows that there is a difference in negative emotions before and after the program is implemented. Juvenile offenders are also aware of the hurt they are experiencing, but find it difficult to express positive emotions in an adaptive way. The implication of this research is to design private sessions with juvenile offenders to help juvenile offenders be able to express positive emotions.

Keywords: *Negative emotions, Juvenile Offenders, Beta Pulih Program*

INTRODUCTION

Adults are not the only ones who commit crimes. Data from National Legal Development Agency (2022) shows that the number of teenagers who commit crimes with legal assistance in Indonesia are 2,302 people. Although this number is small compared to the total population number of Indonesia, but it still concerning that a significant number of people in Indonesia commit crimes, including, fornication/immorality, theft, beatings, abuse, murder, drugs and traffic violations, before reaching adulthood. Numerous factors contribute to the propensity of teenagers to engage in criminal behavior. Feliti (1998) elaborated on the concept of Adverse Childhood Experiences (ACEs), encompassing instances such as parental or familial

violence, chronic parental illness leading to eventual demise, parental divorce, parental mental health disorders, and parental incarceration. The crimes committed by teenagers often stems from the internalization of these ACEs. Consequently, adolescents may develop cognitive distortions that predispose them to criminal conduct within their social milieu. This explanation address that adolescent offenders are products of their past experiences, positioning them as 'victims' of their upbringing.

In Indonesia, several regions are known for higher criminalities, such as North Sumatra and the eastern part of the country. One of the regions is Nusa Tenggara Timur (NTT), with the capital city Kupang. However, unlike society's assumption, the

prevalence of criminalities in NTT is at the same number as the average prevalence of criminalities in the nation (Badan Pusat Statistik, 2023). This could be an indicator of a good probability for criminal prevention, including the ones for youngster. Thus, this research focus on the prevention strategies for juvenile offenders in Kupang.

The bitterness experienced by teenagers is manifested in negative emotions that result in criminal behavior. Previous research by Benu, et al (2019) on juvenile offenders at a special detention center for teenagers, namely *Lembaga Pembinaan Khusus Anak* (LPKA) in Kupang, explains that juvenile offenders have negative emotions, such as anxiety, anger and sadness and have positive attitudes and relationships towards each other. This underscores the necessity for psychological interventions aimed at mitigating negative emotions, and fostering positive attitudes, and healthy relationships among juvenile offenders. The research results show that one way to help victims reduce negative emotions is forgiveness. Research by Tao, Ji, Fu, and Sun (2020) explains that forgiveness interventions was able to reduce negative emotions, like anger, carried out by juvenile offenders. Apart from that, forgiveness interventions are also effective in increasing empathy for juvenile offenders. Others research also shows that forgiveness can reduce depression (Xie et al., 2020) and help people to be more positive and promotes hope in life (Kaleta & Mróz, 2020).

Forgiveness is a process of changing negative emotions, thoughts and behavior into positive emotions, thoughts and behavior towards the person who hurt the victim (Enright, 1996; Worthington & Scherer, 2004). Thompson et al. (2005) explain that there are three objects in forgiveness, namely forgiving oneself, other people and the situation. Forgiving oneself is aimed at the failures, guilt and shame that the individual has committed. Research shows that forgiveness for self helps people to reduce guilt and shame (Marcinechová et al., 2023). Forgiving others is

aimed at other people who have wronged the victim. Research shows that forgiving others help people have physical health (Lee & Enright, 2019). Situational forgiveness is aimed at situations that cannot be changed, such as chronic illness, a judge's decision, accidents, and disasters.

The 'Beta Pulih' program is a psychological intervention program that contains forgiveness interventions for juvenile offenders. The program is structured based on Enright (2001) forgiveness process. Meta-analytical findings by Baskin and Enright (2004) depicts the effectiveness of Enright's forgiveness process in counselling sessions. Furthermore, research conducted in Indonesia by Zuanny and Subandi, (2015) and Martha and Kurniati (2018) corroborates the effectiveness of Enright's forgiveness process within the Indonesian context.

According to Enright (2012), the forgiveness process consists of four stages, they are uncovering phase, decision phase, work phase and outcome phase. The uncovering phase is the stage for realizing and expressing the negative emotions, thoughts, and motivations that the victim has. In the decision phase, the victim is given considerations regarding the positive and negative if they choose to forgive, thereby helping the victim to be able to forgive and commit to forgiving. In the work phase, victims are taught to forgive, identifying behaviors or things that can be done to forgive, including empathy and acceptance towards themselves and the perpetrator who hurt the victim. In the outcome phase, the victim finds meaning for himself from the forgiveness that has become his choice. Forgiveness therapy can be designed based on culture condition (Ho & Fung, 2011). The Beta Pulih program uses techniques that suit the abilities of juvenile offenders, thereby helping juvenile offenders easily understand the meaning of forgiveness.

The aim of this research is to determine the effectiveness of the Beta Pulih Program to reduce negative emotions in juvenile offenders.

METHODS

This research is a quasi-experiment with one group pretest-posttest design. The pretest is administered at the outset of the first session, while the posttest is conducted upon the final session. Additionally, interviews are conducted following each program session to assess the program's effectiveness. This program consists of four sessions, with a one-week interval between meetings.

The participants in this research are all male juvenile offenders at LPKA Kupang, aged between 13 and 40 years. The total population consisted of 45 people, from which a sample of 16 participants was selected using a simple random sampling methodology.

The instruments used in this research was the Positive Affective Negative Affective Scale (PANAS) to determine the negative emotions that

participants had. The items used are items related to negative emotions, totaling 30 items. Manipulation check were administered using the Heartland Forgiveness Scale (HFS). HFS consists of 18 items to determine forgiveness of self, others and situations. HFS and PANAS have been adapted in Indonesia. HFS has a validity of 0.873 (Sabili, 2016; Azra, 2017; Septarianda et al., 2020; Shanti & Susanto, 2020). The three aspects used in HFS also have high reliability, forgiveness of Self has a reliability of 0.758, forgiveness of others has a reliability of 0.777; and forgiveness of situation has a reliability of 0.728. PANAS has a reliability of 0.769 (Erdyanto & Suprapti, 2019).

This research design uses The Beta Pulih Program, which is based on Enright's forgiveness process. Each session lasts 60-90 minutes. There are four steps of Forgiveness in the Beta Pulih Program Design as explained in Table 1.

Table 1. Beta Pulih Program Design

Step of Forgiveness	Session Name	Purpose	Teknik
Uncovering Phase	Understanding Hurt	Identification negative emotions and object of forgiveness	Playing BIMA
Decision Phase	Decided to Forgiveness	Commit to move forward to forgiveness	Group Discussion
Work Phase	Working Forgiveness	Gaining new perspectives to offenders and building positive aspects	Play "Looking for forgiveness treasure"
Outcome Phase	Deepening Forgiveness	Experiencing and Release from Emotional Prison	Group discussion and relaxation

The experiment was conducted under the supervision of two clinical psychologists who served as facilitators, alongside four psychology undergraduate students trained to administer the Beta Pulih Program, who acted as co-facilitators.

RESULT

The before and after condition of juvenile offenders' negative emotions of were measured and categorized based on ideal norm. The result is described on Table 2.

Table 2. Juvenile Offender's Level of Negative Emotions

Level	Score Range	Pretest	Posttest
Low	30 – 60	19 %	69 %
Moderate	61 – 90	69 %	31 %
High	91 – 120	12 %	0 %

Normality test using Kolmogorov-Smirnov showed that all two data sets followed a normal distribution with $p > 0.05$. Data obtained from two-time measurements of juvenile offenders' negative emotions was examined using a paired sample t-test. A paired-sample t-test was conducted to compare juvenile offenders' negative emotions

before and after receiving the Beta Pulih Program. There was a significant difference in the negative emotion scores before the program ($M = 75.62$) and after receiving the program ($M = 64.12$); $t(16) = 9.188$, $p = 0.000$. The result suggested that the Beta Pulih Program could reduce negative emotions on juvenile offenders.

Table 3. Result of Beta Pulih Program

Step of Forgiveness	Session Name	Result
Uncovering Phase	Understanding Hurt	The participants know forgiveness target. They also aware about their negative emotions, some of have 3 – 5 scale of their feeling.
Decision Phase	Decided to Forgiveness	The participants have 3- 5 level desire to forgive. They know negative and positive impacts from forgiveness.
Work Phase	Working Forgiveness	30 % them try to forgive and get something positive; 20 % them difficult to forgive, feel there is nothing to forgive
Outcome Phase	Deepening Forgiveness	Participants show a better understanding and attitude toward the act of forgiveness, as well as an improvement in positive emotions in their lives. However, they still do not know how to express their forgiveness towards people who hurt them.

DISCUSSION

The aims of this study were to know the effectivity of Beta Pulih Program to reduce negative emotions on juvenile offenders. Result shows that the hypothesis of this research was accepted. There was a significant difference of negative emotions on juvenile offenders before and after program with $t = 9.188$, $p = 0.000$. This research was consistent with previous research that shows forgiveness can reduce negative emotions and help people more to be positive (Amiri et al., 2020; Mackey, 2015; Zuanny & Subandi, 2015; Wijaya & Widyorini, 2023).

The "Understanding Hurt" session helps the juvenile offenders to be aware about the negative emotions that they have. in recognizing and acknowledging their negative emotions. Additionally, it provides them with insight into identifying forgiveness targets and allows them to assess the extent of their emotional distress. Previous research suggests that developing awareness of and addressing negative emotions contributes to

individuals' psychological well-being and facilitates self-healing (Ford et al., 2018). Moreover, acceptance of one's emotions has been linked to improved self-regulation and emotional control (Alberts et al., 2012).

The "Deepening Forgiveness" session revealed that juvenile offenders encounter challenges in expressing positive emotions. Prior research Benu et al., (2021) shows he difficulty juvenile offenders face in expressing their emotions, a phenomenon attributed to the influence of patriarchal culture discouraging emotional expression and the lack of adaptive emotional expression guidance from their parents. Despite these obstacles, participants demonstrated increased willingness to address past grievances by the conclusion of the session.

A notable finding in this research is the recognition that while individuals may possess awareness of hurt and the consequences of unforgiveness, not all can readily engage in

forgiveness. Despite understanding their negative emotions and the consequences of holding onto grudges, many struggle to extend forgiveness, often hindered by cognitive distortions. Juvenile offenders, in particular, exhibit cognitive distortions wherein they perceive increased anger and aggressive behavior as enhancing their social standing. Prior studies have established a negative correlation between forgiveness and cognitive distortion (Ascioglu Onal & Yalcin, 2017; Aydın Et Al., 2015). Furthermore, juvenile offenders tend to demonstrate limitations in empathizing with others, predominantly focusing on themselves, which contributes to their difficulty in forgiving wrongdoers. Addressing these cognitive distortions necessitates personalized psychological assistance tailored to the needs of juvenile offenders.

This research is not without its limitations. One notable constraint is the absence of role models as one of the techniques to help juvenile offenders in the forgiveness process. Participants expressed a lack of support from their social environment in their journey towards forgiveness. Given that juvenile offenders are easy to model behaviour, the absence of supportive role models hinders their ability to engage in positive actions such as forgiveness. Role modelling has been shown to be an effective technique in facilitating positive behaviour change among juvenile offenders (Hurd et al., 2011). Thus, future research could explore forgiveness therapy incorporating role model techniques tailored specifically for juvenile offenders, potentially offering valuable insights into enhancing their capacity for forgiveness.

CONCLUSION

The aim of this research was to know the effectiveness of Beta Pulih Program to reduce negative emotions on juvenile offenders. Result shows that Beta Pulih Program reduce negative emotions in juvenile offenders. Research also shows even though the Beta Pulih Program reduce negative emotions, juvenile offenders still find it difficult to express positive emotions to wrongdoers.

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