

FORGIVENESS THERAPY TO IMPROVE THE MEANINGFULNESS OF LIFE INMATES IN PRISONS

Iyulen Pebry Zuanny¹ Subandi²

¹ Master student of Faculty of Psychology, Universitas Gadjah Mada, Yogyakarta

² Lecturer of Faculty of Psychology, Universitas Gadjah Mada, Yogyakarta

iyulenpebry@yahoo.com (Iyulen Pebry Zuanny)

Abstract

Inmates experiences various conditions and changes in facing their life. In addition to endure physical burden due to the obstacle in maitaning prior activities, many inmates have undergone psychological burden. Feeling guilty, shameful, hostile, regretful, despair, and pessimistic, they have propensity for anxiety, depression, and even suicidal attempt as the consequence their despair on life. Forgiveness therapy offers understanding and adaptive coping skill, thus, it is expected that inmates will be able to reconcile with themselves, other parties and stressful situation. It also reduces various negative emotions in such a way to provide better view toward life. The study was quasi experiment research which involved one group with double pre-test and post-test consisting of 7 woman inmates who were convicted from Law No. 372-375 of the Criminal Code related to embezzlement or Law 378 of the Criminal Code related to fraud, approximately 23-45 years old, minimum education level of junior high school, and received a period of detention in prison for the first time. Data was analyzed using ANOVA Repeated measure. The result showed that forgiveness therapy was evidenced to be useful in increasing the inmates' positive view in perceiving meaning of life.

Keyword: Forgiveness therapy, meaningful of life, inmates.

Author's Biography



Iyulen Pebry Zuanny was born in Takengon, Central Aceh on February 5, 1990. Iyulen graduated her bachelor degree from the Department of Psychology, Universitas Syiah Kuala, Banda Aceh. She is currently doing her study in Master of Profession Psychology in Clinical Division at the Universitas Gadjah Mada, Yogyakarta.

1. Introduction

Penitentiary (prison) based on Law No. 12 of 1995 is a place to carry out training for correctional prisoners. Correctional prisoner (CP) is someone who is convicted and given a sentence by a court decision to improve the lives of offenders and in retaliation for his actions (Dwiatmodjo, 2013). Further developments based on Law No. 19 of 1995 stated that prisons were originally used as a place to give punishment now also serves as a place to rehabilitate and give deterrent effect to CP (Achmad,

Soemadi & Atmasasmita, 1979). However, in fact, the function of prisons is not working appropriately in terms of both facilities and mental health services. In addition, the number of criminal offenses in Indonesia based on the report of Regional Police has increased every year (Central Bureau of Statistics, 2014). The increasing criminal rate in Indonesia has affected the density of the prison. Consequently, prisons function as a moral rehabilitation for prisoners (CP) is non-optimal. The number of CP in Indonesia has fluctuated over the last 10 years. Increased CP occurred in 2003, 2004, 2005 and 2006 which were 196.931, 220.886, 256.431 and 330.354 persons. In 2007, this data has decreased to 326.752 persons. In 2008, this data has increased back the 344.942 persons. Furthermore, in 2012 and 2013 has declined again as many as 108.807 and 135.826 (Central Bureau of Statistics, 2014).

Based on data from Correctional Database System (CDS), in September 2014, the number of CP had increased back up to 171.638 persons, while capacity was only for 109.011 persons, so there was an over capacity up to 157%. Consequently, CP must live in jostle for limited residential space (Database System Corrections, 2014). The number of CP throughout Indonesia based on the report of the International Centre for Prison Studies in 2015 were 167.163 persons. Indonesia also ranks ninth in the world largest number of prisoners (International Centre for Prison, 2015).

Yogyakarta is one area having capacity that exceeds the number of CP. Based on studies conducted by the Center for Public Mental Health (CPMH) at several prisons in Yogyakarta, reported a variety of problems that arise in prisons started from problems health functions such as contracting the disease and function facilities were not optimal either because space of prisons were inadequate or poor services. Prison X is one prison whose function of facilities and services is non-optimal due to its old building (Dutch heritage building) and has been damaged by the earthquake in 2006 (Hadjam, 2014). The number of occupants of the prison reported from prisons X until the middle of 2015 has reached 388 persons. A detailed description is presented in Table 1.

Table 1. Data of Prisoners in Prison X

No.	Group	Number	
		Male	Female
1.	Prisoners	17	33
2.	Correctional Prisoners (CP)	281	57
Total		298	90

Source: (Prison X Yogyakarta, May 28, 2015)

Adult CP in Yogyakarta has a condition that is quite alarming. Besides having problems in terms of residential facilities, the study conducted by Hadjam in 2014, found out four aspects of psychological problems in prisons such as cognitive, emotional, physical and behavioral and social aspects that affect their ability to live a life in prison. The results of exploratory studies have shown the numerous and diverse problems endured by CP in prisons. Emotional problems such as feeling bored, uncomfortable, and stressful are common problems among the CP (Hadjam, 2014).

Results of research conducted on the CP, showed a variety of psychological problems that commonly experienced by CP during in prisons such as anxiety, sadness, embarrassment, fear, regret, enthusiasm for life decline and depression (Cooke, Baldwin, & Howison, 1990), suicidal attempt (Torrey *et al*, 2014). Psychological problems that affect the individual's inability to cope with the punishment being served (McMurrin & Christopher, 2009) and caused CP feel the meaningless of life. The inability of humans to achieve meaning in life will lead to negative psychological impact. Among these impacts are difficult to feel joy, empty, meaningless, depressed even suicide (Johnson & Zlotnick, 2008; Burns, 2010; Scott & Codd, 2010; Rivlin, Hawton, Marzano, & Fazel, 2010),

This study involved female CP as the participant as it was presumed that women have complicated problems. Data obtained from the Prison X in 2014 showed that there were 88 female prisoners suffered deplorable conditions in addition to undergo various physical illnesses and emotional disturbances such as stress and depression (SragenPos.com, 2014).

Researcher selected female CP entangled cases of fraud and embezzlement. It was based on the report of Prison X in 2015 which listed up to 80% of cases related to article 378 (fraud) and 372

(embezzlement). Of the 65 female prisoners in prisons, 58 are prisoners with cases of fraud and embezzlement. (Prison X Yogyakarta, October 8, 2015).

Results showed that the female CP were likely to experience psychological problems bigger than males such as shame and guilt (Stuewig, Mashek, & Hastings, 2011), depression, psychosis, anxiety, psychiatric disorders and drug abuse-related measures to commit suicide (Christopher & McMurrin 2009; Rivlin, et al, 2010). Women have a higher risk than men in the clinical symptoms of mental disorders such as suicide and hallucinations. The comparison to male prisoners (state prison: 73% female and 55% male; local jails: 75% of women and 63% men) (The Offender Health Research Network, 2010; James and Glaze, 2006).

According to Rivlin *et al* (2010) and Blackburn and Owens (2015), prisoners who are depressed may be caused by their incapability in seizing and enjoying life (meaningless) while in prison. In reaching the understanding of life meaning, psychological understanding and understanding the meaning to grow from the difficult conditions and how these individuals rose from suffering pressing are needed (Bastaman, 2007; Csikszentmihalyi & Seligman, the Magyar-Moe, 2011; Frankl, 1986; Garrett, 2003). Meaningfulness of life is a cognitive system which affects emotions and built by individuals to achieve life satisfaction and obtain a meaningful life (Boyraz & Lightsey, 2011; Wong, 2011). The system consists of the meaning of life including affective, motivational, cognitive, and personal relationships aspects that must be achieved to reach the meaningfulness of life (Wong, 2011).

Sliva (2014) found that CP who are able to cope in the face of reality in prison with finding a way to train themselves to enjoy life in prison and a positive assessment can find the meaning of life based on suffering life they faces. Positive religious coping is tool that can make CP reduce negative symptoms such as depression that causes CP experiencing meaningless feeling (Blackburn & Owens, 2015). To increase the meaningfulness of life, many therapies that may have important roles such as logotherapy, thankfulness therapy, remembrance therapy, forgiveness therapy, cognitive therapy, rational emotive therapy, psychodynamic therapy, drawing therapy, Gestalt therapy, mindfulness therapy, narrative and Behavior Activation therapy (Adams, Kash, Kleiman & Riskind, 2013; Chan, 2013; Corey, 2005; Dryden & Still, 2003; Farghadani, Navabinejad & Shafiabady, 2010; Morgan, Kroner and Mills (2006; Neimeyer, 2001; Richardson & Morley, 2015; Wong, 2010) ,

Based on the variation of this type of therapy, the researcher chose forgiveness therapy based on consideration of the subject who is having problems, emotions, thoughts and negative behavior such as guilt and anger both in yourself, other people and situations so as to forgive and ultimately able to find the meaning of life. Forgiveness can be a coping method that allows one to distract themselves from unpleasant life experiences and bring someone to grow, thrive and live a meaningful and quality (Enright, 2002; Thompson *et al.*, 2005).

Based on the searching on study using therapeutic forgiveness, the results indicated that the therapeutic forgiveness had benefits in improving psychological health such as happiness, self-esteem, the meaningfulness of life, self-acceptance, empathy and social skills (Banmen, 2010; Lawler & Pifen, 2006; McCullough, Rachel & Worthington, 1997; Seligman, 2002), reduce anxiety, depression and anger (Bishop *et al*, 2014; Field, Hall & Zander, 2013; Recine, 2014). According to Bishop, et al (2014), forgiveness therapy was an effective treatment option to improve mental health as a result of the failure of life experienced by female prisoners to achieve the goal of their life.

Forgiveness has a positive relationship with the meaningfulness of life and psychological happiness (Chan, 2013; Karremans *et al*, 2003). Meaningfulness of life and forgiveness have a relationship with emotional, motivational, cognitive and relations (Chan, 2013; Wong, 2011). To achieve meaningfulness of life and forgiveness, those aspects must be fulfilled (Chan, 2013; Karremans *et al.*, 2003). When people are faced with a threatening situation, then there is the cognitive process that affects emotions and behavior. Neurosciences process explains that the hippocampus and amygdala memory that stores that deliver emotion on memory interact to scan the information received by the senses. Perceived threatening stimuli will stimulate the amygdala activates the signal to the various structures of the brain stem that control various emotional responses. The amygdala would give the same response to future situations that are considered similar (threatening) so the body responds avoid problems (Pinel, 2012). Someone who is not able to overcome a threat and was not able to realize the

processes that occur in his life would have difficulty in sensing a change in his life (Hayes, Strosahi, & Wilson, 2003). This causes the individual to experience a decrease in the meaningfulness of life.

Forgiveness is able to reduce the thoughts, feelings, and negative behaviors in self by changing the angle of view of the individual to be positive in responding cognitive, emotional and behavior towards their mistakes in the past and similar problems occurring in the future because it does not linger stuck on thoughts, feelings, and negative behavior (Thompson et al., 2005). Forgiveness conducted may have a healing effect by reviewing the experience that feels painful (Menahem & Love, 2013). Forgiveness can affect the endocrine system works increased hormone norephinephrine and serotonin resulting in increased feelings of well, happier, and increased immune system (Nevid, Rathus, & Greene, 2005), and feels more meaningful to live (Allen et al, 2013; Bishop et al, 2014; Chan, 2013).

In the context of prisons, research into therapies forgiveness has been widely performed and selected based on empirical evidence of the program of forgiveness that can improve mood and reduce feelings of isolation and marginalized of God, family and the environment during serving time in prison, reducing the negative reaction CP, foster empathy and cooperation in others, reduce the likelihood of recidivism and improve health status (Day & Gerace, 2010; Day, Gerace, Wilson, & Howells in Bishop, Randall, and Merten, 2014; Gassin & Enright, Hargrave, in Webb & Brewer, 2015; Xu, Kou and Zhong, 2012; Zagorsky, Reiter, Chatterjee, & Nowak, 2013).

Based on the needs of female CP who have the low meaningfulness of life, such as experiencing feelings and negative thoughts related to conditions in prisons and have not been able to forgive the object of forgiveness either in yourself, others and the situation so difficult is able to take the wisdom and the importance of the journey, thus the researcher designed forgiveness intervention therapy refers to the concept of forgiveness according to Enright (2002) with cognitive approach intervention that incorporates the principles of the theory of information processing and learning.

Focus of cognitive approach intervention in this study was located in the excavation dysfunctional negative emotions and thoughts and the forgiveness process by doing cognitive restructuring so that CP could provide value or meaning in life. Beck (in Burns, 1998) stated that the cognitive approach intervention was effective for emotional distress and negative thought patterns. In addition, this approach may help subjects find personal meaning in themselves (Weishaar in Corey, 2005). A study by Seligman (2002), Lawler and Pifen (2006) and Banmen (2010) stated that the cognitive approach intervention worked to increase life satisfaction, meaningfulness and life happiness.

Cooper and Gilbert (in Enright, 2001) describes four important stages in the process of achieving forgiveness: 1) the stage of realization, the individual can explore all the emotions felt and the impact of painful events, 2) the stage of good intentions to cultivate a sense of regret, namely the desire to improve what has happened and committed to forgiveness, 3) the stage of refinement which is the stage when the individual sees another individual more deeply with empathy and accept the pain of what has happened, 4) stage of change, for example when individuals find meaning from experience is happening and be able to judge it as a learning experience and wisdom. Through four stages of forgiveness, it is expected that the individual can make an impact on the discovery of forgiveness meaning of life. Techniques and methods are used for achieving the process of forgiveness so as to improve the meaningfulness of life consists of sharing, assignment, training (reframing, technical imagery, relaxation, psycho-education, self-monitoring), review, feedback, lectures and reflection (Curwen, Palmer, & Ruddel, 2002; Enright, 2001; Froggatt, 2009; Wilding & Milne, 2009).

Based on data and study results found in prisons and was also supported by the statement of the head of the prison and those working in prisons, researcher would design the forgiveness therapy to improve the meaningfulness of life prisoners in Prisons X. This study aimed to see whether forgiveness therapy could improve the meaningfulness of life of adult female CP in prisons.

2. Methods

Study Design

This study used a quasi-experimental method. The design was one group pre- and post test design. Pretest measurement was carried out once before the process of intervention, while the post-test

measurement was also performed once after the intervention to determine the pattern of effects arising from a given intervention. Furthermore, to see whether the intervention could survive within a specified time then followed-up by giving a third measurement (Shadish, Cook & Campbell, 2002).

Instruments

The independent variable in this study was Forgiveness Therapy, while the dependent variable chosen was the Meaningfulness of Life. Subjects in this study were 7 (seven) female prisoners (CP) who were incarcerated in Prisons X Yogyakarta with the inclusion criteria: convicted from Law No. 372-375 of the Criminal Code related to embezzlement or Law 378 of the Criminal Code related to fraud, approximately 20-45 years, had a minimum education level of junior high school, received a period of detention in prisons for the first time, and willing to be the participant of the research.

Instruments in this study consists of Forgiveness scale adapted from The Heartland Forgiveness Scale (HFS) Thompson (2005) containing 18 items and Meaningfulness of life scale adapted from the scale used Nurdin (2007) on Prisoners, consisting of 28 trials of the item after item 49. Nurdin formulated aspects of the meaningfulness of life based on aspects of the meaningfulness of life by Frankl (1986) and Crumbaugh (in Koeswara, 1992).

Worksheets were given to the subject in order to be able to write something that happened long before and after the period of custody of feelings, thoughts and behavior of the subject. It was also used to determine the object subject of forgiveness and meaning/ lessons learned.

Self reporting diary (SRD) consists of two parts. The first contained forgiveness and meaningfulness of life checklist. The checklist was given to subject as self-report to describe the condition of the subject before, during, and after therapy forgiveness. Checklist meaningfulness of life consisted of 14 items arranged by researcher based on aspects of the meaningfulness of life by Frankl (1986) and Crumbaugh (in Koeswara, 1992). Checklist forgiveness which consisted of 10 items was arranged based on the scale of The Heartland Forgiveness Scale (HFS) (Thompson et al., 2005). The second part contained a record of events, feelings, wisdom, and relaxation exercises of the subject on that day.

Study procedures

Implementation phase of this study consisted of preparation and implementation. Study preparation was commenced by licensing process through the Regional Secretariat, Ministry of Law and Human Rights and the Penitentiary Institution. Furthermore research module was compiled with two other studies (Praptomojati & Daningratri, 2015) based on an exploratory study and review of the literature as well as a modification of forgiveness therapy module by Rahmandani (2011). Module validation was conducted through Professional judgment made by the three practitioners of clinical psychologists to assess aspects such as therapy concepts, procedures for implementation, objectives, groove, method, time, language, size and display module as well as assessing the worksheet. The assessment process carried out quantitatively and qualitatively. Rater quantitative assessment was done by adding value with a rating of 1-10. Validation was done using a validation module contents Aiken's V which results move from the value of 0.78 to 0.85 with a mean of 0.81. Inter-rater agreement of the modules is done by calculating the Intra Class Correlation Coefficient. The analysis showed the average inter-rater agreement of 0.84 which indicates that the inter-rater agreement is almost perfect. A qualitative assessment assessed based on suggestions and input relating to the module content, language, writing and presentation layout worksheet. Furthermore, the training of the facilitator and observer and field trials were conducted. Results of the analysis of the trial showed that changes in post-test scores well on forgiveness and meaningfulness of life. All test subjects had increased forgiveness and meaningfulness of life on the posttest. The mean score on forgiveness is gained by 5 points, while the meaningfulness of life of 3.2 points. Analysis of paired sample t-test showed that there is a significant difference between pretest and posttest scores on forgiveness with $t = -4.802$, $p = 0.027$ ($p < 0.05$). An increase in average by 5 points at which the results of the posttest ($M = 64.50$, $SD = 1.92$) was higher than the results of the pretest ($M = 59.50$, $SD = 3.7$). Evaluation and improvement of the module after testing based on suggestions and feedback from participants, facilitators and observers. The last step was validity and reliability of measuring instruments. Validity test of the content was carried out by requiring judgment in the form of ratings from students master the profession of psychology, a number of 5 people. As a result, the value of V for Meaningfulness of Life scale moved from 0.65 to 0.91,

with a mean of 0.82 V. On Forgiveness scale, the value moved from 0.7 V to 0.9 V with a mean of 0.89. Based on the value V, it could be concluded that all three scale had good validity of the content. Results of field trials on Meaningfulness of Life scale with 20 items, it showed that discrimination power was 0.266 to 0.724 with a Cronbach alpha coefficient of 0.882. Furthermore, the test results with the 17 item Forgiveness, this scale had the power of discrimination item that moved between 0.261 and 0.855, and had a Cronbach alpha coefficient of 0.915.

Stages of the study process was begin from measurement were taken before treatment (pre-test), after treatment (post-test) and follow-up. Before the pre-test, subjects were screened by interviewing prison staffs on the most widely cases experienced by female prisoners. The results showed that 80% of the most experienced cases were the case with regard to Article 372 (embezzlement) and Article 378 (fraud). Of the 65 prisoners in prisons, there were 58 prisoners who have fraud and embezzlement cases. Prison staffs stated that female prisoners with such cases undergo psychological conditions that were quite alarming both because they felt guilty for their actions and felt disappointed because they felt betrayed. Then the researcher also checked the reporting book from prisons to see the complete personal data of CP. Researcher selected subjects based on characteristics of the pre-defined inclusion such as education, age, time served, religion, and nationality. There were 12 prisoners included in the criteria. Then 12 CP were interviewed and given a pre-test. As a result, there were seven prisoners who were willing to follow the therapy. Based on the design of the module, implemented forgiveness therapy was conducted for 6 sessions for approximately 120 minutes. Each session was held in the first meeting. Therapy was carried out as many as two sessions with an interval of 3 days in each session. Measurements were taken after the completion of treatment that aimed to look at the effect of therapy that had been granted for six sessions. Follow-up was done in two weeks after therapy given. It aimed to determine the resilience of the therapeutic effect of up to two weeks after treatment.

Analysis of quantitative data in this study was done by using repeated ANOVA and descriptive data analysis as supplementary data. Descriptive data was obtained from worksheets, checklists, observation, evaluation results, and sharing the results in the form of a verbatim transcript throughout the intervention takes place.

3. Results

Study results were obtained by using a quantitative analysis as the main data, while additional data was analyzed by using descriptive analysis in the form of individual visual analysis of the checklist.

A. Quantitative analysis

1. Measurement Results

a) Meaningfulness of Life

Table 4. Meaningfulness of Life Score Before and After Therapy

Name	Pre-test	Post-test	Follow-up
YP	73	76	76
NH	75	86	82
NS	84	86	87
RO	71	74	84
KR	83	91	90
CH	85	95	95
SM	61	85	82
Means	76,00	84,71	85,14

Based on the above table, it can be seen that an increase Meaningfulness of Life on the subject because there is changes in scores in all subjects on the post-test with mean of 8.7 points. Hypothesis testing was done by using Repeated ANOVA. Mauchly's test results of the analysis showed that the assumption of sphericity was met ($p = 0.004$, $p < 0.05$). Results of pairwise comparison showed that there were significant differences from pre-test to post-test ($p = 0.024$; $p < 0.05$) and from pretest to follow-up ($p = 0.09$; $p > 0.05$), but there is no difference significantly from posttest to follow-up ($p = 0.813$; $p > 0.05$).

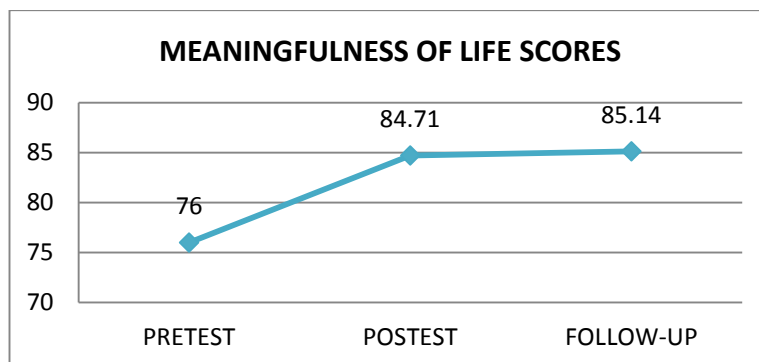


Figure 1. Meaningfulness of Life Score

b) Forgiveness scale

Measurements of forgiveness were also done to see whether there was an increase before and after therapy. Below is the description:

Table 5. Forgiveness Scale Measurements

Name	Pre-test	Post-test
YP	50	52
NH	57	58
NS	55	74
RO	49	59
KR	57	64
CH	58	64
SM	50	57
Means	53,57	61,14

Based on the table above, it can be seen that there was a change in score of forgiveness after treatment with the score changes by 7.57 points with the result post-test (M= 61.14, SD= 7.03) which was higher than pre-test (M= 53.57, SD= 3.74). This is consistent with the analysis of paired sample t-test showed that there was a significant difference between pre-test and post-test scores on forgiveness with $t = -3.372$; $p = 0.015$ ($p < 0.05$).

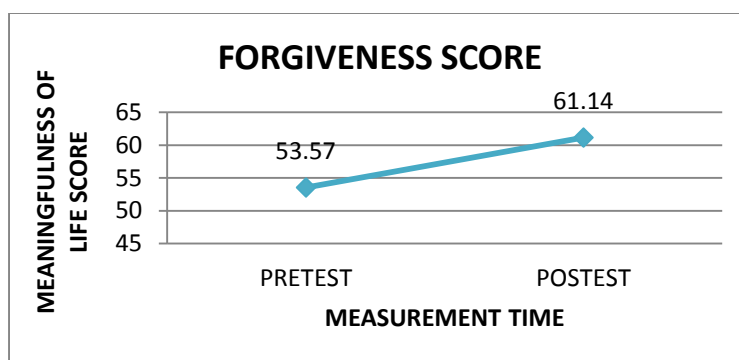


Figure 2. Forgiveness Score

c) Results of achievement observation session

Results of analysis using Intra Class Correlation Coefficient calculation showed that the average inter-observer agreement for the achievement indicators of 0.995 therapy. This showed that the overall implementation of forgiveness therapy was used to achieve the indicator of the success of any given therapy session. Different test performed using a paired sample t-test to compare the mean results of the assessment 3 observer with a value of 1.00 which means that indicators of success achieved therapy sessions. The result showed the $t(37) = -1.00$, $p = 0.324$, $p > 0.05$. It showed there was no significant difference between the

results of the assessment 3 observer with a value of 1.00 (perfect) which means that indicators of success achieved therapy sessions.

B. Descriptive Data Analysis

1. Individual Analysis

a. YP

1) Changes in the meaningfulness of life and forgiveness

YP meaningfulness of life scale score pre-test (73) increased 3 scores on post-test (76), and last up to the follow-up (76). On forgiveness, score in pretest (50) increased in post-test (52) and to follow-up (53). Based on the scores acquisition, it could be concluded that the meaningfulness of life subjects experienced an increase in the presence of forgiveness therapy.

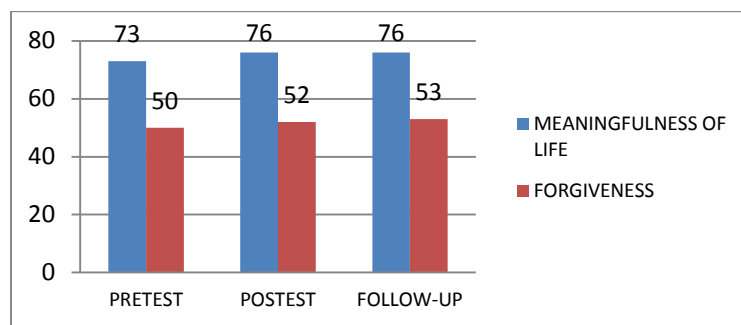


Figure 3. Meaningfulness of Life and Forgiveness Scores of YP

2) Checklist

3) Visual analysis of data obtained from a mean score checklist meaningfulness of life of YP showed an increase from prior to the therapy (M = 40.50) to the treatment period (M = 58.30), but decreased after treatment (M = 57.50). On the checklist of forgiveness, the mean scores before treatment (M = 25.00) increased time of treatment (M = 39.50) and again increased after treatment (M = 42.00).

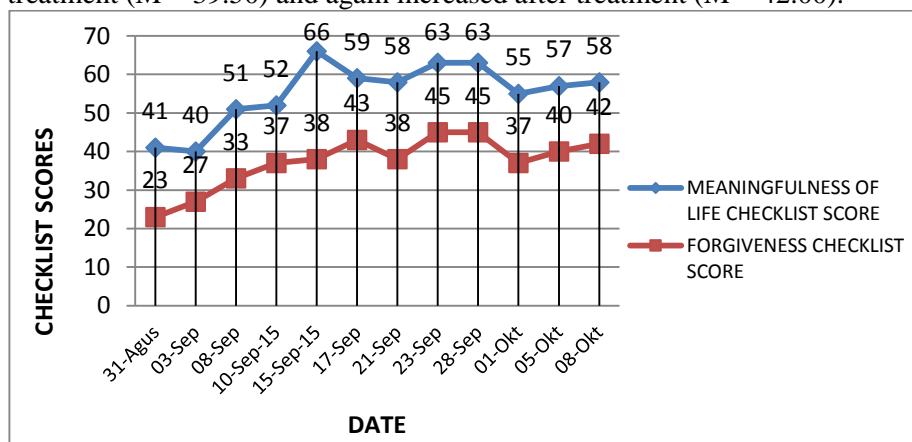


Figure 4. Checklist Score on Meaningfulness of Life and Forgiveness of YP

4) Descriptive Analysis

YP went to jail because she was subject to Article 378 of the car fraud case. During her detention period, YP experienced psychological distress. She experienced feelings of anger, hurt and disappointed, and often experience dizziness. She frequently had negative thoughts and feelings.

Based on observations during therapy, when asked to tell about her case, the subject was upset and angry from the harsh tone of voice and body gestures. In addition, YP seemed to be sad and often cried at the session I and II, especially when told about families who were disadvantaged due to be abandoned. The relaxation of the subject seemed to be difficult because she was often sleepy and yawning, especially in the VI session. During the session, YP looked more capable through the day with positive activities like knitting, in addition, YP had a relationship with prison staff and her friendship in the block were

also well established. This was reinforced by the results of the meaningfulness of life checklist that showed the mean scores were higher when compared with some of the subjects who had scored below the lower.

The results of visual analysis of both scale and checklist meaningfulness of life and forgiveness showed improvement from pretest to posttest. This was also in line with the observations during the therapy progresses. Besides the negative emotions and dysfunctional thoughts on the subject declined and stated that she was now able to receive incoming prison condition and tries to make peace with the prosecutor. However, the checklist meaningfulness of life at follow-up decreased due to problems related to the family that makes the subject sad and disappointed. Nevertheless, commitment or desire to forgive the subject was in the time of treatment and after treatment persist in figure 8. According to the subject of the passage of time she will be able to forgive because if she does not forgive, she will always be stripped and feel emotionally and physically unhealthy. Subject also had agreed to meet the reporter. Values were able to be obtained by the subject during the treatment process to realize that forgiveness is essential that the emotions, the mind and body healthy. The subject was also able to undergo day-to-day effort knitting in prisons. The meaning of life was obtained when the subject was already felt more relaxed, more receptive, and able to focus on activities in prisons and more tolerance with others.

b. NH

1) Changes in the meaningfulness of life and forgiveness

NH meaningfulness of life scale score pre-test (75) increased 11 scores on post-test (86), and decreased to the follow-up (82). On forgiveness, score in pretest (57) increased in post-test (58) and decreased to follow-up (57). Based on the scores acquisition, it could be concluded that the meaningfulness of life subjects experienced an increase in the presence of forgiveness therapy.

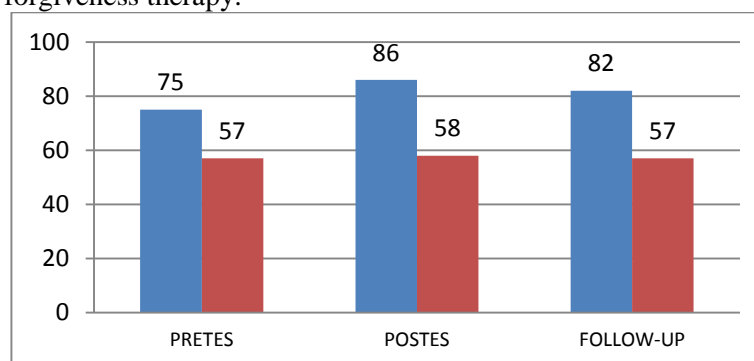


Figure 5. Meaningfulness of Life and Forgiveness Scores of NH

2) Checklist

Visual analysis of data obtained from a mean score checklist meaningfulness of life of NH showed an increase from prior to the therapy ($M = 42.50$) to the treatment period ($M = 56.25$), and again increased after treatment ($M = 60.50$). On the checklist of forgiveness, the mean scores before treatment ($M = 33.50$) increased time of treatment ($M = 41.0$) and again increased after treatment ($M = 45.00$).

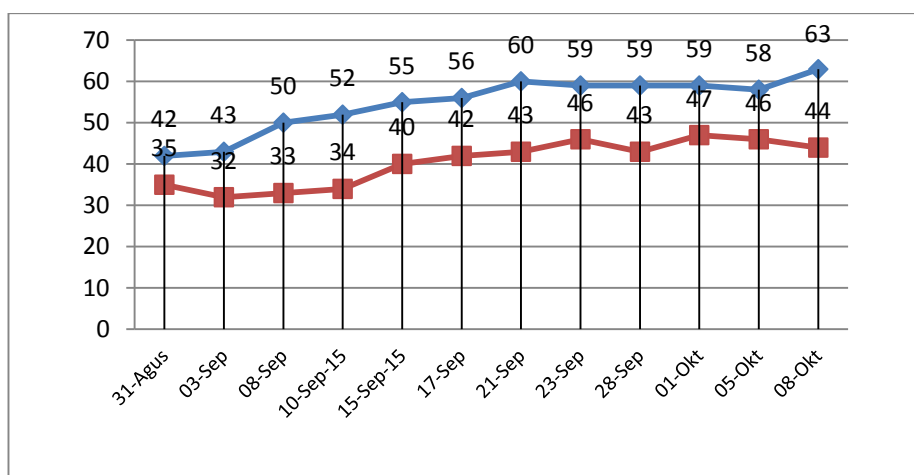


Figure 6. Checklist Score on Meaningfulness of Life and Forgiveness of NH

3) Descriptive Analysis

NH was tangled case related to fraud money of her friend amounted to three billion. When the verdict sentenced to two years in prison, NH felt shock to affect the emotions that often angry, sad and disappointed. She also thought that she was ignored by her family since she entered the prison. Additionally, during her time in the prison, she became sleepless, loss of appetite and losing weight. NH also once attempted suicide by drinking dish soap. The emergence of feelings, thoughts, and behaviors of NH happened quite often while in prison.

Based on observations, during a session the subject was less open when in a group than individually while undergoing therapy. While in the group, she looked more silent than other subjects, as seen when prompted sharing, subject always appointed and rarely volunteered in advance like other subjects. When told about the sad experience of the subject was also often seen smiling, whereas in individual session, subject could talk a lot and shed to tears.

When relaxation, the subject looked have difficulty following the plot and seemingly unsettled from the gestures of the body shown, but when the imagery coping session, subject was able to focus and shed tears. During the therapy, the subject looked capable of living a life in prison circuitry in quieter and her intensity of angry reduced. In addition, subject became more routines in doing worship as well as a pretty good at social relations. This was consistent with the results of the meaningfulness of life checklist which showed an average increase of the duration of therapy before treatment to even up the follow-up.

Results of visual analysis both meaningfulness of life and forgiveness scale showed an increase from before therapy until completion of therapy, but decreased at follow-up. It was also evident from the results checklist forgiveness decreased at follow-up. This happened because the subject was disappointed when her husband asking permission to marry again. This also causes the subject's commitment to forgive dropped from number 6 to 4. However, based on the results of the checklist meaningfulness of life visible improvement even at follow-up, this happens because the subject has been designing her plans to become a single mother who will accompany their children. The meaningfulness of life that was obtained by subject were subject could feel more calm and patient, think of positive things and when making decisions she was able to think clearly and did not rush. The subject was also often consulted and sharing with family and get closer to God.

c. NS

1) Changes in the meaningfulness of life and forgiveness

NS meaningfulness of life scale score pre-test (84) increased 2 scores on post-test (86), and again increased to the follow-up (87). On forgiveness, score in pretest (55) increased in post-test (74) and decreased to follow-up (68). Based on the scores acquisition, it could

be concluded that the meaningfulness of life subjects experienced an increase in the presence of forgiveness therapy.

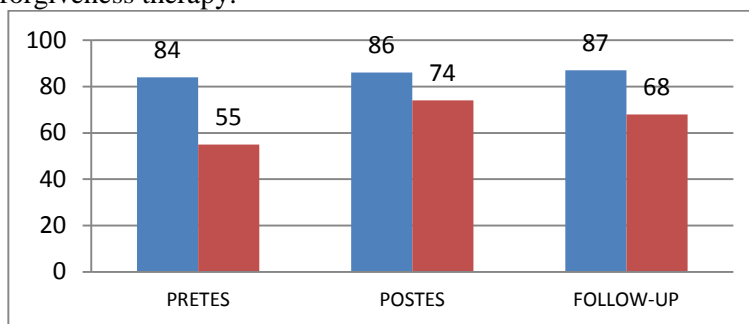


Figure 7. Meaningfulness of Life and Forgiveness Scores of NS

2) Checklist

Visual analysis of data obtained from a mean score checklist meaningfulness of life of NS showed an increase from prior to the therapy (M = 42.50) to the treatment period (M = 56.25), and again increased after treatment (M = 60.50). On the checklist of forgiveness, the mean scores before treatment (M = 33.50) increased time of treatment (M = 41.0) and again increased after treatment (M = 45.00).

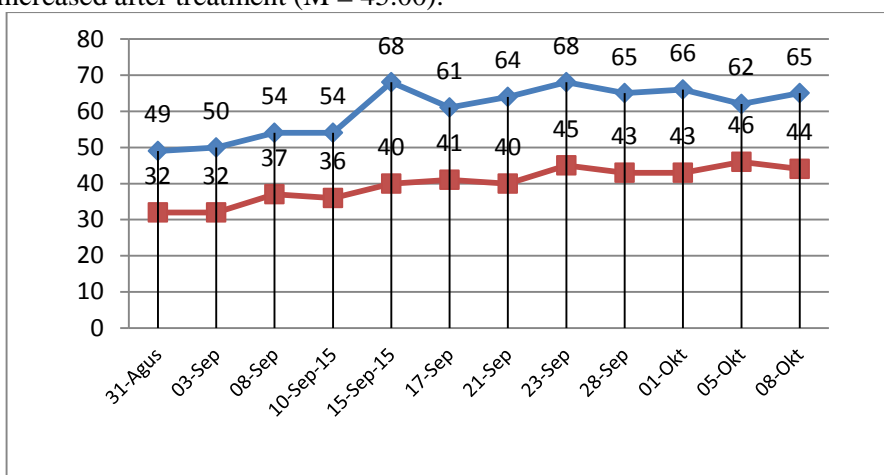


Figure 8. Checklist Score on Meaningfulness of Life and Forgiveness of NS

3) Descriptive Analysis

NS went into prison because of identity fraud that has caused her in prison for 4 years and 3 months. While in prison, NS experienced a variety of psychological conditions such as feeling sad, often crying, withdrawal, complaining her disappointment and guilt. Subject admitted to be difficult to accept the situation she faced in prisons and regretting her mistake when adopting a child and lead her to a prison sentence.

Based on observations in group therapy, subjects looked sad more often. It could be seen from her sullen face, moody act and crying as she spoke. During her attendance in the group, however the subject was not reluctant to tell a lot of things that happened. Only when told about the sad experience of the subject was sometimes seen smiling and laughing (incongruence). During the relaxation, the subject seemed not to have any trouble with therapist instruction. Subjects also looked calm. During the coping imagery, subject had trouble imagining the corresponding instruction therapist. The subject was not able to imagine negative events directed therapist. During therapy, the subject looked capable of living a life in prison with positive activities such as following the volleyball match. This was consistent with the results of the checklist meaningfulness of life experienced an average increase of the duration of therapy before treatment to even up the follow-up.

The results of visual analysis of both scale and checklist meaningfulness of life and forgiveness showed an increase corresponding observations during ongoing therapy. In

addition, dysfunctional negative emotions and thoughts could be transferred to the situation. As for the subject commitment or desire to forgive was in figure 8. According to the subject, as the time passed, she would be able to accept her situation. The value could be taken by the subject from the therapeutic process maker her became more introspective and accept the condition. The declared value or positive meaning stated by the subject during follow-up which was no change in the control of emotions, for example when she could not make a call, she would find a friend to chat and knit.

d. RO

1) Changes in the meaningfulness of life and forgiveness

RO meaningfulness of life scale score pre-test (71) increased 3 scores on post-test (74), and again increased to the follow-up (84). On forgiveness, score in pretest (49) increased in post-test (59) and again increased to the follow-up (64). Based on the scores acquisition, it could be concluded that the meaningfulness of life subjects experienced an increase in the presence of forgiveness therapy.

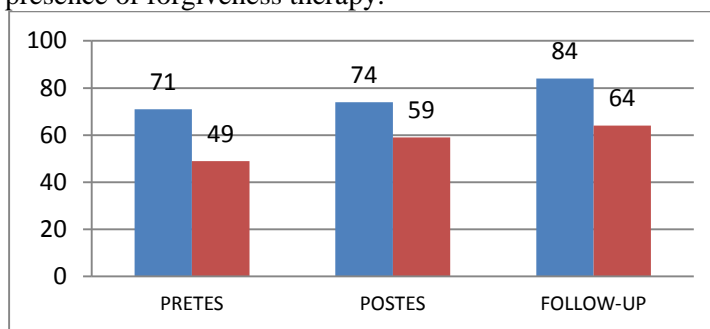


Figure 9. Meaningfulness of Life and Forgiveness Scores of RO

2) Checklist

Visual analysis of data obtained from a mean score checklist meaningfulness of life of RO showed an increase from prior to the therapy (M = 44.50) to the treatment period (M = 52.00), and again increased after treatment (M = 61.50). On the checklist of forgiveness, the mean scores before treatment (M = 32.00) increased time of treatment (M = 37.00) and again increased after treatment (M = 44.50).

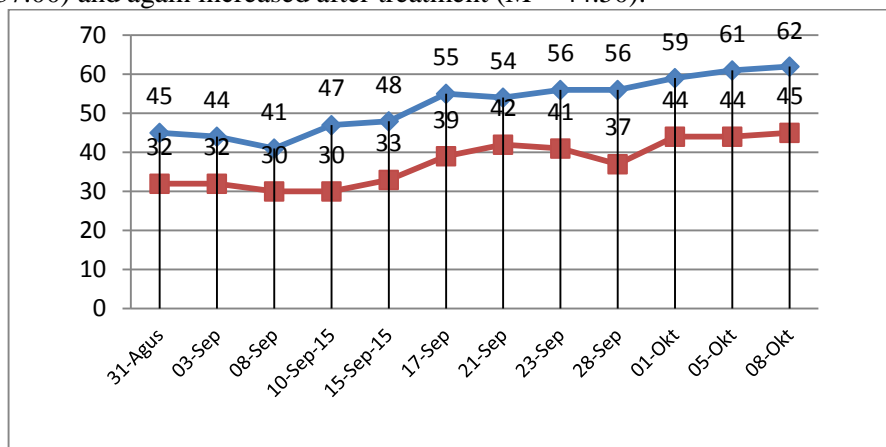


Figure 10. Checklist Score on Meaningfulness of Life and Forgiveness of RO

3) Descriptive Analysis

RO received a sentence of 4 years for embezzlement employee (CPNS). When she heard the verdict and serving prison time, she experienced emotions such as sadness, feeling guilty and depressed. RO thoughts were the fear of failing in the future with honors former prisoners and the defamed family. These events made RO often cry, be alone, even at the beginning of entering prison, RO often faint. However, at this time, the more important problems to be solved for RO was a sense of annoyance at her ex-boyfriend who left the subject from the marriage. This makes the subject did not believe the man and wanted to make his ex-boyfriend (object forgiveness) suffer.

Based on observations, during therapy groups at each session, subject was calm. When having a telling session, the subject looked high in spirit, but the expression displayed by the subject looked incongruous because when talk about sad things, the subject was often smiling and laughing. During her stay in the group, RO was one subject that was cooperative and opened to the therapy. The subject talked much about family and work conditions, but the subject rarely provided input or show empathy to the other participants.

During relaxation, subject looked has no trouble to follow the flow and therapist instructions. Subjects also looked calm and focus in every session. Subject looked serious during the coping imagery in which the subject was able to imagine negative events. These were indicated by her serious and shrink face, and shed tears. During therapy, the subject looked capable of living a life in prison with positive activities such as following the volleyball match, worship diligently, even decided to use headscarves. This was consistent with the results of the checklist meaningfulness of life experienced an average increase of the duration of therapy before treatment to even up the follow-up.

The results of visual analysis both scale and checklist meaningfulness of life and forgiveness subjects showed an increase. This was also in line with the observations during the therapy progresses. In addition, dysfunctional negative emotions and thoughts of forgiveness of subject declined to an object. As for the commitment or desire to forgive of the subject were shown in figure 8. The subject stated that forgiveness was beneficial to reduce the pain of his heart. Currently, sixth session of therapy the subject stated that she had re-establish communication via telephone and letter with her forgiveness object.

The value that could be taken by the subject during the therapy process was the subject became more introspective and understanding, and able to see the positive side of the forgiveness. Subject could accept, relieved and happy to undergo jail terms in prisons. Based on the results of follow-up, the meaning of life obtained by the subject were being happy, being introspective, already wearing *hijab*, actively communicate, pray, spirit live, aware of the magnitude and significance of parental affection.

e. KR

1) Changes in the meaningfulness of life and forgiveness

KR meaningfulness of life scale score pre-test (83) increased 8 scores on post-test (91), but decreased 1 scores on follow-up (90). On forgiveness, score in pretest (57) increased in post-test (64) but decreased 2 scores on follow-up (62). Based on the scores acquisition, it could be concluded that the meaningfulness of life subjects experienced an increase in the presence of forgiveness therapy.

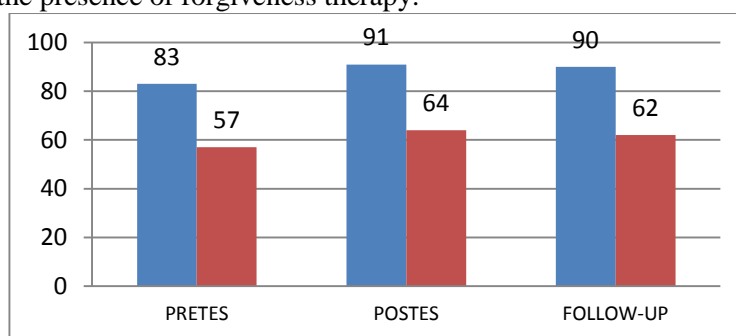


Figure 11. Meaningfulness of Life and Forgiveness Scores of KR

2) Checklist

Visual analysis of data obtained from a mean score checklist meaningfulness of life of KR showed an increase from prior to the therapy ($M = 44.00$) to the treatment period ($M = 55.25$), and again increased after treatment ($M = 58.50$). On the checklist of forgiveness, the mean scores before treatment ($M = 21.50$) increased time of treatment ($M = 35.70$) and again increased after treatment ($M = 46.50$).

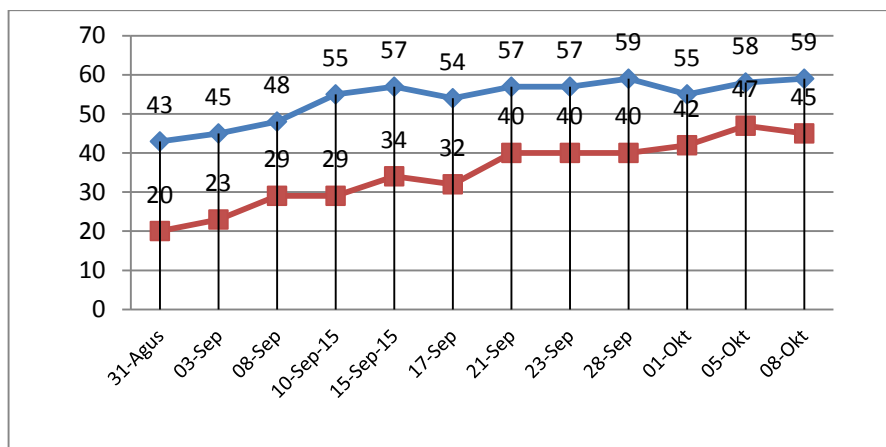


Figure 12. Checklist Score on Meaningfulness of Life and Forgiveness of KR

3) Descriptive Analysis

KR went to prison for fraud and misuse of money of IT. These events made the subject feel disappointed and angry at her friend who reported subject. Subject cried frequently and did not eager to undergo day-to-day in prison. Based on observations during the session, the subject was an individual who looked cheerful and cooperative. The subject was also able to tell by the expression congruent. Within the group, the subject was able to provide input to the group, but the subject was often chatting with other friends when the therapy process running.

During the relaxation and coping imagery, subjects have difficulty following instructions and to undergo the process because the subject had stated less happy with the technique. During the process of therapy, subject was a participant who is able to undergo the days in prison with a variety of positive activities such as volleyball and knitting. This was done in the subject as one of the solutions to solve and divert the feelings, thoughts and negative behavior. This was consistent with the results of the score scale and checklist meaningfulness of life has increased from before therapy until completion of therapy even at follow-up as well as scale scores increased forgiveness when completed therapy. The increase was also strengthened by a commitment to forgive the subject was at number 9.

Observation results during the ongoing therapy and based on the sharing and worksheets, negative emotions and thoughts dysfunctional of the subject to an object of forgiveness has declined. Subject was aware if she continues to feel angry then it will continue to distract her so she chose to ignore. The value could be taken by the subject of the therapy process that was the subject became understand the positive side of others, was already free from negative thoughts and emotions, more acceptable, thus find it was easy to forgive. At the follow-up session, the subject stated that she became closer to God, to be more diligent in doing activities in prisons and have a future to open a business such as knitting.

f. CH

1) Changes in the meaningfulness of life and forgiveness

CH meaningfulness of life scale score pre-test (85) increased 10 scores on post-test (95), and last up to the follow-up p (95). On forgiveness, score in pretest (57) increased in post-test (64) but decreased 2 scores on follow-up (62). Based on the scores acquisition, it could be concluded that the meaningfulness of life subjects experienced an increase in the presence of forgiveness therapy.

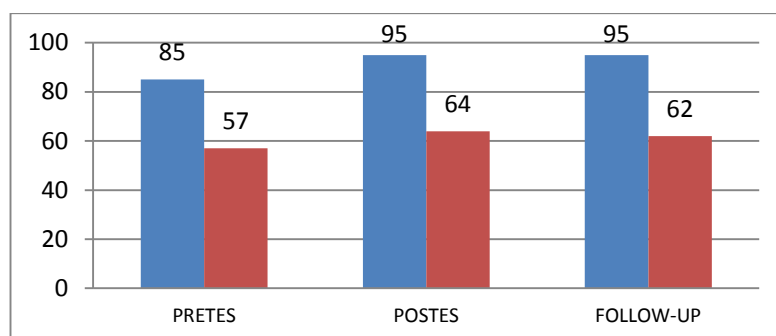


Figure 13. Meaningfulness of Life and Forgiveness Scores of CH

2) Checklist

Visual analysis of data obtained from a mean score checklist meaningfulness of life of CH showed an increase from prior to the therapy (M = 46.00) to the treatment period (M = 60.00), and decreased after treatment (M = 59.50). On the checklist of forgiveness, the mean scores before treatment (M = 36.50) increased time of treatment (M = 37.50) and again increased after treatment (M = 40.00).

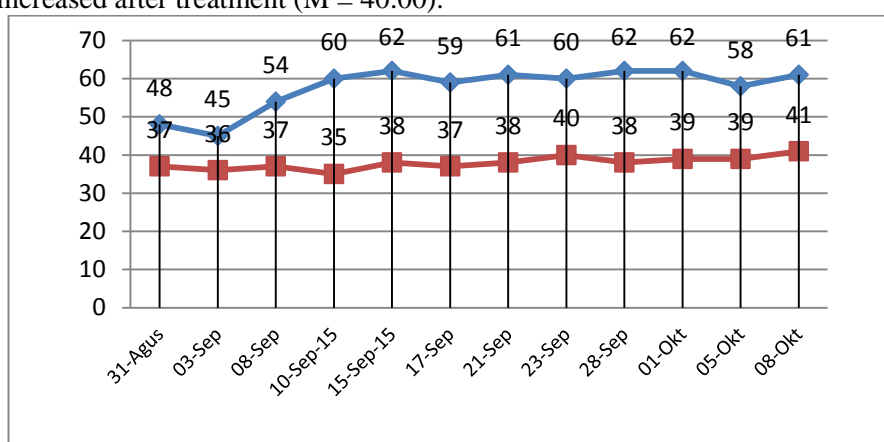


Figure 14. Checklist Score on Meaningfulness of Life and Forgiveness of CH

3) Descriptive Analysis

CH was a notary who was sentenced to prison for fraud and embezzlement. While in prison sentence, the subject felt guilty, anger, hurt, disappointed and sad. The greatest feeling in the subject was guilt and anger at herself for feeling that she could be the mother who accompanied intact families and their children. Subject had the thoughts of the mistake being too trusting of others and because of lack of caution in the work. Subjects often blamed herself for her carelessness and stubbornness. The thoughts and feelings often occur when a subject was recognized to be going to bed at night. Based on observations during the session, the subject was an individual that was calm, orderly and cooperative. The subject was also able to talk with expressive but sometimes looked incongruous. Within the group, the subject was able to establish a good interaction with other participants and provided input.

During the relaxation, the subject was able to follow the instructions therapists and looked focus through it. The subject was also a regular participant to relax, especially at night when praying *tahajjud*. When the process of coping imagery associated with problems in the family, the subject cried.

During the process of therapy, subject was a participant that was able to interact and provided input on other participants such as sharing lessons learned from the book she was reading. This was done in the subject as one of the solutions to solve and divert the feelings, thoughts and negative behavior. This was consistent with the results of the score scale and checklist meaningfulness of life and forgiveness that has increased from before therapy until completion of therapy. The increase was also strengthened by a commitment to forgive which was at number 9.

Observations during ongoing therapy and based on the sharing and worksheets, negative emotions and thoughts dysfunctional of the subject has decreased. Subject was aware if she continues to blame herself, it will grow and make her pessimistic. Value that could be taken by the subject after the therapy was learning to be more self-introspection and self-assess the positive side. Subject realized that the events that happened were the process of removing the sins that had done by the subject. In addition, the subject became closer to God and realized the importance of family. Subject felt more valuable and happy which was evident from the spirit of the subject of the purpose of life after getting out of prison. At follow-up, the meaning of life was obtained by the subject who was closer to God, took positive lessons from mistakes, introspection and eager to fulfill her dreams in the future.

g. SM

1) Changes in the meaningfulness of life and forgiveness

SM meaningfulness of life scale score pre-test (61) increased 24 scores on post-test (85), and decreased 3 scores on follow-up p (82). On forgiveness, score in pretest (50) increased in post-test (57) and also increased 5 scores on follow-up (62). Based on the scores acquisition, it could be concluded that the meaningfulness of life subjects experienced an increase in the presence of forgiveness therapy.

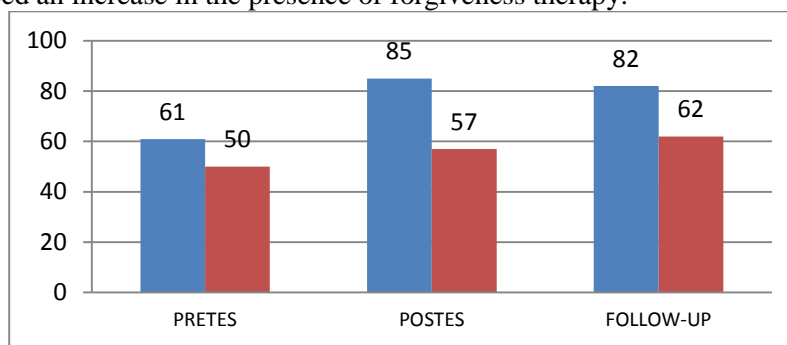


Figure 15. Meaningfulness of Life and Forgiveness Scores of SM

2) Checklist

Visual analysis of data obtained from a mean score checklist meaningfulness of life of SM showed an increase from prior to the therapy (M = 40.50) to the treatment period (M = 51.25), and decreased after treatment (M = 56.00). On the checklist of forgiveness, the mean scores before treatment (M = 22.50) increased time of treatment (M = 28.90) and again increased after treatment (M = 30.00).

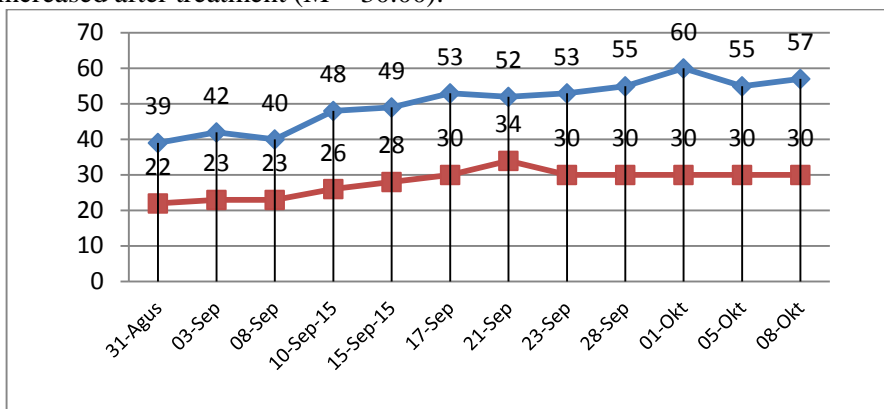


Figure 16. Checklist Score on Meaningfulness of Life and Forgiveness of SM

3) Descriptive Analysis

SM was accused of fraud funds of TKI departure that caused her for 2 years in prison. After the sentenced, subject felt sad and disappointed, but it was not too heavy. The deepest disappointment was on the family, especially when her mother only visited her once in two years she was jailed. Subject felt hurt, disappointed and grudge to her family

for thinking that the family did not care. When thinking about it, the subject often cried in prison room, even more attempted to suicide once.

Based on observations during the process of therapy, the subject was a very interactive person even looked reactive when compared with other friends. In each open sharing activity, subject often interrupted the conversation both of her friend and the therapist. In the group, the subject was a participant who gave the most feedback to other participants. During the relaxation, the subject was able to follow the instructions of therapist calmly and seriously. Then during the coping imagery, the subject was able to imagine the conditions that were directed by the therapist. The subject was also able to benefit from the relaxation that was comfortable and quiet.

During the process of therapy, subject was a participant who was able to provide benefits to other participants through advice and insight in getting during therapy and her experience to encourage other participants. This was done in the subject as one of the solutions to solve and divert the feelings, thoughts and negative behavior by helping her friends. This was consistent with the results of the score scale and checklist meaningfulness of life and forgiveness that has increased from before therapy until completion of therapy even at follow-up. The increase was also strengthened by a commitment to forgive subjects who were at number 8. Subject realized that if she does not forgive, it will have an impact on the physical and emotional hurt, always have a lot of thoughts and fatigue.

Observations during ongoing therapy and based on the sharing and worksheets, negative emotions and thoughts dysfunctional subject has decreased. Subject realized that the mistakes made by the family were not entirely their fault of her family but her fault. After the therapy, the subject could see the positive side of the family and consider family conditions that cause the subject under-appreciated. If during this time the subject could only silent and aloof when thinking of the family, she was currently able to cope with the shift to the other activity by knitting and sharing.

The value that could be retrieved from the forgiveness therapy session included the calmer and patience feeling through life in prison. At follow-up the subject stated that she became cheerful, humorous, entertaining themselves and chatty from the previously silent and just knit at her room alone and aloof did not want to care of other people. In addition, she became to be more introspective and realized the mistake and planning purpose in life when released from prison wants to earn more money and become entrepreneurs.

4. Discussion

This study was a quasi-experimental design with one group pre-test and post-test design. Quantitative analysis was used to examine the performance of forgiveness therapy in improving the meaning of life among CP. Descriptive analysis aimed to figure out the changes and benefits obtained by each individual. The process of individual development was scrutinized from the analysis on the checklist of meaning of life and forgiveness.

Quantitative analysis of the meaningfulness of life in this study was done by using Repeated ANOVA. Mauchly's test analysis results showed that the assumption of sphericity was met ($p = 0.004$, $p < 0.05$). Results of pairwise comparison showed that there were significant differences from pre-test to post-test ($p = 0.024$; $p > 0.05$) and from pre-test to follow-up ($p = 0.09$; $p > 0.05$), but there was no significant difference from post-test to follow-up ($p = 0.813$; $p > 0.05$). This corresponds to a yield increased mean score before treatment ($M = 76.00$) and after treatment ($M = 84.71$). The results using therapeutic forgiveness by Allen et al., (2013) and Bishop, et al (2014) showed that forgiveness therapy is one of the positive religious coping are effective for improving mental health as a result of the failure of life experienced by female prisoners so as to achieve the meaning of life.

Based on the results of visual analysis on the meaningfulness of life scale, the seventh research subject showed increased meaningfulness of life scores from before therapy to complete the treatment with a mean increase in score of 8.7. In addition, based categorization, five subject experienced changes in category which was before the therapy they were in the category of low and medium and after the

treatment they improved into medium and high. Moreover, although two subjects which were YP and RO that did not change the category, but there was an increase in scores in the measurement of the meaningfulness of life.

Realizing the importance of forgiving that aimed to increase the meaningfulness of life is not easy. Increased meaningfulness of life in the seventh subject was influenced by internal factors that awareness (insight) subjects in the process itself in therapy, for someone who is not able to realize and utilize the processes that occur in life will have difficulty to interpret the changes in his life (Hayes, Strosahi, & Wilson, 2003). In addition to the factors themselves, some things like find a place for mutual sharing, mutual support, encouragement and learning from the experiences of other subjects are also factors that can increase the meaningfulness of life subjects in the group process. Corey, et al (2014) stated that the favorable climate, acceptance, listening and empathy or support within the group were able to create group cohesiveness. It is also influenced by external factors that the therapist's ability to build a good relationship (rapport) at each session, providing a reflection of empathy, appreciation and positive feedback on the subject as well as participating in the self-disclosure. In the group, each member learns that they were not alone, they were valuable, learning to be part of the environment, support each other, finding advantages in addressing the problem, learn to imitate and practice new behaviors, and learn to express opinions (thoughts, fears, secrets and dreams) (Corey, Corey & Corey, 2014). Haywood et al., (2000) further stated that group therapy can improve self-esteem, the ability to control themselves, the ability to adapt emotionally and socially, increase confidence among CP women, reducing physical complaints are perceived, and reduce the desire to withdraw from other CP (Harner & Riley, 2013).

In the initial two sessions, it appeared that all the subjects were able to tell their experience, but only a few were open and loosely open to groups. Then when the third session until the end of the therapist tried to self-disclosure, the subjects looked increasingly believed in the group, and increasingly wanted change in his condition. Corey, et al (2014) described that process of self-disclosure helps individuals deepen understanding of themselves that will foster the desire / commitment to make a change in life. This was an evident from the subject in the seventh replenishment planning worksheet for his life after a session to live a life in prison and to prepare it to be served after the exit of the prison.

Group process through sharing activities at each session could be an important process in expressing events, feelings, and thoughts which were related to negative emotions (Greenberg, 2002) and was also important to determine the object and the subject of forgiveness gain insight about the importance of forgiveness. Sharing needs a place to pour, so that with the group to be a forum for sharing and learning about life experiences. Pearson (1990), said the group plays an important role in helping individuals improve mental health and form the ability to overcome the negative effects of physical and social factors that are harmful. In addition forgiveness therapy consists of subjects that have the same characteristics of the cases of fraud and embezzlement that the possibility of the emergence of a sense of community on a similar case. Corey, et al (2014) stated that individuals who met with individuals who have the same struggles, it will gain confidence to change their lives for the better. Frequency of therapy was done 2 times a week was also more effective because the interval between sessions was not too long and can increase the intensity of the group to proceed with the theme of therapy (Brabender, Fallon, & Smolar, 2004; Yalom, 1985).

The success of group therapy that followed the subject of women, according to research by Morgan Winterrawd and Fuqua (1999) states that the group therapy with a cognitive behavior approach on female prisoners can improve and develop problem-solving abilities to deal with the environment and peace with problems as they arise. The seventh subject of therapeutic benefit that is able to assess the positive and take the significance of the events that happened. This was in accordance with the opinion of Mills et al (2005) who explained that through group-based cognitive approach intervention, CP felt their life meaningful and capable of implementing the learning in the environment.

In addition to sharing the efforts that can improve the subject's commitment to forgive is psychoeducation and reframing techniques of the therapist. Through psychoeducation, subject acquiring knowledge, learning, skills and ability to control negative environmental stressors with self-adaptive control (Norcross in Dobson & Dobson, 2009). Some subjects are able to feel the benefits of psychoeducation as an understanding of the events, emotions and negative thoughts that affect activities of daily life.

Reframing help subjects see the positive side in a negative situation facing (Froggatt, 2009) to reassess the perspective that had been owned, through another viewpoint different and broader (Enright, 2001). This process is a therapeutic technique that is most beneficial for all subjects become aware of the condition of the object of forgiveness so as to make themselves easier to accept and forgive. Techniques imagery sessions V and VI is a technique of coping to overcome the fears and anxieties that are owned (Wilding & Milne, 2009) with the help subjects practicing to imagine coping will be used in anticipation of difficult situations that may be encountered in the future (Curwen, Palmer, & Ruddel, 2002) as well as foster empathy on objects forgiveness (Enright, 2002). The process of implementation, there are some subjects who are able to imagine and bring a figure of the object of forgiveness. One of the things that determine success is the subject of imagery visualization capabilities, as well as the conditions that feels comfortable. There are subjects that are not able to imagine it as instructed because several things that are less able to visualize and uncomfortable.

Relaxation given to the subject at the end of each session aims to reduce anxiety, reduced physical complaints, and as self-control and coping skills for clients to deal with negative feelings (David, Eshelman & McKay, in Dobson & Dobson, 2009). Friedman (2009) mentions that relaxation is one technique that can ease the mind and relax the muscles and can bring a person to the process of forgiveness. Some subjects were able to enjoy the relaxation process to implement even when outside the session, but some other subjects find it difficult because of the environmental conditions.

Assignment form of charging a worksheet and filling checklist self-reporting is an important medium that helps the achievement of awareness in understanding the conditions themselves, monitor changes and developments themselves and help the subject to remember how the skills gained can be reused in the future (Hayes, Strosahl, & Wilson, 2003; Wilding & Milne, 2009). Some subjects realized that through the assignment, forgiving becomes important in order to improve the health of life physically and psychologically.

Components and techniques in forgiveness therapy can help the therapeutic success is evident from the increase in variable forgiveness and meaningfulness of life after treatment. Subjects became committed to forgive even able to forgive the object not only because of the cognitive self-awareness (insight) but also because of the enthusiasm and openness of the subject. It is also influenced by external factors that the therapist's ability to build a good relationship at each session, providing a reflection of empathy, appreciation and positive feedback on the subject. The internal changes are also influenced by other factors such as physical, psychological, social and spiritual.

The experienced physical condition is very susceptible especially when self-pressure, stress and fatigue increase the various symptoms of psychosomatisation such as dizziness, loss of appetite and could not sleep. Through forgiveness therapy, several subjects realized that this condition occurs due to negative emotions and thoughts are buried and are not able to run, so it wants to be minimized in order to be the optimal functioning of the body. Worthington & Scherer (2004) explains that through forgiveness and reduce the level of hostility (upset, angry, revenge) can affect physical endurance and boost immunity. Psychological factors play an important role because it is associated with self-control. There are changes in psychological terms on some subjects that make it feel more capable of managing the emotions that feels more meaningful to live their lives. Socially, the subjects have not been able to forgive directly on the object of forgiveness either due to limitations in communication facilities as well as distance. However, several subjects stated that through this forgiveness therapy, they can make forgiveness.

The factors contribute to the process of forgiveness and increase the meaningfulness of life is the relationship and communication with God (Pargament in Banner, 2009). The seventh subject, regarding to the religion of Islam, was able to realize that the conditions experienced already the power of God and a reprimand for the mistakes she has ever done in the past. The subject was also aware that this condition was destined to make the subject more introspective, became a better person and be aware of the importance of the afterlife. All these factors played an important role that made the subject able to transform into more positive thinking and live a better life.

Although this study demonstrated significant results and success, there were some limitations in the process of study and related methodology which were repeated measures using self-reporting checklist feared vulnerable to bias and limited the internal validity of study results because testing the effect of making the subject experiencing burnout. Another limitation of the conditions of implementation of the unfavorable treatment because of the narrow room and without air vents and was next to the music

room. Finally, no further follow-up due to technical limitations in the field both the licensing process and the place of therapy were also limited in terms of providing self-monitoring themselves for the subjects to control the changes themselves and apply the techniques that have been obtained during therapy sessions.

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