

THE EFFECT OF DEVELOPMENTAL ASSETS-BASED TRAINING ON ENHANCING RESILIENCE AMONG LATE ADOLESCENT INMATES AT CLASS I CORRECTIONAL FACILITY IN SEMARANG (LEMBAGA PEMASYARAKATAN KELAS I SEMARANG)

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ABSTRACT

Late adolescent inmates face numerous challenges during incarceration, including severe mental health issues, social stigma, and estrangement from their family environment. Therefore, fostering resilience among this population is crucial. Previous studies have recommended the developmental assets framework as an effective approach to enhance resilience. This study aims to examine the effectiveness of a Developmental Assets-Based Training in enhancing the resilience of incarcerated individuals aged 18–24 years. A randomized field experiment was employed, involving both experimental and control groups. Resilience was measured using the CD-RISC-10 through a pretest-posttest design. Data were analyzed using within-group analyses (Paired Sample T-Test and Wilcoxon Signed-Rank Test) and between-group analyses (Independent Sample T-Test and Mann-Whitney U Test). The results indicate that the intervention significantly improved resilience immediately after the training ($p = 0.041$) with a medium effect size ($d = 0.468$). However, the sustained effect two weeks post-intervention was not statistically significant ($p = 0.127$). Additionally, a qualitative supplementary analysis was conducted to explore which developmental assets contributed most to the increase in resilience, using reflective writing as the data collection method. Responses were extracted, labeled, and coded into key themes. Findings suggest that the intervention most prominently influenced the development of personal power as a key asset in enhancing resilience. No significant differences in resilience were found between the experimental and control groups. The fadeout effect, the absence of intensive and longitudinal follow-up, and constant exposure to the prison environment are considered contributing factors to the lack of sustained intervention effects. Therefore, a persistently integrated intervention within the daily routines of inmates is recommended to maintain and strengthen long-term resilience.

Keywords: Resilience, Developmental Assets, Late Adolescent Inmates, Correctional Intervention, Randomized Field Experiment

