



## The Relationship Between Resilience and Social Support with Social Anxiety in Prisoners Ahead of Release

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### ABSTRACT

This study aims to analyse the relationship between resilience and social support on social anxiety in prisoners before release. Social anxiety often arises from concerns about community stigma, future uncertainty, and reintegration challenges. This study was conducted on 140 inmates at the Pontianak State Detention Centre within six months of release. The study used a quantitative approach with a Likert scale-based questionnaire as an instrument to measure resilience, social support, and social anxiety. The instruments used have been tested for validity and reliability with adequate results. Data were analysed using multiple linear regression through SPSS version 23 software to determine the relationship between variables. The results showed that resilience and social support contributed 65.1% to reducing social anxiety. Partially, resilience had a significant negative relationship with social anxiety ( $B = -0.491, p < 0.05$ ), as did social support ( $B = -0.544, p < 0.05$ ). These findings suggest that strengthening resilience and providing social support can be effective strategies to reduce social anxiety in prisoners and support the process of reintegration into society. The government and relevant institutions need to adopt policies that support providing social services for prisoners before release. This support includes family counselling, emotional education, and strengthening social adaptation skills. This measure helps individuals and reduces the risk of reoffending through strengthening social relationships and resilience

## INTRODUCTION

The life of prisoners in detention centres is a form of punishment for unlawful acts committed by convicts (Sutra, 2020). There are various problems faced by prisoners when serving sentences in detention centres, including loss of freedom and limited rights, life changes to the criminal label received by convicts, and life in detention centres forcing them to live with other prisoners and have to leave their families. Freedom should be a pleasant expectation for prisoners to return to society and be accepted with pleasure because, during the prison sentence process, prisoners are kept away by their colleagues and family. Meanwhile, Pratiwi, Albab, Awawin, Yusuf, and Ramadhani (in Nugraha, 2021) stated that social life in detention centres will affect the mental development of prisoners. The lousy view that society gives to prisoners with the criminal label will affect the psychological condition of the prisoners. After gaining freedom, prisoners can reunite with their families and colleagues; the most important thing is getting a decent job. However, the process of freedom that prisoners will face is not as expected and desired; prisoners must face and fight society's perception of the stigma of being labelled as criminals, and this has an impact on the perception of former prisoners towards themselves so that they lose confidence and feel anxious (Muyassaroh & Handoyo, 2014).

All prisoners are entitled to welfare in physical health and psychological health while in detention. However, this has not received enough attention. Many prisoners experience psychological disorders such as anxiety, stress, and depression (Butler et al., 2005). The results of research conducted by Basic Health 2007, the prevalence of mental-emotional disorders in the form of depression and anxiety in people aged over 15 years reached 11.6% (Depkes, 2012).

The anxiety of prisoners who will face the period of release is anxiety in facing the future after the prisoners leave the detention centre. The future that prisoners consider uncertain causes anxiety in the form of worrying whether or not the dreams that have been hoped for will be achieved. This anxiety

is related to the status stamped by society as a former prisoner considered harmful by society (Koliandri, 2012). According to research conducted by Utari (2013), said that 38% of prisoners who will undergo a free period experience severe anxiety, 28% moderate anxiety, and 34% mild anxiety. Anxiety will face the future due to fear when thinking about the situation in the community after release with the stigma of the community or the label given to prisoners. Someone who experiences anxiety will feel changes in physical and psychological. Psychological symptoms and physical symptoms usually characterise anxiety. Physical symptoms include dizziness, a faster heartbeat and difficulty sleeping. The psychological symptoms are loss of self-confidence, restlessness, and inability to concentrate (Atkinson et al., 2010).

Prisoners generally feel that their future will be worse than their current situation. After release, prisoners face difficulties adapting back to society. The stigma received from the surrounding environment can reduce confidence to interact socially, both in finding work and building new relationships (Akhyar et al., 2014). Anxiety experienced by prisoners is often related to feelings of loss of meaning in life, fear of a bleak future, and a sense of uselessness. Prisoners who experience high levels of anxiety are more vulnerable to experiencing disruptions in building their future. According to Brickman (in Prakoso, 2008), anxiety related to the future is the tendency of individuals to doubt the possibility of getting positive things in the future.

Social anxiety is a psychological condition characterised by an excessive fear of social situations or performance that may lead to embarrassment or negative judgment from others. People who experience social anxiety often feel anxious or fearful in everyday interactions such as public speaking, participating in conversations, or meeting new people. This anxiety can interfere with daily life and cause significant suffering. According to the *American Psychological Association* (APA), approximately 7% of the adult population in the United States experiences social anxiety disorder

each year (APA, 2013). The researcher interviewed several inmates and duty officers on 10 September 2024 at Rutan Pontianak. Prisoner R, who is 28 years old, mentioned that he felt ashamed to return to the family because his wife worked and was well established while he returned with a negative status; he also felt that lately, he often felt sick, so his activities were reduced. Prisoner A, who is 40 years old, mentioned that he always feels anxious when he is about to be released; this is because he is worried that he will be considered a criminal when he returns to society. Prisoner O, who is 29 years old, feels anxious when returning to the community, especially when he is worried about not getting a job when he is released. Duty Officer A mentioned that prisoners often complain of anxiety when approaching their release period; they are worried about whether they will be released on time or not, and some of them are also often sick when approaching their release because they feel excessive anxiety.

Aras and Tel (in Baltacı & Hamarta, 2013) state that social anxiety is experienced by a person due to the low social support individuals receive. Prisoners need social support because prisoners experience many problems, such as depression during imprisonment, feeling worthless, guilt that arises from their previous actions, anxiety about returning to the social environment, and negative perceptions of the status carried from the community. At least these former prisoners still have family, friends, and closest people who are expected to provide motivation and a place to tell complaints while in prison.

The existence of good relationships between family, friends, and those who can provide support to prisoners is expected to be a way to reduce the psychological burden they feel and not interfere with a person's psychological life. Smet (1994) argues that social support has many effects because it can also positively restore a person's physical and psychological condition, directly and indirectly. Cohen and Wills (in Rona et al., 2024) also revealed that social support directly relates to physical and psychological health. Individuals with positive relationships in the social network will make their

well-being and life stable and less affect the problems they face. It turns out that in addition to social support, there is research conducted by Wang (2023) which states that resilience is negatively related to social anxiety. The research states that the higher the resilience possessed by a person, the lower the impact of anxiety. Prisoners often feel concerns and anxiety about how they will be accepted by society, as well as how they will adjust to life outside prison. In this condition, resilience becomes a key factor in facing these challenges. Resilience, the ability to bounce back from difficult situations, can be an important tool for prisoners to overcome social anxiety and facilitate adaptation to new and different environments after their sentence ends.

Resilience refers to an individual's ability to adapt positively despite adversity, trauma or stress (Nugroho, 2017). Resilient individuals are not only able to survive difficult conditions but also learn and grow from the experience. Factors contributing to resilience include social support, a flexible mindset, and the ability to manage emotions. These abilities allow a person to remain optimistic and solution-focused despite being in the midst of severe challenges.

The relationship between resilience and social support with social anxiety in prisoners approaching release suggests that strong social support can increase the resilience of prisoners, thus helping them overcome social anxiety. Social support from family, friends and mental health professionals can provide security and motivation to adapt to the changes after release. Resilience, the ability to bounce back from adversity, also plays an important role in reducing social anxiety, as more resilient prisoners tend to have better-coping strategies and are better able to deal with new stressors (Raisa, A. E, 2020).

In this context, the two main factors that can influence social anxiety are resilience and social support. Resilience, an individual's ability to adapt and bounce back from adversity, plays an important role in how inmates deal with stress and pressure. Meanwhile, social support, which includes emotional, informational, and material assistance

from social environments such as family, friends, and community, can provide a sense of security and reduce feelings of isolation often experienced by prisoners.

Based on existing research, resilience can assist individuals in managing and reducing the negative impact of stress, including social anxiety. Prisoners with high levels of resilience tend to have more effective coping strategies and are more optimistic about the future. Conversely, strong social support is a significant buffer against social anxiety by providing emotional, informational, and motivational support.

However, although resilience and social support have been recognised as important factors in managing stress in general, the specific relationship between resilience, social support, and social anxiety in prisoners approaching release still needs to be researched more deeply. This study aims to explore the relationship between resilience and social support on social anxiety in prisoners approaching release. This research will provide greater insight into how these two factors interact and influence social anxiety. With a better understanding of this relationship, it is hoped that more effective interventions and rehabilitation programmes can be developed to support prisoners reintegrating into society. In addition, this research also has the potential to contribute to the development of better policies and practices within the correctional system, focusing on improving social support and resilience development for prisoners.

Dealing with social anxiety is a crucial part of reintegrating prisoners into society. By investigating the relationship between resilience, social support, and social anxiety, this study aims to make a significant contribution to the understanding

and management of social anxiety in prisoners approaching release. The findings from this study are expected to offer practical and theoretical solutions that are useful in improving the reintegration process and well-being of prisoners after their sentence ends.

## METHODS

This study uses a quantitative approach in which research is conducted by measuring variable indicators to obtain an overview and conclusions about the focus of the problem under study (Rumini, 2012). The population in this study consisted of prisoners in RUTAN Pontianak, totalling 960 prisoners. Sampling in this study used *purposive sampling*. Sugiyono (2011) states *purposive sampling* is a sample collection technique based on consideration. This is based on the determination of specific characteristics that are compatible with the objectives and are expected to answer research problems. The sample used was prisoners with criteria aged 21-59 years and a maximum of 6 months before release, with 140 prisoners.

In the context of Quantitative Research, this study uses a Questionnaire. A Questionnaire is a data collection method that uses a series of structured questions. Respondents are expected to provide answers that can be measured by selecting the available options or writing their own answers in the space provided. The measuring instruments in this study include three measuring instruments: social anxiety, social support, and resilience. The Likert scale was used as an assessment method in this study with answer choices consisting of Strongly Disagree (STS), Disagree (TS), Neutral (N), Agree (S), and Strongly Agree (SS). Furthermore, this study found that all subjects were male, totalling 140 prisoners with a percentage of 100%.

Table 1. Gender of Subjects

Gender	Total	Percentage
Male	140	100%

Furthermore, in this study, 23 prisoners had a time before release of 1 month, 22 prisoners had a time before release of 2 months, 23 prisoners had a time

before release of 3 months, 23 prisoners had a time before release of 4 months, 24 prisoners had a time

before release of 5 months, and 23 prisoners had a time before release of 6 months.

Table 2. Inmate Time

Age	Total	Percentage
<b>1 Month</b>	23	16,7%
<b>2 Months</b>	22	15,9%
<b>3 Months</b>	23	16,7%
<b>4 Months</b>	23	16,7%
<b>5 Months</b>	24	17,4%
<b>6 Months</b>	23	16,7%

In this study, the average subject had a moderate level in all three variables. The social anxiety variable had a low level of 21 prisoners, a medium level of 94 prisoners, and a high level of 25 prisoners. The Resilience variable had a low level of 22 inmates, a medium level of 96 inmates, and a high

level of 22 inmates. The social support variable had a low level of 23 inmates, a medium level of 95 inmates, and a high level of 22 inmates.

Then the assumption test is carried out by conducting a normality test, linearity test, multicollinearity test, and heteroscedasticity test.

Table 3. Normality Test

Sig	Description
0.200	Normal

The normality test results show that research scores on the relationship between resilience and

social support on social anxiety are usually distributed with a p-value = 0.200 ( $p > 0.05$ ).

Table 4. Linearity Test

Relationship	F	Sig.	Description
<b>Anxiety-Social Support</b>	0.905	0.621	Linear
<b>Anxiety Resilience</b>	1.100	0.349	Linear

The results of the linearity test between the variables of social anxiety and social support showed a significance of 0.621, where  $p = 0.621 > 0.05$ . This indicates a linear relationship between social anxiety and social support. Meanwhile, the linearity test of the relationship between social anxiety and resilience

resulted in a significance of 0.349, where  $p = 0.349 > 0.05$ . This also indicated a linear relationship between social anxiety and resilience. Thus, these results confirm a linear relationship between this study's independent and dependent variables, so the data used fulfils the assumption of linearity.

Table 5. Multicollinearity Test

Variables	Tolerance	VIF	Description
<b>Resilience</b>	0.782	1,279	No multicollinearity
<b>Social Support</b>	0.782	1,279	No multicollinearity

The multicollinearity test results show that the resilience and social support variables have a tolerance value of 0.782 (tolerance > 0.10) and VIF 1.279 (VIF < 10.00) so that the two variables are free from multicollinearity.

Table 6. Heteroscedasticity Test

Variables	Sig	Description
<b>Resilience</b>	0.507 > 0.05	No Heteroscedasticity
<b>Social Support</b>	0.507 > 0.05	No Heteroscedasticity

The results of the heteroscedasticity test of the resilience and social support variables on social anxiety obtained a significance value of 0.507 ( $p > 0.05$ ) on resilience and 0.057 ( $p > 0.05$ ) on social support. This means that heteroscedasticity does not occur.

Table 7. Descriptive Analysis

Variables	High	Medium	Low
<b>Social Anxiety</b>	25 (18%)	94 (67%)	21 (15%)
<b>Resilience</b>	22 (16%)	96 (68%)	22 (16%)
<b>Social Support</b>	22 (16%)	95 (66,5)	23 (17,5%)

## RESULTS AND DISCUSSION

The first hypothesis test is the relationship between resilience and social support with social anxiety. Based on the results of data analysis through multiple linear regression conducted using the SPSS 23 programme, the analysis of the relationship between resilience and social support simultaneously on social anxiety obtained a value of  $F = 127,797$  with a significance value of  $p = 0.000$  ( $p < 0.05$ ). This study proves that resilience and social support in prisoners are significant variables of social anxiety. The relationship between the two variables affects

65.1% of social anxiety, and other variables influence 34.9%.

This research was conducted at Rutan Pontianak by manually distributing questionnaires to subjects, namely prisoners released six months before release. The questionnaire was distributed on 10 December 2024. The sample taken was 140 prisoners. In this study, the age of the subjects was obtained. Namely, those aged less than 31 years were 59 prisoners, with a percentage of 42%, aged 31 - 50 years, 65 prisoners, with a percentage of 46%, and those aged more than 50 years were 16 prisoners, with a percentage of 12%.

Table 8. First Hypothesis Test

<b>Statistic</b>	<b>Value</b>
<b>F</b>	127.797
<b>P</b>	0.000
<b>R</b>	0.807
<b>R Square</b>	0.651

The second hypothesis test is the relationship between Resilience and Social Anxiety. The results of the second hypothesis test showed a significant negative relationship between the resilience variable and social anxiety ( $B = -0.491, t = -7.094, p = 0.000$ ).

Table 9. Second Hypothesis Test

<b>Variables</b>	<b>B</b>	<b>t</b>	<b>Sig</b>	<b>Description</b>
<b>Resilience</b>	-0.491	-7.094	0.000	Significant

The third hypothesis test is the relationship between social support and social anxiety. The results showed a significant negative relationship between social support and social anxiety ( $B = -0.544, t = 9.353, p = 0.000$ ).

Table 10. Third Hypothesis Test

<b>Variables</b>	<b>B</b>	<b>t</b>	<b>Sig</b>	<b>Description</b>
<b>Social Support</b>	-0.544	-9.353	0.000	Significant

Social anxiety is a disorder characterised by an exaggerated fear of negative evaluation from others, leading to avoidance of social interactions. For prisoners approaching release, social anxiety can be a significant barrier to reintegration into society. Fear of stigmatisation, uncertainty in re-establishing relationships, and concerns about social acceptance can worsen their psychological state. If left untreated, social anxiety in prisoners can lead to isolation, withdrawal from the social environment, and ultimately hinder successful reintegration and increase the risk of recidivism (Putri & Rahayu, 2022; Kim et al., 2021).

The results showed that there was a simultaneous relationship between resilience and social support on social anxiety in prisoners before release in Pontianak detention centre. The results show that high levels of resilience and social support have a significant influence in reducing social anxiety in prisoners six months before release. High

resilience allows individuals to deal with pressures and challenges more adaptively, including fear of social stigma and anxiety about reintegration into society. Social support from family, friends, or rehabilitation officers provides prisoners with security and confidence. This support also helps reduce feelings of isolation and increases their confidence to re-engage positively with the social environment. The ability to survive in difficult situations (resilience) and the presence of adequate support are key factors in reducing the social anxiety often experienced by prisoners before their freedom (Nugraha, 2021; Masten, 2001).

Psychologically, social anxiety in prisoners includes several main aspects. Firstly, the fear of negative evaluation, where prisoners fear being poorly judged by others, especially about their status as ex-offenders. Second, social avoidance of strangers often arises from discomfort and anxiety when interacting with unfamiliar individuals. Third,

avoidance of social situations in general, where prisoners tend to withdraw from activities involving group interaction for fear of feeling cornered or judged (La Greca & Lopez, 1998; Putri & Rahayu, 2022).

Psychologically, social anxiety in prisoners includes several main aspects. Firstly, the fear of negative evaluation, where prisoners fear being poorly judged by others, especially about their status as ex-offenders. Second, social avoidance of strangers often arises from discomfort and anxiety when interacting with unfamiliar individuals. Third, avoidance of social situations in general, where prisoners tend to withdraw from activities involving group interaction for fear of feeling cornered or judged (La Greca & Lopez, 1998; Putri & Rahayu, 2022).

Aspects of resilience also play an important role in overcoming social anxiety. Resilience includes personal competence or an individual's ability to overcome challenges confidently (Connor & Davidson, 2003). In addition, trust in one's instinct helps inmates make adaptive decisions in difficult situations. Positive acceptance of change and secure relationships allow them to accept their circumstances and build supportive relationships. The ability to control emotions and situations (control) and spiritual influences are also important foundations in managing anxiety and improving their psychological well-being (Kim et al., 2021; Liu & Wang, 2022).

Social support from family, friends and community can act as a buffer against social stress and anxiety. In the prison context, strong relationships with family and prison staff can reduce psychological distress, such as anxiety and depression (Biggam & Power, 1997; Markson et al., 2015). Social support provides a sense of connectedness and builds inmates' confidence to face life after release (Kim & Park, 2020; Hochstetler et al., 2010).

Social support is another crucial aspect of reducing social anxiety. Informational support provides inmates the necessary knowledge to understand and cope with new situations

(Hochstetler et al., 2010; Wolff & Sánchez, 2019). Emotional support, such as empathy and care from family or friends, provides comfort and psychological safety. Instrumental support, in the form of practical assistance such as housing or employment, helps prisoners prepare for life after release. Finally, appraisal support in the form of positive feedback and moral encouragement strengthens inmates' confidence to return to society (Park & Lee, 2021; Smith et al., 2022).

Research shows that social support has a significant impact on reducing social anxiety. Support from family, especially during the transition to freedom, can mitigate anxiety and improve inmates' adaptability (Hochstetler et al., 2010; Pertiwi & Kaloeti, 2021). In prison, support group therapy can also increase the resilience of inmates through positive interactions between members. Other studies indicate that resilience can moderate the effects of anxiety-provoking factors. Prisoners with higher levels of resilience tend to show better psychological well-being, even under stressful prison conditions (Wolff & Sánchez, 2019; Çıvgın & Gün, 2022). Social support strengthens this relationship by giving prisoners the confidence to overcome their emotional challenges.

Social support is also a mediator between resilience and psychological symptoms. Research on prisoners shows that resilience supported by healthy social relationships can significantly reduce levels of anxiety and depression (Wolff & Sánchez, 2019; Liu et al., 2021). This emphasises the importance of community-based approaches in improving the mental wellbeing of prisoners. Social reintegration programmes involving family and community can play an important role in reducing inmates' social anxiety. Support group therapy-based interventions and resilience training can improve prisoners' ability to manage their emotions ahead of freedom (Çıvgın & Gün, 2022; Smith et al., 2022). In addition, the involvement of prison staff in providing emotional support can strengthen inmates' trust in the rehabilitation process.

The government and relevant agencies need to adopt policies that support providing social

services to prisoners before release. This includes family counselling, emotional education, and strengthening social adaptation skills. Strengthening social relationships and resilience helps individuals and reduces the risk of reoffending (Markson et al., 2015; Rahmah et al., 2022).

Resilience has a significant influence on social anxiety in prisoners six months before release. As an individual's ability to bounce back from stress and adaptively deal with challenges, resilience helps prisoners manage feelings of anxiety that arise from concerns about community stigma, reintegration challenges, and future uncertainty. Prisoners with high resilience tend to have better emotional control, can see challenges as opportunities for growth and develop effective coping strategies. This makes them more confident in facing upcoming social interactions and reduces the fear of negative judgement from the environment. Thus, resilience becomes an essential protective factor in reducing social anxiety during the transition to freedom (Çıvgın & Gün, 2022; Rahmah et al., 2022). Resilience is an individual's ability to adapt positively to stress or adversity, as psychologist Ann Masten emphasises it as "ordinary magic" or the extraordinary ability of ordinary individuals to rise above life's challenges. In her theory, Masten highlights that resilience is dynamic, influenced by the interaction between internal (personal strengths) and external (social support) factors. In prisoners, this ability is important for coping with social anxiety, especially in the run-up to freedom, when individuals face uncertainty and societal stigma (Masten, 2001; Connor & Davidson, 2003).

Resilience includes five main aspects that can help reduce social anxiety in prisoners before release. Personal competence provides confidence in facing the challenges of reintegration into society. Trust in one's instincts allows prisoners to make the right decisions in new social situations. Positive acceptance of change and secure relationships provide the ability to accept conditions emotionally and flexibly. Control helps individuals feel in control of their lives, thus reducing uncertainty that fuels anxiety. Finally, spiritual influences provide

meaning to life that can reduce social fears. These five aspects work synergistically to create strong self-confidence in social interactions, especially after release from the prison environment (Çıvgın & Gün, 2022; Kim et al., 2021).

Research shows that resilience significantly reduces social anxiety through strong social support. Çıvgın and Gün (2022) found that social support mediated between resilience and the reduction of depressive symptoms and anxiety in prisoners. This study emphasised the importance of healthy interpersonal relationships to rebuild identity and self-confidence ahead of release (Çıvgın & Gün, 2022). In their study, Markson et al. (2015) found that positive family relationships help prisoners feel more prepared for reintegration challenges. These relationships strengthen the "positive acceptance of change" aspect of resilience and reduce the fear of social rejection. This research highlights that emotional support from family strengthens resilience mechanisms in dealing with social anxiety as freedom approaches (Markson et al., 2015). Research by Artistin et al. (2023) found that social support-based group therapy can increase resilience in prisoners. In this study, inmates who attended the therapy programme showed a significant reduction in social anxiety. Group therapy allows individuals to share experiences and learn from other inmates, strengthening personal competence and secure relationships (Artistin et al., 2023).

These findings suggest the importance of resilience-based rehabilitation programmes in prisons. Programmes such as resilience training and group therapy can be designed to increase personal competence and trust in one's instincts. In addition, family involvement in this process can strengthen secure relationships and provide valuable emotional support. Thus, prisoners can be more emotionally and socially prepared for freedom, reduce the risk of social anxiety, and increase the chances of successful reintegration (Çıvgın & Gün, 2022; Smith et al., 2022).

Social support has a significant relationship in reducing social anxiety in prisoners six months before release. Social support, whether from family,

friends, or institutions such as correctional institutions, is a source of emotional comfort, encouragement, and a sense of acceptance. When prisoners feel supported, they tend to have higher confidence to face social stigma and the challenges of reintegration into society. This support also helps reduce the sense of isolation and helplessness, thereby reducing the intensity of social anxiety often caused by fear of rejection or negative judgment. Therefore, strong social support can be important in creating a more positive and adaptive transition for prisoners approaching freedom (Artika Sari et al., 2022; Skowronski & Talik, 2020).

Social support includes several key aspects that influence social anxiety. Emotional support provides a sense of acceptance and love so inmates feel more confident in social interactions. Reward support increases their confidence through recognition of small successes achieved, which can reduce the fear of social judgement. Instrumental support provides practical assistance, such as access to employment or housing, which reduces stress related to basic needs. Informative support helps prisoners on the eve of release by providing knowledge on dealing with social and legal challenges after release. The interaction of these four aspects creates an environment that supports psychological recovery and the reduction of social anxiety (Biggam & Power, 1997; Nashori et al., 2024).

Research by Biggam and Power (1997) found that prisoners who had close relationships with friends or prison staff showed lower levels of social anxiety. Emotional support from the prison environment makes them feel more secure and understood, which is important for reducing emotional tension ahead of freedom (Biggam & Power, 1997; Markson et al., 2015). The study by Hochstetler et al. (2010) highlighted that appreciative and instrumental support is crucial to helping prisoners deal with social stigma. Recognition from family or community for their efforts to change provides a significant psychological boost. Meanwhile, practical assistance, such as housing and employment, reduces

social anxiety by providing stability when returning to society (Hochstetler et al., 2010; Rahmah et al., 2022).

Rahmah et al. (2022) found that information provided by prison officers or counsellors on how to deal with post-prison challenges can significantly reduce social anxiety. Informative support helps prisoners understand expectations and the reintegration process, which provides a sense of control and reduces the uncertainty that often fuels anxiety (Rahmah et al., 2022; Nashori et al., 2024). These findings suggest the need to develop rehabilitation programmes that strengthen social support for prisoners approaching release. This programme could include group therapy sessions to increase emotional support, skills training to provide rewards and instrumental support, and educational seminars to provide informative support. Through this approach, prisoners can feel more psychologically and socially prepared so that the risk of social anxiety can be minimised (Artika Sari et al., 2022; Skowronski & Talik, 2020).

## **CONCLUSION**

The purpose of this study was to analyse the relationship between resilience and social support on social anxiety in prisoners approaching release. This study was conducted on 140 inmates at the Pontianak State Detention Centre within six months of release. The study used a quantitative approach with a Likert scale-based questionnaire as an instrument to measure resilience, social support, and social anxiety. The instruments used have been tested for validity and reliability with adequate results. The results of this study can conclude that Resiliency and social support simultaneously have a significant influence in reducing the social anxiety of prisoners who will be released. Social support provides a sense of security and confidence through emotional and practical assistance, while resilience strengthens an individual's ability to cope with pressures and challenges. Combining the two creates a strong

protection against social anxiety during the transition to freedom. Resilience is then negatively related to social anxiety. Prisoners with high levels of resilience can better manage emotions, view challenges as opportunities, and develop effective coping strategies. This reduces the intensity of social anxiety that often arises from fear of social stigma and post-release uncertainty. Social support from family, friends or correctional institutions helps reduce social anxiety. This support provides a sense of acceptance, appreciation, and practical guidance that increases inmates' confidence to face stigma and the challenges of social reintegration.

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