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## Self-esteem and stress levels of female prisoners in West Sumatra Indonesia

Rika Sarfika, Syarifatul Aini and Dewi Eka Putri  
Andalas University, Indonesia

Being a prisoner is a severe stressor in the life of the culprit. The sad feelings of convicts after receiving punishment and other things such as guilt, loss of freedom, embarrassment, economic and social sanctions and life in a prison filled with psychological pressure can aggravate and intensify previous stressors. This study aims to examine the relationship between self-esteem and stress levels of female prisoners in West Sumatra Indonesia. The type of this research is analytical with cross-sectional study approach. The research was conducted from February to July 2017. The sampling method used was a census with a total of 102 respondents. Data were collected using a Perceived Stress Scale (PSS-14) questionnaire to see the level of stress of female prisoners and Rosenberg self-esteem scale to see women prisoners' self-esteem. Data was analysed using chi-square test. The results showed that 66.7% of female prisoners had high self-esteem, 43.1% female prisoners had mild stress level, and there was a significant relationship between self-esteem and stress of female prisoners in West Sumatra ( $p$  value=0.000). Based on the results of the research, it is suggested to prisons to pay attention to the psychosocial health of prisoners through early detection of mental health to provide education and provide opportunities for prisoners to hone their talents and skills routinely so that prisoners can raise self-awareness of prisoners about his life's worth.

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