

Validasi Modul Program "Narapidana PANDAI" untuk Meningkatkan Kesejahteraan Psikologis Narapidana di Awal Masa Pidana

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Abstract. *Prison conditions and loss of freedom can be stressors that reduce the psychological well-being of prisoners, especially in the early stages of their sentence. Low psychological well-being among inmates at this stage can threaten their safety and hinder their ability to adapt and undergo rehabilitation in prison. Therefore, it is necessary to develop an early care and rehabilitation program based on psychological intervention for inmates who are in the early stages of their sentence. This study aims to validate the "Narapidana PANDAI" program module to improve the psychological well-being of prisoners undergoing the initial stage of their sentence. The "Narapidana PANDAI" program module was developed based on the concept of Acceptance and Commitment Therapy (ACT). The module validation process was conducted in two stages. First, the content validation stage by 4 psychologists who practicing ACT resulted in an Aiken'V score of 0.940 which means that the module has good content validity. Second, the functional validation stage through quasi-experimental research with one group pretest-posttest design using a double pretest. The research participants amounted to 6 adult male prisoners who were undergoing the initial stage of their sentence at Lapas Kelas IIA Yogyakarta. The results of the Pairwise Comparisons (Durbin-Conover) test in the Friedman test showed that the participants' psychological well-being increased significantly after the program was implemented. Implications: The "Narapidana PANDAI" Program Module is suitable for use as a guideline in providing interventions to improve the psychological well-being of prisoners at the beginning of their sentence.*

Keywords: "Narapidana PANDAI" Program, Acceptance and Commitment Therapy, ACT, Prisoners, Psychological Well-Being.

Abstrak. Kondisi Lapas dan hilangnya kebebasan dapat menjadi stressor yang menurunkan kesejahteraan psikologis narapidana, terutama pada tahap awal masa pidana. Rendahnya kesejahteraan psikologis narapidana di tahap ini dapat mengancam keselamatan jiwa serta menghambat performa narapidana dalam beradaptasi dan menjalani pembinaan di Lapas. Oleh karena itu, perlu disusun suatu program perawatan dan pembinaan awal berbasis intervensi psikologis untuk narapidana yang baru menjalani tahap awal masa pidana. Penelitian ini bertujuan untuk melakukan validasi modul program "Narapidana PANDAI" untuk meningkatkan kesejahteraan psikologis narapidana yang menjalani tahap awal masa pidana. Modul Program "Narapidana PANDAI" disusun berdasarkan konsep *Acceptance and Commitment Therapy* (ACT). Proses validasi modul dilakukan melalui dua tahap. Pertama, tahap validasi isi oleh 4 psikolog praktisi ACT menghasilkan skor Aiken'V sebesar 0,940 yang berarti bahwa modul memiliki validitas isi yang baik. Kedua, tahap validasi fungsional melalui penelitian kuasi eksperimen dengan desain *one group pretest-posttest design using a double pretest*. Partisipan penelitian berjumlah 6 orang narapidana laki-laki dewasa yang sedang menjalani tahap awal masa pidana di Lapas Kelas IIA Yogyakarta. Hasil uji *Pairwise Comparisons* (Durbin-Conover) pada uji *Friedman* menunjukkan bahwa kesejahteraan psikologis partisipan meningkat secara signifikan setelah diberikan program. Implikasi: Modul Program "Narapidana PANDAI" layak digunakan sebagai pedoman dalam memberikan intervensi untuk meningkatkan kesejahteraan psikologis narapidana di awal masa pidana.

Kata kunci: Program "Narapidana PANDAI", *Acceptance and Commitment Therapy*, ACT, narapidana, kesejahteraan psikologis.