

# Effect of Hook/Knitting Activities Against Decreased Stress Levels in Class II-A Medan Women's Laps

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## ABSTRACT

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Prison is a place where their environment can make stressful for prisoners. The environment always makes prisoners stress is uncontrolled prisoners behavior, undisciplined, makes some fighting among prisoners, physically prisonable uncomfortable, narrow room due to overcapacity. Knitting activities were assumed to reduce stress levels for women prisoners. This research uses a quantitative method with quasy experiment approach. This research was collected in women prisons class II-a Medan. The population of this research were 535 respondents and samples obtained 84 respondents divided into two groups with each group of 42 respondents. Data analysis with univariate shows as frequency distribution of tables and bivariate analysis with independent sample t-tests. The results showed that 61.9% stress levels by intervention group was mild, and 38. 1% stress levels by intervention group was moderate. 52.4% stress levels by control group were severe, and 47.6% stress levels by intervention group was moderate. It was concluded that any influence between knitting activities towards decreasing stress levels with significant value (0,000 <0.05) and t-value (-8,015) > t-table (1,761). Recommendation for head of women prisons to provide knitting as a activity for reducing prisoners stress. Outcomes of the knitting activities can be sold in the public market. Recommendation for head of women prisons to provide knitting as a activity for reducing prisoners stress. Outcomes of the knitting activities can be sold in the public market. Recommendation for head of women prisons to provide knitting as a activity for reducing prisoners stress. Outcomes of the knitting activities can be sold in the public market.

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## 1. Introduction

Correctional Institution (abbreviated as LP or Lapas) or commonly referred to as a detention center (detention center) is a place to carry out the formation of prisoners and correctional students in Indonesia. Correctional Institution (Lapas) is also an institution that has the aim of forming prisoners to become fully human, aware of mistakes, improve themselves and not repeat criminal acts so that they can be re-accepted by the community, can actively play a role in development and live fairly as citizens the good and responsible (Surbakti, 2011).

Prison or detention is a place where the environment can stress the residents. The environment that often makes the stress of the occupants is the behavior of prisoners who are difficult to regulate, undisciplined, often fighting among fellow prisoners, Lapas physical environment that is considered uncomfortable, a narrow room due to excess capacity (Kemenkumham RI, 2015).

When a person has to enter his new life in prison, he inevitably has to experience many losses, such as loss of independence accompanied by loss of autonomy, loss of security, loss of work and personal service. These losses are individually a source of stress (stressor) for someone. Not surprisingly, prisons and remand centers are a potential place for psychological disorders such as anxiety and depression. Loss or separation from family members, sudden changes in social activities, changes in the environment (physical or social), job loss, on a stress scale are potential sources of stress that cause psychological disorders such as anxiety disorders and depression,

By teaching or efforts to facilitate prisoners and prisoners to adapt to their (new) environment is a highly recommended step. A number of studies have found two main factors that can reduce the negative effects of stress, namely how individuals try to deal with (coping) against stressful situations and the existence and quality of individuals who can provide social support (Harsono, 2013).

Koping that can be carried out by prisons is to facilitate the provision of coping facilities or activities that enable stress relief. In social support includes structural support, concerning the

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network of social relations owned by individuals and functional social support regarding the quality of social relations owned. One way that is done to reduce stress on female prison residents is by means of therapy or hook or knit activities (Mumpuni and Wulandari, 2014).

The results of Utari's research (2012) at Class II A Women's Penitentiary in Bandung showed that the level of anxiety in women fostered residents was 38% severe anxiety, 28% moderate anxiety, and 34% mild anxiety. According to research at the University of South Wales states that as many as 36% of mental health problems felt by Lapas residents are anxiety and women are higher in incidence than men at 61%: 39%. Women in prisons have a higher burden of chronic health, psychiatric disorders, than men (Utari, 2012).

Knitting is used to help people overcome psychological problems and even becomes a special program for prisoners. As in a number of prisons in the United States, the knitting program is part of the activity that prisoners can choose from. Inmates will be taught crochet or knit and their work will be donated to certain communities in need. One program that is considered successful in helping prisoners is the crochet program in Snyder County Prison, Pennsylvania. This program is motivated by the desire to keep prisoners productive and busy without having to spend a lot of money. Even in this prison female prisoners can become knitting teachers for other prisoners (Shenisa, 2015).

The initial survey that researchers conducted by interviewing 10 female prisoners about the stress they experienced while in the Penitentiary Class II A Medan Women, obtained answers that as many as 8 people said often stressed facing the behavior of female prisoners who opposed officers, difficult to manage, not discipline or often violate the rules set in prison, noisy when eating or when going to sleep, often fighting among fellow prisoners. The impact of stress they experience is making them lazy, often angry with other prisoners, easily emotional, irritable, often feeling bored or fed up.

## 2. Research Methods

This type of research is a quasi experiment or experiment where the experimental activity aims to find out a symptom or influence that arises, as a result of certain treatments. This type of research is a Pre-experimental research with one group pretest and posttest design. This design has a comparison group (Control). In this design there are pretest and posttest interventions given. Thus he knows the changes that occur after the intervention (Sugiyono, 2009). The population of this study was all female prisoners in the Class II-A Women's Prison in Medan as many as 535 people. The method of sampling is by random sampling with criteria: aged 20 years and over, already have knitting skills, are willing to become respondents. The sample was divided into 2 groups: 42 intervention groups and 42 control groups. To measure stress using a tool or instrument in the form of a questionnaire by asking respondents the things that can cause stress to the respondents as many as 20 questions by using the answer choices Never (TP) given a score of 1, sometimes the answer (KK) is given a score of 2, often (SR) was given a score of 3, and Always (SL) was given a score of 4. The lowest score was 20 (20 x 1) and the highest score was 80 (20 x 4), so the range of scores was 20-80. Univariate analysis in this study to explain or describe the characteristics of each variable studied in a simple way that includes age, occupation, which is presented in the form of a frequency distribution table. Bivariate analysis is carried out to explain or find out whether there is a significant influence or difference between the independent variable and the dependent variable. Bivariate analysis is performed after the characteristics of each variable are known. Data were analyzed for bivariate calculations in this study using a one sample t-test with the provisions of  $\alpha \leq 0.05$ . This test is done to prove the hypothesis the influence of hook / knitting activities on reducing stress levels in Class II-A Medan Women's Lap.

## 3. Results and Discussion

### 3.1. Research result

The results showed that the stress level of respondents after the stress measurement that is in the intervention group mostly experienced mild stress levels of 26 people (61.9%), while those experiencing moderate were as many as 16 people (38.1%). In the control group most experienced severe stress as many as 22 people (52.4%), and a small proportion experienced moderate stress as

many as 20 people (47.6%). The results of the study can be seen more clearly in table 1.

**Table 1**  
Distribution of Respondents Based on Stress Levels in the Intervention and Control Groups in Lapas Wanita Class II-A Medan in 2017 (n = 84)

No	Stress Level	Intervention Group		Control group	
		f	%	f	%
1	Mild stress	26	61.9	0	0.0
2	Moderate stress	16	38.1	20	47.6
3	Severe stress	0	0.0	22	52.4
	amount	42	100.0	42	100.0

The results showed that the value of the stress level of the intervention group was lower than the value of the stress level of the control group. The mean value of stress in the intervention group was 40.88 while the mean stress in the control group was 57.73. The standard deviation (standard deviation) in the intervention group was 10.73 while the standard deviation (standard deviation) in the control group was 7.58. T-count value (-8.015) > t-table (1.761) and significant value (0.000 < 0.05) then there is an influence Hook / knit activities to reduce stress levels in Class II-A Medan Women's Lap. A negative value on the t-test results means that the average value of the stress level in the intervention group is lower than the average value of the stress level in the control group. The results of the study can be seen more clearly in table 2.

**Table 2**  
Effects of Hook / Knitting Activities on Decreasing Stress Levels in Lapas Wanita Class II-A Medan in 2007 (n = 84)

Group	The mean	Standard Deviation	t-count	p-value
Intervention	40.88	10,73	-8,015	0,000
Control	57.73	7.58		

### 3.2. Discussion

The stress level of respondents doing hook / knit activities is low because by doing knitting activities the respondent will become more relaxed and the thoughts and all the intricacies in the prison will be reduced or even disappear. This study measures the level of stress after a hook / knit activity and the knitting activities have often been carried out by female prisoners so that they just have to go through these activities. Different if you have never done knitting activities, to learn there are people who are increasingly stressed because they do not understand the techniques of knitting so that instead of reducing stress but increasing stress because it is always wrong in knitting activities.

Stress is a subjective feeling of disturbing mental tension as a general reaction to the inability to overcome a problem or lack of security. A person will suffer anxiety when the person concerned is unable to overcome the psychosocial stressors he faces (Hawari, 2013).

Knitting and crocheting activities for some people is done as a hobby. But besides being done as a hobby, this activity was also able to bring benefits to those who have business talents. The end result of knitting and crocheting activities can be sold and bring financial profit. Other benefits are in terms of body and mind health and reduce stress. A study conducted on the benefits of knitting and crocheting activities concluded that knitting and crocheting can also be done as a therapy to reduce stress, exercise patience, concentration and self-control (Mumpuni, 2014).

According to the researchers' assumptions, respondents who did not receive treatment (intervention) in their daily activities had moderate and severe anxiety. The anxiety arises because they often think of negative things about their lives while in prison. Especially if the prisoner is unable to adapt to the conditions of the prison and is always alone then the anxiety he feels is moderate anxiety and severe anxiety.

Women in prisons have a higher burden of chronic health, psychiatric disorders than men. Female prisoners have a higher anxiety because they feel ashamed to be in prison (Bingswanger, 2010). In a study conducted by Fahruliana (2011) states that anxiety in women prisoners generally because they feel that the prison environment is a harsh environment and suitable for men. So if women prisoners do not have activities that can occupy themselves while they are in prison, they are worried.

The effects of anxiety can include physical and psychological. High anxiety can cause anger, confusion, distortion of perception such as reducing concentration, reducing memory, being unable to interact socially and panic which if it lasts for a long time, can occur fatigue and even death (Stuart, 2013).

#### 4. Conclusion

- a. The stress level of the intervention group was mostly mild (61.9%), and moderate stress (38.1%).
- b. The stress level of the control group was mostly severe (52.4%), and moderate stress (47.6%).
- c. There is influence Hook / knit activities to reduce stress levels in Class II-A Medan Women's Laps by value significant ( $0,000 < 0.05$ ) and t-value ( $-8.015 > t$ -table (1.761)).

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