

The Effect of Emotional Regulation and Social Support on Self-Efficacy Among Inmates with Drug Abuse Problems Undergoing Conditional Release Programs at Banceuy Class IIA Prison

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Article Information:

Received: December 17, 2025, Accepted: January 06, 2026, Published: January 08, 2026

Abstract

Drug abuse, psychotropic drugs, and addictive substances are among the causes of the increasing number of inmates in Indonesia. The conditional release program at the Banceuy Class IIA Correctional Institution requires psychological support, such as emotional regulation skills, social support, and self-efficacy. This study aims to describe how inmates with a history of substance abuse regulate their emotions and obtain social support, as well as analyze the influence of these two factors on their level of self-efficacy. This study uses a quantitative method with a multiple linear regression design. Data were collected on December 2, 2025, from 50 inmates using the emotion regulation, social support, and self-efficacy scales. The results of the analysis show that emotion regulation and social support together have a significant effect on self-efficacy ($F = 15.102$; $p < .001$), accounting for 39.1% of the variance ($R^2 = 0.391$). Individually, emotional regulation had a negative and significant effect on self-efficacy ($B = -0.468$, $t = -3.374$, $p = .001$), while social support had a positive and significant effect on self-efficacy ($B = 0.767$, $t = 5.454$, $p < .001$). These findings indicate that inappropriate regulation can reduce the self-efficacy of inmates, while strong social support actually increases their self-efficacy in undergoing the parole program.

Keywords: Inmates; Emotional regulation; Social support; Self-efficacy; Substance abuse

1. Introduction

The abuse of narcotics, psychotropic drugs, and addictive substances remains a major issue in Indonesia, leading to an increase in the number of inmates in correctional institutions. This shows that addressing drug abuse requires not only a legal approach, but also psychological support to restore a person's condition and help them reintegrate into society.

The Banceuy Class IIA Correctional Facility organizes a conditional release program as part of the process of transitioning inmates towards social reintegration. At this stage, inmates face various psychological pressures, such as fear of being judged by others, lack of support from family, and difficulty maintaining behavioral changes after leaving prison. Based on initial observations, some inmates believe they can overcome these challenges, whereas others remain

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doubtful of their abilities. This difference in belief reflects differences in their levels of self-efficacy, which are influenced by psychological and social environmental factors.

In practice, the ability to regulate emotions and the presence of social support are important in shaping inmates' self-confidence. Individuals who can manage their emotions in a healthy manner and receive support from family, friends, or officers tend to be more confident in facing the challenges of social reintegration. Conversely, if emotion regulation is limited and social support is limited, self-confidence will decline, increasing the risk of experiencing pressure during parole.

Emotion regulation refers to a person's ability to assess and regulate their emotional responses in various situations ([Gross, 2015](#); [Gross, 1998](#)). Social support is a psychosocial resource that provides a sense of security, emotional encouragement, and motivation to maintain positive behavior ([Cholid & Nuradina, 2025](#); [Ekanesia et al., 2024](#)). In the context of rehabilitation, self-efficacy refers to an individual's belief in their ability to cope with problems and risky situations ([Schunk & DiBenedetto, 2020](#)), making it an important factor for inmates with drug abuse cases who are undergoing parole programs.

Based on this description, this study aims to describe the emotional regulation and social support of inmates with drug abuse cases who are participating in a conditional release program at the Banceuy Class IIA Prison, as well as to analyze the impact of emotional regulation and social support on their level of self-efficacy. This study is expected to contribute to the development of more effective psychological rehabilitation programs to improve readiness for social reintegration and reduce the risk of relapse.

2. Literature Review

The abuse of narcotics, psychotropic drugs, and other addictive substances (NAPZA) is a complex problem that has a broad impact on health, psychological, social, and legal aspects. In the context of correctional institutions, individuals with a history of NAPZA abuse face high psychological pressure, social stigma, and demands to adapt to the rehabilitation environment. In these circumstances, self-efficacy becomes an important psychological factor because it plays a role in maintaining positive behavioral change, controlling the urge to return to substance use, and preparing for the process of social reintegration. ([Litt & Kadden, 2015](#)) defines self-efficacy as an individual's belief in their ability to organize and carry out the actions necessary to achieve a specific goal. In individuals with substance use disorders, self-efficacy is closely related to the ability to cope with temptation, environmental pressures, and the risk of relapse.

One internal factor that contributes to self-efficacy is emotional regulation. Emotional regulation refers to an individual's ability to recognize, evaluate, and manage emotional responses in order to remain adaptive to situational demands ([Hoffman, 2018](#)). Previous research shows that individuals with strong emotion regulation skills tend to manage stress more effectively, maintain motivation, and demonstrate greater self-confidence when facing challenges. In the context of substance abuse, emotional regulation plays an important role in helping individuals control impulses, reduce negative emotions, and maintain commitment to the recovery process. However, most research on emotional regulation has been conducted in the context of medical rehabilitation or recovery communities outside correctional institutions; its application to inmates in prisons remains relatively limited ([Hopwood et al., 2015](#)).

In addition to internal factors, external social support plays a significant role in the formation

of self-efficacy. Social support includes emotional, instrumental, informational, and evaluative support that individuals obtain from their surroundings ([Schunk & DiBenedetto, 2020](#)). Positive social support has been shown to increase psychological resilience, reduce stress levels, and strengthen individual motivation in facing difficult situations ([Gross, 2015](#); [Uchino, 2006](#)). For individuals with a history of substance abuse, the presence of support from family, peers, and a healthy social environment serves as a protective factor that helps maintain adaptive behavioral changes and increases self-confidence. However, previous studies have emphasized the role of social support in the post-rehabilitation or reintegration phase in the community, rather than in the guidance phase within correctional institutions ([Majer et al., 2016](#)).

Based on this description, it can be concluded that emotional regulation and social support are two important factors that have the potential to influence the self-efficacy of individuals with a history of drug abuse. However, empirical studies that specifically examine the relationship between these three variables in inmates in correctional institutions, especially in the context of conditional release programs as a transitional phase towards social reintegration, are still limited. Therefore, this study aims to examine the influence of emotional regulation and social support on the self-efficacy of inmates with a history of drug abuse who are undergoing a conditional release program at the Banceuy Class IIA Correctional Institution, in order to provide a more comprehensive understanding of the positive psychological factors that support successful rehabilitation and relapse prevention.

3. Research Method

This study uses a quantitative approach ([Fikri & Nuradina, 2023](#)), with a correlational method to examine the influence of emotional regulation and social support on self-efficacy among inmates with drug abuse cases who are undergoing a conditional release program at the Banceuy Class IIA Prison. This method was chosen because it can clearly and measurably demonstrate the relationship between psychological concepts.

The research was conducted at the Banceuy Class IIA Prison, with data collection carried out on December 2, 2025. The research population included all inmates with drug cases who were participating in the parole program. The sampling technique used was purposive sampling because only inmates who met certain criteria were considered relevant to be respondents, namely: (1) having the status of an inmate convicted of drug-related crimes, (2) currently undergoing a parole program, and (3) willing to fill out a questionnaire. Of those who met the criteria, 50 participants were included in this study.

The measurement tools in this study consisted of three psychological scales adapted to a 4-point Likert scale to facilitate respondents' understanding, increase the clarity of responses, and reduce uncertainty in response selection, without altering the original meaning of each item. Emotion regulation was measured using the Interpersonal Emotion Regulation Questionnaire (IERQ) from ([Gokdag et al., 2018](#)). Of the 20 initial items, only 13 were used as recommended by expert reviewers, and all had acceptable validity scores. Social support was measured using the Multidimensional Scale of Perceived Social Support (MSPSS) adapted by ([Sulistiani et al., 2022](#)), which consists of 12 items. Self-efficacy was measured using the Self-Efficacy Scale for People with Drug Abuse Disorders (SESPAD) from ([Supriyanto & Hendiani, 2018](#)) which consists of 10 items.

Validity testing was conducted using the item-total correlation method. All items from the three scales showed item-total correlation values above 0.30, thus declared valid. For the emotion

regulation variable, 13 items were considered valid; for social support, 12; and for self-efficacy, 10. All items met the criteria, with no items failing to meet the criteria. The reliability test was conducted using Cronbach's Alpha coefficient. The results showed high reliability in all instruments, namely 0.800 for emotional regulation, 0.824 for social support, and 0.823 for self-efficacy. Thus, all instruments were suitable for use in this study.

The research procedure began with submitting a permit to the Banceuy Class IIA Prison. After obtaining permission, the researcher explained to the respondents the purpose of the study, the confidentiality of their data, and their right to withdraw. The questionnaires were completed directly and supervised to ensure complete and accurate responses.

Data analysis began with descriptive statistics to assess levels of emotional regulation, social support, and self-efficacy. Before proceeding to the inferential analysis, classical assumption tests for normality, multicollinearity, and heteroscedasticity were conducted. The test results indicated that the data met all requirements for linear regression, allowing the analysis to proceed. The influence of emotional regulation and social support on self-efficacy was tested using multiple linear regression. The results of the analysis were used to address the research questions and to strengthen the study's discussion.

4. Result and Discussions

This study aims to determine how emotional regulation and social support affect inmates who have been convicted of drug-related crimes and are currently undergoing a conditional release program at the Banceuy Class IIA Prison. The method used in this analysis is multiple linear regression with a total of 50 inmates. The results of the analysis are presented in the following Table 1.

Table 1. Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.625	.391	.365	2.60522

Source: Data Processing Output, 2025

An R Square value of 0.391 indicates that emotional regulation and social support together account for 39.1% of the variance in self-efficacy, with the remaining 60.9% attributable to variables outside the research mode

Table 2. ANOVA

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	205.003	2	102.501	15.102	< .001
Residual	318.997	47	6.787		
Total	524.000	49			

Source: Data Processing Output, 2025

The F-test results indicate that the regression model is significant ($F = 15.102$; $p < .001$), indicating that emotional regulation and social support simultaneously affect self-efficacy. This indicates that the regression model is appropriate for explaining the relationship among variables.

Table 3. Coefficients

Variabel	B	Std. Error	Beta	t	Sig.
(constant)	23.129	5.519	-	4.191	< .001
Emotional Regulation	-0.468	0.139	-0.447	-3.374	.001
Social Support	0.767	0.141	0.723	5.454	< .001

Source: Data Processing Output, 2025

The t-test results show that emotional regulation has a negative and significant effect on self-efficacy ($t = -3.374$, $p = .001$) with a regression coefficient of $B = -0.468$. This means that the higher the inmates' interpersonal emotional regulation scores, the lower their self-efficacy.

Social support also showed a significant positive effect on self-efficacy ($t = 5.454$, $p < .001$) with a regression coefficient of $B = 0.767$. The greater the social support received, the higher the inmates' self-efficacy.

Based on the results of multiple linear regression analysis, emotional regulation and social support were found to have significant effects on self-efficacy. These findings are in line with (Bandura, 1977), which states that self-efficacy is formed through the interaction between personal and social environmental factors.

Emotional regulation partially has a negative and significant effect on self-efficacy. This result is consistent with the finding that the emotional regulation measured in this study is interpersonal, reflecting a tendency to rely on others to manage emotions. According to emotion regulation theory (Gross, 2015) Adaptive emotion regulation requires individuals to independently manage emotional responses. High emotional dependence may reflect suboptimal emotional self-control, causing individuals to feel less capable of coping with pressure independently and reducing their belief in their own abilities.

On the other hand, social support has a positive and significant effect on self-efficacy. This finding is in line with social support theory, which states that emotional, informational, and instrumental support serve as sources of psychological reinforcement that increase individuals' sense of security and self-confidence (Gayathri & Karthikeyan, 2016). Among inmates, support from family, fellow inmates, and prison officers can strengthen motivation and psychological readiness to face the challenges of the conditional release program.

Overall, this discussion shows that although emotional regulation and social support both play significant roles in self-efficacy, their influence operates in opposite directions. Interpersonal emotional regulation that is not balanced with emotional independence is associated with a decrease in self-efficacy, while social support acts as a protective factor that strengthens the self-confidence of inmates with drug abuse cases in undergoing the conditional release program.

5. Conclusion

This study shows that the ability to manage emotions and support from others greatly influences the self-confidence of inmates suffering from drug abuse who are undergoing a conditional release program at the Banceuy Class IIA Prison. Although descriptive results indicate that inmates generally seek help and do not avoid interacting with others, regression analysis indicates that excessive dependence on interpersonal emotion regulation may be associated with declines in self-confidence. Conversely, social support has a positive and strong impact. These findings meet all research objectives and indicate a need to develop more flexible emotion-management strategies and to strengthen social support in rehabilitation programs to increase readiness for reintegration and reduce the risk of relapse.

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