Positive Psychology in Prison: Prisoner's Happy Review from Self Forgiveness and Hope

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Abstract

Happiness is a positive psychological concept that has several influencing factors, including forgiveness or willingness to let go of self-hatred for mistakes and hope or a positive mental state about the ability to achieve goals. This study aimed to examine the influence of self-forgiveness and hope for prisoners' happiness. The measuring instrument used were the Oxford Happiness Questionnaire by Michael Argyle and Peter Hills (∑item = 29) for happiness, the Heartland Forgiveness Scale (∑item = 18) for forgiveness (in this study just used one subscale), and The Adult Hope Scale (AHS) (∑item = 12) for hope. The results of this study found that there was a simultaneous positive effect of forgiveness and hope on happiness with a significance of .000. The practical contribution given is 25%, which means that forgiveness and hope have an effect of 25% on the level of happiness in inmates at the Lapas Klas IIB Solok.

I. Introduction

Positive psychology is a new movement in the field of psychology. Positive psychology defines itself as the scientific study of high standards that forms the backbone of positive psychology. That is, without high standards, positive psychology will lose its identity. Thus, anything that is a product of positive psychology has passed the validity test through scientific research that can be accounted for. One of the favourable psychology products, which is also one of the positive psychology concepts, is happiness. Happiness is a concept that refers to positive emotions felt by individuals and positive activities that do not have a feeling component at all (Seligman (2005)). Individuals who get authentic (true) happiness are individuals who have been able to identify and cultivate or train their primary strengths and use them in everyday life, both work, life, play, and parenting (Seligman (2005)).

The first discussion about happiness is related to life satisfaction. Positive emotions felt by the individual can help the individual make sense of his life (Seligman, 2005). Positive emotions are categorized into three categories, namely positive emotions in the past, future, and present (Seligman, 2005). These three positive emotions are distinct but not necessarily closely related. Every individual wants to feel these three positive emotions (happiness), but that does not always happen. For example, individuals may be satisfied in the past but sad in the present and feel pessimistic about the future. When a person can know and learn these three forms of positive emotions, it is hoped that he can direct his emotions in a positive direction by changing how he feels about the past, how he thinks about the future, and how to live his life in the present.

Positive emotions about the past include satisfaction, contentment, fulfilment, pride, serenity, success, and relief (Seligman, 2005). Positive emotions about the past are entirely determined by the thoughts and interpretations of each individual (Seligman, 2005). Inadequate understanding and appreciation of past events and overemphasizing bad events are the two main things that reduce calm, relief, and satisfaction (Seligman, 2005). Seligman (2005) says positive emotions in the past can be increased by growing a sense of gratitude and forgiveness. Gratitude can increase appreciation and understanding of good events in the past. Forgiveness is an act that leaves the memory intact by removing or transforming the pain (Seligman, 2005). Seligman (2005) explains that forgiveness can reduce the bitterness of bad events and turn bad memories into happy ones.

According to Seligman (2005), positive emotions towards the present include pleasure and gratification. Enjoyment is a pleasure with a clear sensory component, and a vital emotional component referred to as basic or raw feelings (Seligman, 2005). These pleasures are temporary and involve little or no thought at all. Examples of pleasure include ecstasy, arousal, orgasm, pleasure, joy, cheerfulness, and comfort (Seligman, 2005). Enjoyment is temporary and involves little or no thought (Seligman, 2005).

Seligman (2005) explains that gratification comes from activities that individuals like but do not have to be accompanied by basic feelings. Gratification makes the individual fully involved with the activities he does so that he sinks and feels time stops when doing these activities. When a person experiences gratification, he feels capable of responding to challenges and in touch with his strengths. According to Csikszentmihalyi (in Seligman, 2005), this is called flow, the feeling of flowing, a state of satisfaction that the individual enters when he is fully immersed in the activities being carried out. Gratification lasts longer than enjoyment and involves more thought and interpretation (Seligman, 2005). Seligman (2005) emphasizes that gratification does not appear after doing pleasurable activities but appears when the individual uses his strength (strength) and virtue (virtue) when carrying out these activities. Examples of gratuities include engaging in pleasant conversations, reading books, dancing, exercising, and other fun activities.

Positive emotions related to the future include faith (faith), trust (trust), certainty (confidence), hope, and optimism (Seligman, 2005). According to Seligman (2005), optimism and hope provide better resilience in the face of depression when disasters occur in the future. Optimism and hope also improve performance in the workplace, especially when working on challenging tasks. A person's physical health is also better if he is optimistic and has hope.

According to Seligman (2005), there are two dimensions to assess whether a person is optimistic or pessimistic, namely permanent (determining how long a person gives up) and pervasive (determining whether helplessness extends to many situations or is limited to the area of origin). Optimistic people believe that extraordinary events have permanent causes and bad events are temporary, so they try harder to experience good events again (Seligman, 2005). In addition, Seligman (2005) explains that optimistic people believe that bad events only occur in one particular area of their life (specific) but can move steadily in other areas. While people who are pessimistic give up in all aspects when experiencing bad events in certain areas (universal). In other words, optimistic people can find permanent and universal causes of good events and find temporary and specific causes for disasters.

Every individual will crave the existence of happiness. However, happiness will be complex when we experience bad events in life. Moreover, one of those sinister events is imprisonment. When an individual is imprisoned, the individual's perspective on his or her life will change. While in prison, all aspects of life will experience changes. Individuals in

prison will follow the routines and rules of the prison. One of the groups of individuals in prison is prisoners.

According to Law Number 12 of 1995 concerning Corrections Article one (1) Paragraph Seven (7), convicts are convicts serving a sentence of loss of independence in LAPAS. Paragraph (6) states that a convict is someone who has been sentenced based on a court decision that has obtained permanent legal force.

As it is known that prisoners will be faced with various problems. One study stated that prison is stressful for its inmates because they have little control over them. For example, the activities of eating, working, bathing, and sleeping. This shows that several studies have described inmates as having emotional distress such as depression, anxiety, and stress compared to other populations (Buckaloo, Krug, & Nelson, 2009).

Previous studies have found that prisoners are prone to psychological problems. Research conducted by Puspasari et al. (2020) stated that 78 prisoners who were the study subjects experienced psychological problems such as stress, depression and anxiety. In addition, research conducted by Puspasari et al. (2017) also found that 16 inmates, especially female prisoners who were research subjects, experienced depression at various levels. However, can prisoners achieve happiness too? Happiness is a subjective concept because each individual has a different benchmark of happiness. Each individual also has different factors that can bring happiness to him. Moreover, the ways to bring happiness to vary.

Optimism about the future and happiness in the present. Seligman (2005) states that two factors influence happiness: external factors originating from the environment (money, marriage, social life, positive emotions, age, religion, health, education, climate, race and gender) and internal factors such as the past. One of the factors of satisfaction with the past which is an internal factor, is forgiveness.

Self-forgiveness is a willingness to let go of self-hatred for recognized wrongdoing while encouraging compassion, generosity, and self-love (Enright & The Human Development Study Group, 1996). Hall and Fincham (2005) define self-forgiveness as a motivational change that involves reduced motivation to avoid the stimuli, feelings, thoughts associated with wrongdoing, reduced motivation to hurt or abuse oneself, and increased motivation to behave self-generated. Inline, Enright et al. (2008) define self-forgiveness as a positive attitude change towards oneself after accepting responsibility for the losses. In their meta-analysis study, Theriault and Bryan (2015) define self-forgiveness as an act of kindness directed at oneself after committing an act that is considered inappropriate.

Motivation comes from the Latin word movere which means drive or driving force. Motivation in management is only aimed at human resources in general and in particular subordinates (Purba and Sudibjo, 2020).

This motivational change is a process that changes over time. Webb et al. (2017) explain that self-forgiveness occurs over time and is a deliberate effort in response to negative feelings caused by personal mistakes recognized by individuals. This results in an individual's willingness to take responsibility and make fundamental and constructive changes in one's relationships for reconciliation and self-acceptance through human connection and commitment to change. Prisoners can do self-reflection while in prison. Prisoners will constantly think about guilt, hatred, anger, and mental health. Uniforms, cells that are not large, guards who are not always good, and other cunning inmates are reminders to inmates that it is the fruit of what has been done in the past. These things can lead to negative feelings such as hatred and bitter feelings that can affect the condition of prisoners when they are not resolved.

Eliminating negative emotions or increasing positive emotions can positively affect the body and mind. The prisoner cannot change his life until he gives up his hatred. To cleanse cleanliness and anger, the inmate needs to forgive. It can start with other people but more importantly, start with forgiving yourself. In their research, Diponegoro and Mulyono (2015) show that forgiveness is one of the factors of happiness.

Forgiveness plays an essential role in one's happiness. Increased forgiveness can help someone in living a better life. The higher the individual's forgiveness, the higher the individual's happiness. Conversely, the lower the individual's forgiveness, the lower the individual's ability to achieve happiness. According to Enright, Freedman, and Rique (in Shekhar, Jamwal & Sharma, 2014), people who forgive feel happier, less worried, and more positive than people who are not forgiving. More forgiving individuals can lower blood pressure, heart rate to stress. Seligman (2005) says positive emotions in the past can be increased by growing a sense of gratitude and forgiveness. Forgiveness can reduce the bitterness of bad events and turn bad memories into good ones.

Several studies have been conducted to examine the relationship between self-forgiveness and happiness. Permana's (2018) research states a positive relationship between self-forgiveness and happiness whose parents are divorced. Other studies also state a positive relationship between forgiveness and adolescents' happiness living in orphanages. The higher the adolescent's forgiveness, the higher the adolescent's happiness (Afiph, 2018).

Another factor that also affects happiness is hope. Hope is generally defined as a positive mental state about the ability to achieve goals in the future (Edwards in Lopez, 2009). Hope is a strength or good asset based on high morals and is used by a person to pursue goals related to positive emotions (Snyder et al., 1996). Snyder (Cheavens et al., 2006) defines hope as a learning pattern to think whose behaviour manifests and can be observed objectively. Hope is not a passive emotion when experiencing problems but is an active process of pursuing goals. Hope exists when a person hopes for the best for the future, becomes confident in obstacles, persistently struggles to overcome them, and dares to face failure (Aspinwall and Staudinger, 2003). Hope can create various strategies (pathways) when a person deals with stressors, increases achievement in academics and sports improves physical and emotional conditions, and obtains social support and satisfaction (Weis and Speridakos, 2011). Hope will also increase an essential element in healing related to neurobiology (Snyder and Lopez, 2007).

The two main components of hope are the ability or capacity of a person to plan a way to get to what he wants despite encountering obstacles and the motivation to take advantage of that way (Snyder, 2002; Snyder and Lopez, 2007). Snyder (Cheavens et al., 2006) operationalizes hope as a process when individuals: (1) set goals, (2) develop specific strategies to achieve these goals, and (3) build and maintain motivation to implement the strategies that have been prepared. These three components of hope refer to goals, ways of thinking (pathways thinking) and motivational thinking (agency thinking).

Many studies state that there is a relationship between hope and happiness. According to Seligman (2005), optimism and hope provide better resilience in the face of depression when disasters occur in the future. Julianto et al. (2020) research states that self-esteem and expectations affect individual happiness.

Several studies explore the three constructs above. However, only those related to the two constructs and research on prisoners from the perspective of positive psychology are still rarely done. Hence, researchers are interested in further conducting this research.

II. Research Method

This research uses quantitative methods. The independent variables in this study are self-forgiveness and hope. At the same time, the dependent variable in this study is happiness. This study involved as many as 460 subjects/prisoners.

In this study, three measuring instruments were used. Happiness in inmates was measured using the Oxford Happiness Questionnaire developed by psychologists Michael Argyle and Peter Hills at the University of Oxford. Self-forgiveness will be measured using the Heartland Forgiveness Scale (HFS), which was developed in 1998, and the current version is 1999, but in this study, only one sub-scale is used, namely self-forgiveness. In 2003, HFS was published in Positive Psychological Assessment. Meanwhile, hope will be measured using The Adult Hope Scale (AHS), containing 12 items. The AHS measures Snyder's model of cognitive expectancy, which measures agency (goal-directed energy and pathways (planning).

The analytical method used in this study is multiple linear regression analysis, which is a linear relationship between two or more independent variables (X1, X2, ...Xn) with the dependent variable (Y). This analysis is used to determine the direction of the relationship between the independent variable and the dependent variable, whether each independent variable has a positive or negative effect and to predict the value of the dependent variable if the value of the independent variable increases or changes. It is said to have multiple linear regression because the number of independent variables (independent) as predictors is more than one.

III. Results and Discussion

3.1 Results

Based on the data obtained, the distribution of research subjects is shown in the following table:

Table 1. Description of subjects by age

Age	Frequency	Percentage
< 20 years	7	1,52%
20-40 years old	354	76,95%
40-65 years old	97	21,1%
>65 years old	2	0,43%
Total	460	100%

Table 2. Description of the subject by case

Case	Frequency	Percentage
Drugs	288	62,6%
Immoral	37	8,03%
Persecution/Domestic Violence	8	1,72%
Criminal	88	19,2%
Corruption / Embezzlement	11	2,39%

Fraud	12	2,60%
Pimp	2	0,43%
Child protection	12	2,60%
Illegal logging	2	0,43%
Total	460	100%

a. T test

A T-test is used to see whether each independent variable (X) influences the dependent variable (Y). It is said to have an effect when the significant value is $< .05$. The following are the results of processing the T-test:

Table 3. T-test Results

Variable	t	Sig.
Self-Forgiveness to Happiness	.515	.607
Hope to Happiness	12.212	.000

Based on the table, the significance value of the T-test for the self-forgiveness variable is .607, where $p > .05$, which means that there is no effect of the self-forgiveness variable on happiness. As for the expectation variable, a significant value of .000 was obtained, which indicated an effect of this variable on happiness because of the significant value of $p < .05$.

b. F test

The F test shows whether the independent variable (X) simultaneously affects the dependent variable (Y). It is said to have an effect if the significant value is $< .05$. The results of processing the F test can be seen in the following table:

Table 4. F test Results

Variable	F
Self-Forgiveness – Hope to Happiness	76.144

Based on the SPSS output, the significance value of the two independent variables (X) is 0.000, where $p > .05$. Thus, it can be concluded that there is a simultaneous effect of self-forgiveness and hope on the happiness variable.

c. Determinant Coefficient

The determinant coefficient is helpful to see how much influence the independent variable (self-forgiveness and hope) has on the dependent variable (happiness). The coefficient of the determinant can be seen in the model summary table. The following are the results of data processing using SPSS 25.0 for Windows:

Table 5. Results of the Coefficient of Determination

Variable	R^2
Self-Forgiveness – Hope to Happiness	.250

The determinant coefficient is seen from the R square, which, based on data processing, shows the R2 value of .250. This indicates that there is an effect of self-forgiveness and hope on prisoners' happiness by 25%. The positive influence between these variables shows that the higher the self-forgiveness and hope, the higher the inmate's happiness. Conversely, prisoners' happiness will also be below when self-forgiveness and expectations are low.

d. Self-Forgiveness Image

The description of the self-forgiveness of prisoners in the Class IIB Solok Prison can be known by categorizing. Categorization begins with calculating the mean and standard deviation, which can be seen in the following table:

Table 6. Description of self-forgiveness statistics

Variable	Hypothetical Score			
	Min	Max	Mean	Standard Devices
Self Forgiveness	6	42	24	6

Based on the table, it can be seen that the self-forgiveness variable has a minimum score of 6, a maximum score of 42, a mean of 24 and a standard deviation of 6. Based on the mean that has been obtained, the categorization of self-forgiveness can be seen in the following table:

Table 7. Categorization of the Forgiveness scale

Categorization	*Raw Score*	Frequency
Low	$X \leq 18$	58
Currently	$19 < X > 29$	371
Tall	$X \geq 30$	31
TOTAL		**460**

Based on the table, it can be seen that there are as many as 58 (12.61%) subjects who have a low level of self-forgiveness, 371 (80.65%) people have moderate self-forgiveness, and 31 people (6.74%) have a level of forgiveness—high self.

e. Image of Hope

The description of the expectations of prisoners in the Class IIB Solok Prison can be known by categorizing. Categorization begins with calculating the mean and standard deviation, which can be seen in the following table:

Table 8. Description of expectancy statistics

Variable	Hypothetical Score			
	Min	Max	Mean	Standard Deviation
Hope	12	96	54	14

Based on the table, it can be seen that the expectation variable has a minimum score of 12, a maximum score of 96, a mean of 54 and a standard deviation of 24. Based on the mean that has been obtained, the categorization of expectations can be seen in the following table:

Table 9. Categorization of the Hope scale

Categorization	*Raw Score*	Frequency
Low	$X < 40$	37
Medium	$40 \leq X < 68$	207
High	$X \geq 68$	216
TOTAL		**460**

Based on the table, it can be seen that there are 37 (8.05%) subjects who have low expectations, 207 (45%) people have moderate expectations, and 216 people (46.95%) have high expectations.

f. Happiness Picture

The description of prisoners' happiness in the Class IIB Solok Prison can be known by categorizing. Categorization begins with calculating the mean and standard deviation, which can be seen in the following table:

Table 10. Description of happiness statistics

Variable	Hypothetical Score			
	Min	**Max**	**Mean**	**Standard Deviation**
Happiness	29	174	101,5	24.2

Based on the table, it can be seen that the happiness variable has a minimum score of 29, a maximum score of 174, a mean of 101.5 and a standard deviation of 24.3. Based on the mean that has been obtained, the categorization of happiness can be seen in the following table:

Table 11. Categorization of Happiness Scale

Categorization	*Raw Score*	Frequency
Low	$X < 77.3$	2
Currently	$77,3 \leq X < 125,7$	362
Tall	$X \geq 125,7$	96
TOTAL		**460**

Based on the table, it can be seen that there are 2 (0.43%) subjects who have a low level of happiness, 362 (78.7%) people have moderate happiness, and 96 people (20.87%) have a high level of happiness.

3.2 Discussion

Based on the data that has been obtained, it is known that simultaneously there is a positive influence of self-forgiveness and hope on the happiness of prisoners in the Class IIB Solok Prison. This means that the higher the self-forgiveness and expectations of the prisoners, the happier they will be. On the other hand, when prisoners find it difficult to forgive themselves and their current situation and then feel that there is no hope for them

both while in prison and after their prison term is over, the lower the happiness they can feel.

This study also found that if you look at each variable, there are differences between the two X variables: self-forgiveness and hope. Self-forgiveness has no proven effect on happiness. This can also be interpreted as a prisoner's happiness level is not influenced by how the inmate tries to release self-hatred and encourage compassion, generosity, and love for himself (Enright & The Human Development Study Group, 1996).

Self-forgiveness in prisoners was in the moderate category, meaning that most of the prisoners were able to forgive themselves for bad events, even though it had not been fully implemented properly. Individuals who have moderate self-forgiveness can also be interpreted as starting to be able to leave feelings of anger and hurt, control emotions and behaviour, and leave the desire for revenge (Anshori, 2011). Even though it has not been fully implemented, prisoners as individuals who experience unpleasant events such as being away from their families and having to serve sentences can be said to have moderate self-forgiveness when they start trying to come to terms with the condition, increase motivation for kindness and leave disturbing or painful behaviour (Anshori, 2007). 2011).

Self-forgiveness is important for prisoners because it can help maintain psychological stability and relationships with others (Marwah, 2014). Good self-forgiveness is shown by efforts to reduce hurt feelings so that prisoners are expected to be able to live without the burden of anger, think positively, be more productive, get rid of the desire to attack, and accept an attitude that is less than pleasant (Marwah, 2014). Although essential, self-forgiveness is not easy to do. This is based on Webb et al.'s (2017) statement that self-forgiveness is a process that develops over time and is carried out intentionally as a response to negative feelings arising from personal mistakes recognized by individuals. In addition, the possibility of other factors that cause self-forgiveness does not affect happiness, for example, personality type, religiosity, and empathy (McCullough, 2002).

In contrast to the self-forgiveness variable, the expectation variable is proven to affect prisoners' happiness levels partially. This indicates that when prisoners are confident in facing obstacles, persistent infighting, and failure, they are more likely to feel happiness. Conversely, when the level of hope held by prisoners is low, happiness will also be below.

Expectations for inmates at the Class IIB Solok Prison are high. When prisoners have high expectations, they will be able to start a business in achieving their goals because of their motivation. In addition, they will also be able to see opportunities or pictures and predictions about how to achieve these goals (Synder, 1991). Several other factors that influence prisoners' high level of expectation include social support, religiosity, and control (Weil, 2000). Individuals who have high expectations will be able to make psychological adjustments, life satisfaction, wellbeing, and gratitude (Witvliet, 2018). Life satisfaction related to hope is part of past positive emotions on the happiness variable. According to Seligman (2005), happiness can be increased by cultivating a sense of gratitude related to expectations for prisoners. This explains why hope is one of the variables that can affect the level of happiness in prisoners.

Happiness is indicated by satisfaction, pride, and peace in life (Seligman, 2005). Inmates at the Class IIB Solok Prison were found to have a moderate level of happiness. This means that most prisoners begin to be able to feel positive emotions and exercise their strengths in everyday life (Seligman, 2005), although sometimes they lose these positive emotions. When people have happiness, they tend to be satisfied with their lives and realize their lives are not wasted. (Condinata, 2019). Life in an orderly and secure prison can make inmates feel satisfied because they have time to eat, rest, and have the opportunity to do other positive activities. However, they still feel guilty and sorry for their

family at home and regret that they have committed crimes to blame themselves (Condinata, 2019). Thus, it can be concluded that moderate happiness is caused by inmates being satisfied with a comfortable life in prison but still harbouring feelings of guilt and regret for their actions.

Overall, the two variables simultaneously have an effective contribution as a predictor or variable that affects happiness in prisoners. This follows previous research where hope is a form of positive emotion in the future, while forgiveness is a form of past positive emotion from happiness (Seligman, 2005). With hope, prisoners can create strategies to deal with various stressors, gain support, and increase life satisfaction (Weis & Speridakos, 2011). They can also improve their way of thinking, goals, and motivation for the better (Rahmawati, 2016). In addition, by forgiving themselves, they can make peace with the past, accept reality, be willing to take responsibility, and commit to change (Webb et al., 2017). That way, prisoners will be able to find ways to cultivate individual strengths and feel positive emotions to give meaning to their lives (Seligman, 2005).

Inmates in prison who are serving a period will undoubtedly have difficulty reflecting on their mistakes. However, if they can eliminate negative feelings, believe in themselves that they can overcome these difficulties and are supported by those around them, it will undoubtedly impact increasing the intensity of happiness. That way, prisoners can have positive emotions, carry out their sentences well, and have optimistic awareness of facing the future (Seligman, 2005).

IV. Conclusion

Based on the research that has been done, several conclusions can be drawn from research on the effect of self-forgiveness and hope on the happiness of prisoners in the Class IIB Solok Prison.

Partially, hope affects happiness while self-forgiveness has no effect. However, simultaneously, self-forgiveness and hope have been shown to positively influence the happiness level of inmates at the Class IIB Solok Prison. This indicates that the higher the level of forgiveness and hope prisoners have, the happier they are. On the other hand, the lower the convict's forgiveness and expectations, the lower the level of happiness.

Self-forgiveness for inmates at the Class IIB Solok Prison is in the moderate category. This means that most of the prisoners have begun to be able to live without the burden of anger, think positively, and accept unpleasant conditions even though it has not been fully implemented. Expectations for inmates at the Class IIB Solok Prison are high. This means prisoners can make psychological adjustments, life satisfaction, well-being, and gratitude.

Happiness for inmates at the Class IIB Solok Prison is in the medium category. Prisoners feel satisfied with their daily lives but feel guilty and sorry for their families at home and regret blaming themselves. The practical contribution of forgiveness and hope to happiness is 25%, while the other 75% is influenced by other variables not examined in this study.

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