

**KESAN INTERVENSI *PSIKO-POSITIF* TERHADAP TINGKAH
LAKU AGRESIF, KEMURUNGAN DAN KECENDERUNGAN
BERUBAH PENGHUNI MUDA PENJARA**

SARALAH DEVI MARIAMDARAN

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Kebenaran Mengguna

Tesis ini dikemukakan sebagai memenuhi sebahagian daripada keperluan pengijazahan di Universiti Utara Malaysia. Saya bersetuju membenarkan pihak perpustakaan universiti untuk mempamerkan tesis sarjana ini sebagai bahan rujukan umum. Saya juga bersetuju bahawa sebarang bentuk salinan sama ada secara keseluruhan atau sebahagian daripada tesis ini untuk tujuan akademik adalah dibenarkan dengan kebenaran penyelia tesis atau Dekan Awang Had Salleh Graduate School of Arts and Sciences. Sebarang bentuk salinan dan cetakan bagi tujuan komersial adalah dilarang sama sekali tanpa kebenaran bertulis daripada penulis. Pernyataan rujukan kepada penulis dan Universiti Utara Malaysia perlulah dinyatakan jika terdapat sebarang rujukan ke atas tesis ini.

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Abstrak

Kajian ini dijalankan bagi mengkaji kesan Intervensi *Psiko-Positif* antara kumpulan rawatan dan kawalan terhadap tingkah laku agresif, kemurungan dan kecenderungan berubah dalam kalangan penghuni muda penjara. Isu utama kajian ini adalah untuk menangani kekurangan intervensi dalam merawat keagresifan, kemurungan dan kecenderungan berubah penghuni muda penjara. Seterusnya pembentukan Modul Intervensi *Psiko-Positif* yang berasaskan pendekatan Psikoanalisis dan Psikologi Positif dapat menambahkan teknik rawatan yang boleh digunakan oleh pegawai koreksional dalam menangani masalah peningkatan residivism. Kajian ini bertujuan untuk melihat kesan Intervensi *Psiko-Positif* terhadap tingkah laku agresif, kemurungan dan kecenderungan berubah penghuni muda penjara. Kajian ini menggunakan kaedah berbentuk kuasi-eksperimental berfaktorial 3x2 yang mengandungi kumpulan rawatan dan kawalan. Setiap kumpulan rawatan dan kawalan terdiri daripada 36 orang subjek yang jumlah keseluruhannya adalah 72 orang subjek. Subjek dipilih secara persampelan bertujuan dari penjara yang menempatkan penghuni muda penjara. Borang soal selidik *Aggression Questionnaire (AQ)*, *Beck-Depression Questionnaire (BDI)* dan *University of Rhode Island Change Assessment (URICA)* digunakan untuk mengukur keagresifan, kemurungan dan kecenderungan berubah penghuni muda penjara. Kumpulan Rawatan diberi Intervensi *Psiko-Positif* yang dilakukan selama 16 hari dengan 15 sesi, manakala kumpulan kawalan tidak diberikan sebarang rawatan. Dapatan kajian bagi kumpulan rawatan yang menerima rawatan Intervensi *Psiko-Positif* menunjukkan perubahan positif dalam dimensi keagresifan, kemurungan dan kecenderungan berubah. Purata keagresifan subjek menurun, kemurungan subjek susut dan kecenderungan berubah subjek meningkat secara langsung. Analisis regresi bagi keagresifan fizikal, emosi, verbal dan hostiliti penghuni muda penjara secara langsung sangat menyumbang kepada keagresifan penghuni muda penjara. Kecenderungan berubah prapertimbangan, pertimbangan, tindakan dan penyelenggaraan penghuni muda turut menjadi penyumbang utama dalam kecenderungan berubah penghuni muda penjara. Intervensi *Psiko-Positif* menampakkan keberkesanan dalam mengawal keagresifan, kemurungan dan meningkatkan kecenderungan berubah dalam kalangan penghuni muda penjara. Pelbagai keterangan positif subjek kajian yang berkesan menunjukkan rawatan Intervensi *Psiko-Positif* dapat digunakan sebagai modul rawatan utama dalam merawat keagresifan, kemurungan dan kecenderungan berubah penghuni muda penjara oleh Jabatan Penjara Malaysia.

Kata kunci : Keagresifan, Kemurungan, Kecenderungan berubah, Penghuni muda penjara, Intervensi *Psiko-Positif*

Abstract

This study is intended to investigate the effects of *Psycho-Positive* Intervention on aggressive behavior, depression and changing tendencies between the treatment and control groups of young prison inmates. The main issue of this study is the lack of an intervention for the treatment of aggression, depression and changing tendencies in young prison inmates. The *Psycho-Positive* Intervention module was developed based on Psychoanalysis and Positive Psychology approaches and introduced as a new treatment technique for correctional officers in overcoming the increases of recidivism. This study aims to identify the effects of *Psycho-Positive* Intervention on aggression, depression and changing tendencies in young prison inmates. A quasi-experimental 3x2 factorial containing treatment and control groups was used. Each treatment and control groups consisted of 36 subjects. The total subjects of the study consisted of 72 young prison inmates who were selected by purposive sampling from one prison that housed young prison inmates. In this study, Aggression Questionnaire (AQ), Beck-Depression Questionnaire (BDI) and University of Rhode Island Change Assessment (URICA) were used to measure aggression, depression and changing tendencies in young prison inmates. Treatment groups were given the *Psycho-Positive Intervention* for 16 days with 15 sessions, while the control groups were not given any intervention treatment. The results showed that the treatment groups who received the *Psycho-Positive* Intervention treatment have positive changes in the treatment of aggression, depression and changing tendencies. The results also indicated that the level of aggressiveness and depression in subjects decreased, while the changing tendencies in subjects was increased. Regression analysis showed that the physical, emotional, verbal and hostility aggressions of young prison inmates are directly contributing to the aggressive of young prison inmates. Dimensions of changing tendencies namely precontemporary, contemporary, action and maintenance of young prison inmates played a vital role in changing young inmate's tendencies. As a conclusion, *Psycho-Positive* Intervention is an effective intervention in controlling aggression, depression and increasing changing tendencies in young prison inmates. The positive and effective evidences in this study support the use of *Psycho-Positive* Intervention as a primary treatment in treating aggression, depression and changing tendencies in young prison inmates by the Prison Department of Malaysia.

Keywords: Aggression, Depression, Changing tendencies, Young prison inmates, *Psycho-Positive* Intervention

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Senarai singkatan

ACP	:	Assistant Commissioner Of Police.
ARV	:	Terapi anti HIV yang awalnya dikenali sebagai HAART.
AQ	:	Alat Ukuran keagresifan (<i>Agression Questionnaire</i>).
BDI	:	Alat Ukuran Kemurungan (<i>Beck Depression Inventory</i>).
CCTV	:	<i>Close Circuit Television</i> .
CBT	:	<i>Cognitive Behaviour Therapy</i> .
CRI	:	<i>Coping Responses Inventory Adult Form</i> .
DSM IV-TR	:	<i>Diagnostic and Statistical Manual IV - Text Revision</i> .
DV	:	Pembolehubah Terikat (<i>Dependent Variable</i>).
FBOP	:	<i>Federal Bureau of Prison</i> .
FEAST	:	<i>Formal Elements Art Therapy Scale</i> .
Intervensi Psiko-Positif:		Intervensi Psikoanalisis dan Psikologi Positif.
IPTA	:	Institut Pengajian Tinggi Awam.
IV	:	Pembolehubah Bebas (<i>Independent Variable</i>).
K	:	Signifikan pada <0.05 .
KW	:	Kumpulan Kawalan.
KR	:	Kumpulan Rawatan.
K1	:	Borang tujuan menjalani intervensi kelompok.
K2	:	Borang etika dan prosedur sesi kelompok.
K3	:	Borang kerahsiaan kelompok.
K4	:	Jadual perjumpaan yang dirancangkan.
K5	:	Borang kenal diri klien.
K6	:	Borang kenal persekitaran klien.
K7	:	Borang matlamat klien.
K8	:	Borang realiti kehidupan.
K9	:	Borang kenal pasti keagresifan.
K10	:	Borang kenal pasti perasaan depresi.

LIWC	:	<i>Linguistic Inquiry dan Word Count.</i>
LLCJ	:	<i>California Youth Authority.</i>
M	:	Purata.
MANCOVA	:	<i>Multivariate Analysis Of Covariance.</i>
N	:	Bilangan subjek.
PCL-R	:	<i>Psychopathy Checklist-Revised.</i>
PDRM	:	Polis Di Raja Malaysia.
PhD	:	(Doktor Falsafah) <i>Doctor of Philosophy.</i>
R	:	Regresi
REBT	:	<i>Rational Emotive Behavior Therapy.</i>
SP	:	Sisihan Piawai.
SPSS	:	<i>Statistical Package for the Social Sciences.</i>
TB	:	Batuk Kering (<i>Tuberculosis</i>).
<i>t</i>	:	<i>Independent Sample T-test.</i>
UK	:	United Kingdom.
URICA SCALE	:	Alat ukuran kecenderungan berubah (<i>University Of Rhode Island Change Assessment</i>).
USA	:	<i>United State of America.</i>
X	:	Rawatan.

BAB SATU

PENGENALAN

Pendahuluan

Intervensi *PsikoPositif* merupakan sebuah Modul gabungan Psikoanalisis dan Psikologi Positif. Intervensi *PsikoPositif* lebih menekankan hubungan yang dinamis antara aspek psikologi dan fikiran positif. Integrasi pendekatan Psikoanalisis dan Psikologi Positif bermatlamat dalam memperbaiki keagresifan, kemurungan dan kecenderungan berubah dalam kalangan penghuni muda penjara. *PsikoPositif* lebih kepada meningkatkan resiliensi individu dan kelompok dengan meningkatkan unsur-unsur pelindung dengan menurunkan unsur-unsur yang berisiko tinggi. Pentingnya peningkatan dalam unsur pelindung adalah untuk membentuk individu yang dapat mewujudkan kemampuan dalam menghadapi situasi sulit dengan meminimumkan pembentukan situasi-situasi sulit. Keadaan ini jelas dalam perkembangan jenayah Malaysia dewasa kini yang secara langsung dan tidak langsung menyumbang kepada tingkah laku agresif, kemurungan dan kecenderungan berubah seseorang.

Jenayah merupakan suatu perbuatan yang menyalahi undang-undang kerajaan di sesuatu tempat. Orang yang melakukan jenayah, dikenali sebagai penjenayah (Klein, 1995). Jenayah merujuk kepada sebarang tingkah laku yang boleh memberikan masalah atau kesusahan kepada individu lain. Sebagai contoh, mencuri dan mencederakan orang selain dikategorikan dalam perbuatan jenayah malah ia juga salah di sisi undang-undang sehingga boleh disabitkan kesalahan. Perbuatan jenayah sedemikian dijelaskan secara terperinci dalam Statistik Jenayah Dunia (Trinidad & Tobago, 2011) yang menunjukkan bilangan individu yang terlibat dalam kegiatan jenayah bagi setiap seribu (1000) orang penduduk bagi negara Amerika Syarikat, Rusia, Belarus dan Finland. Amerika Syarikat mencatatkan purata 48.029 kes,

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