



# Influenceh humor shows on stress in correctional students

Sri Endah Arianingsih

Department of Psychology, University of North Sumatra

## ARTICLE INFO

### Keywords:

Humor Show;  
Stress

### Article history:

Received Feb 22, 2022;  
Revised Mar 16, 2022;  
Accepted Apr 08, 2022;  
Online Apr 30, 2022.

## ABSTRACT

The prison environment is an environment that limits people's freedom to act. People who are imprisoned lose their freedom. This causes more psychological suffering than corporal punishment and stresses the occupants. One technique that can be used to deal with stress is to use humor. Humor is the capacity to accept or express the amusing (funny) aspects of a situation and is manifested by laughing. Humor can produce positive emotions and is a means of releasing physical tension. Humor and laughter can quickly remove potential sources of pain and stress. This study took a sample of 29 students from Tanjung Gusta Penitentiary. Sampling was done by using random sampling. The measuring instrument used in this study is a stress scale which was compiled by the researcher based on the biological and psychological aspects of stress. This stress scale has a reliability value ( $r_{xx}$ ) = 0.903. The humor used is Mr. Bean's Holidays. The results of research data analysis using the Independent Sample Test show that humor shows have a significant influence on the stress of correctional students.

This is an open access article under the [CC BY-NC](#) license.



## Corresponding Author:

Sri Endah Arianingsih,  
Department of Psychology,  
University of North Sumatra,  
Dr. Street. T. Mansur No.9, Padang Bulan, Kec. Medan Baru, Medan City, North Sumatra 20222.  
Email: sriendah12@gmail.com

## Introduction

Prison is a place where people are locked up and confined in various ways freedom. Penjara is an institution regulated by the government and is part of the criminal court theme the state, or as a facility to restraint hanaan war (Suparwati, 2019).

Prisons in Indonesia are known as Correctional Institution, which is the Technical Service Unit under Department of Law and Rights Human Rights. In essence, the Correctional Institution (abbreviated as LP or Lapas) is a place to carry out coaching and pesociety in Indonesia. KONSE This correctional facility was first initiated by the Minister of Justice Sahardjo pada year 1962, dimalt is stated that the task of the prison service is not only to carry out punishments, but a much more difficult task is to return people who have been convicted of a crime to society. (Hikmawati, 2020).

Borrowing Article 2 of Law no. 12 of 1995, correctional means the activity of carrying out the guidance of Correctional Inmates (WBP) based on the system, institutions and methods of development which are the final part of the criminal justice system in the criminal justice system. Meanwhile, according to PP No. 31 Year 1999, Article 1 point 1, is an activity to improve the quality of devotion to God Almighty, intellectual, attitude and behavior, professional, physical and spiritual health of prisoners and correctional students. Prisoners and Correctional Students as mentioned above are residents of Correctional Institutions. Thus, the Correctional Institution is a place for improving the quality of piety to God Almighty, intellectual, attitude and behavior, professional.

In fact, the current condition of prisons is not in accordance with the training objectives described above. Data obtained in 2006 showed that almost 10% of prison inmates died in prison. Most of the inmates who died were due to illness before entering prison, and when in prison their health condition worsened due to lack of care, low mother's nutrition and poor sanitation in the prison environment. The data also shows that the number of occupants is not proportional to the occupancy capacity. In 2005, the number of prison residents in Indonesia reached 97,671 people, greater than the housing capacity of only 68,141 people. (HIDAYAT et al., 2019; NINGRUM, nd).

This condition also occurs in the Medan Children's Prison. Member of Commission VIII DPR RI Hanief Ismail said that the occupants of the Medan Children's Prison reached 769 people, while the normal capacity was only 250 people. Not only the problem of capacity, the residents of the Children's Prison also experience health problems. Tanjung Gusta Prison Polyclinic doctor, dr. Adayani Lubis (in Silvy, 2008) said that many health problems experienced by prison residents are skin health problems. This is due to the lack of health facilities and lack of awareness of maintaining cleanliness at the prison location.

Regarding prison conditions that have exceeded normal capacity, said that high density can cause illness due to stress, but it can also be associated with poor health because disease spreads more quickly in high densities (Almond & Zulfa, 2022). One of the events that has a high score, which is 63 points out of 100 stress points, is going to prison. This is further explained by a criminologist as well as a prison observer from the University of Indonesia (UI), (Rizaldi, 2020) who said that the prison environment is an environment that limits people's freedom to act. People who are imprisoned lose their freedom. This causes more psychological suffering than physical punishment. They are daily in barriers and cannot communicate with people who are emotionally connected so they become irritable, lose creativity, and apathetic.

The problems faced by Andik are not only related to the condition of the prison environment, but also related to the physical and psychological development of the Andik. Based on data obtained from a volunteer member of a non-governmental organization in Medan, the age of the occupants of the Tanjung Gusta Children's Prison ranges from 14 to 21 years, which is based on developmental theory. (Africa, 2020) including adolescence. Adolescents experience many changes cognitively, emotionally and socially, think more complexly, are more emotionally sensitive and spend more time with their friends. (AK, 2019).

(Sari, 2019; Taufiq & Baharuddin, 2020) said that stress is an internal state that can be caused by physical demands from the body (disease conditions, exercise, etc.) or by environmental and social conditions that are considered potentially harmful, uncontrollable or exceed the individual's ability to cope. Any situation, event, or object that creates demands in the body and causes a psychological reaction is called a stressor. There are several factors that become stressors, including frustration, conflict, pressure, life events, and environmental conditions (Kusumastuti, 2020).

(Anggraini et al., 2019) divides stress into two groups, namely eustress (positive stress) and distress (negative stress). Eustress can increase mental alertness, alertness, cognition, individual performance, and individual motivation to create something, for example creating a work of art. Distress is stress that is destructive or unpleasant, where individuals experience anxiety, fear, worry, or anxiety, so that individuals experience a negative, painful psychological state, and a desire arises to avoid it. In addition, stress also weakens the immune system and drains energy, resulting in fatigue in the body, resulting in disease and physiological damage and can lead to death. In terms of the phenomena described previously,

*Distress* into negative emotions. According to emotional stimulation, the amygdala, which is part of the limbic system, will process information about the incoming stimulus. Then the information will be forwarded to the hypothalamus, then the hypothalamus will be connected to the pituitary and adrenal glands or better known as the Hypothalamic-pituitary-adrenocortical (HPA) system. This system regulates the production or decrease of cortisol (stress hormone) in the blood. If the stimulus obtained

causes negative emotions, then the HPA system will produce or increase cortisol levels in the blood (Darminto, nd; Saputra et al., 2019).

There are many techniques that can be used to prevent and relieve stress. One of them is humour. This is in line with Skinner's statement that one of the methods for dealing with stress that can be used by individuals is humor (Hasanah, 2019). Humor in the form of a play/story or light play is called a humorous show. This is based on a definition taken from the Big Indonesian Dictionary, which states that a humorous show is a light play/story or play full of humor, although sometimes the humor is satirical and ends happily. Humor is a socially accepted way to reduce tension and fear. Everyone will experience discomfort, fear and/or embarrassment, and the way to relieve it is to use humor. Humor is a social instrument that provides an effective way to reduce psychological distress, communicate feelings and ideas, and strengthen relationships. In addition, Keltner also found that people who frequently experience humor reported less mood disturbances about stressful life events, compared to people who did not experience humor. (Minati et al., 2018)

Sealready knowing the benefits of humor as described above, in this study the researcher wanted to see the effect of humor shows (in the form of films that have a humor category, either in the form of VCD or DVD) on stress in students in prisons. This research is purely experimental. The research subjects will be given treatment in the form of a humorous show entitled Mr. Bean's Holiday for ± 86 minutes. The effect of humor shows on stress will be investigated using a stress scale that is based on the psychological aspects of the stress presented (Syadiyah et al., 2021). The research data, namely stress, were processed and analyzed with the help of a computer program, namely the SPSS 15.00 program for windows. Data processing was carried out using the t-test (Independent Samples Test).

### Research Methods

This study uses an experimental method that is pure experimental (true experimental) to see the effect of comedy shows on emotions. Experimental research aims to investigate the possibility of a causal relationship by applying to one or more experimental groups (EC) one or more treatment conditions and comparing the results with one or more control groups (KK) not subject to treatment conditions.

#### 1. Identification Of Research Variables

Dependent variable : Stress  
Independent variable : Humor  
Intervening variable : Positive Emotion  
Controllable secondary variables : Influence of environmental factors: noise and presence of other people outside the room, dark and stuffy, experimental contamination: fatigue.

Variables that cannot be controlled : intellectual, motivation, personality characteristics

#### 2. Population, Sample and Sampling Method

The population used in this research is students who are in the Class II A Penitentiary Tanjung Gusta. Given the limitations of researchers to reach the entire population, the researchers only examined a part of the entire population that was used as the research subject, or known as the sample. The sample in this study was the Class II A Penitentiary Students of Tanjung Gusta

Petaking samples in this study using random sampling technique. Data on students will be obtained from the administration of the Tanjung Gusta Penitentiary. The number of samples in the study was 30 people who would be divided into two groups (15 KE and 15 KK) by random assignment, namely by using a lottery.

#### 3. Data Processing Stage

Data collection has been completed, data processing is carried out. The research data, namely stress, were processed and analyzed by writing the help of a computer program, namely the SPSS 15.00 program for windows. Data processing was carried out using the t-test (Independent Samples Test).

## Results and Discussion

### 1. Assumption Test

The number of scales distributed to the research sample is 30 scales. Of the 30 distributed scales all were returned, and only 29 of the scales were eligible for analysis. Before the data analysis is carried out, there are several conditions that must be carried out first, namely the normality assumption test and the homogeneity test, especially on the dependent variable, namely stress. Assumption testing and data analysis were carried out using the SPSS program 15.0 for windows.

#### a. Normality test

The normality test was conducted to determine whether the distribution of the research data followed the normal distribution. Normality test was carried out using the one sample Kolmogorov-Smirnov method. The rule used is if  $p > 0.05$  then the data distribution is normal, whereas if  $p < 0.05$  then the data distribution is not normal. In this study, both the control group and the experimental group obtained  $p$  value  $> 0.05$  for the stress variable. In the control group the value of  $p = 0.539$ , while in the experimental group the value of  $p = 0.961$ , it means that the distribution of stress scale data in the two groups has spread normally. For more details, can be seen in the following table:

Table 1.  
HNormality Test Results

	Sstress	
	Control Group	Experimental Group
Kolmogorov-Smirnov Z	.803	.505
Ssignificance (p)	.539	.961

#### b. Homogeneity Test

Homogeneity test is used to determine whether the population of the research sample is homogeneous. In this study, the homogeneity test using the Levene Test showed that the research sample was homogeneous because the significance value ( $p$ ) was  $p = 0.125$  ( $p > 0.05$ ). For more details, can be seen in the following table.

Table 2.  
Levene Statistic Results for Homogeneity Test of Variance

Variable	F	P	Information
Sstress	2.175	0.125	Sahomogeneous paste

### 2. Main Results of Research

The main purpose of this study was to determine whether there was an effect of humorous shows on stress in students at the Class II A Penitentiary in Medan. The right analysis method is the independent sample t-test on the group that received humor (experimental group) and the group that did not receive humor (control group). To perform statistical testing, the formulation of statistical hypotheses is carried out, namely:

1. Ho: "There is no effect of humor shows on the tendency to stress".
2. Hi : "There is an effect of humor show on stress".

The results of the significance test on the stress scores in the two groups, namely CG and EG can be seen in the following table.

Table 3.  
Significance Test Results

Variable	T	P	Information
Sstress	7.783	0.000	Pedifference means

Based on the results of the significance test, obtained  $p = 0.000$  ( $p < 0.05$ ), it can be concluded that  $H_0$  is rejected and consequently  $H_1$  is accepted. It means that the hypothesis expressed in this study is accepted, that is, there is an influence of humor on stress.

Table 4.

Description of Stress Score

Group	N	Mean	Std.Deviation
CG	15	32.13	4.838
EG	14	13.43	7,852

From the table above, it can be seen that the stress score in the KK research subject group got the highest mean of the stress score on the EC research subject, which was 32.13 with a standard deviation of 4.838, while the EC research subject group got a lower mean of 13.43 with a standard deviation of 7852. This means that KK has a higher stress level than EG.

### 3. Discussion

The results of the study on a sample of Class II A Penitentiary students at Tanjung Gusta Medan, showed that there was an effect of humor shows on stress, where stress in the group that was not given humor was higher than the group given humor. The results of this study are in accordance with what was stated who say that humor and laughter can quickly remove potential sources of pain and stress. Who says that humor is a social instrument that provides an effective way to reduce psychological distress, communicate feelings and ideas, and strengthen a relationship.

Humor is a socially accepted way to reduce stress and fear. Everyone will experience discomfort, fear and/or embarrassment, and the way to relieve it is to use humor. Psychological technique to reduce stress quickly is to find a way to distract yourself from anything that can bother or annoy you. When we are under stress, our attention tends to focus on what we feel is threatening. Distraction techniques work by interrupting our attention to it so that we stop thinking about the problem we are experiencing and move on to something else.

Humor or humor can produce positive emotions that are manifested by laughing. According to Selye when emotional stimulation occurs, the amygdala, which is part of the limbic system, will process information about the incoming stimulus. Then the information will be forwarded to the hypothalamus, then the hypothalamus will be connected to the pituitary and adrenal glands or better known as the Hypothalamic-pituitary-adrenocortical (HPA) system. This system regulates the production or decrease of cortisol (stress hormone) in the blood. If the stimulation obtained causes negative emotions, then the HPA system will produce or increase cortisol levels in the blood. If the emotion felt is negative, then the level of cortisol in the blood will increase, on the contrary, If the emotion felt is positive, then the cortisol level will decrease. This has been proven by Berk and Tan who conducted research in California. The results of the study detected a significant decrease in stress hormones (that is, hormones released by the body when a person experiences stress) such as cortisol and adrenaline, after participants watched a humorous film for 60 minutes.

The effect of humor on stress and emotions is also evident from the results of written interviews conducted on research subjects. All subjects feel happy and happy after watching the humor that is given. The reasons given by the subject were divided into three broad categories, among others, the subject felt entertained after watching the humor show with a value of 54.54%, the subject felt that the show could relieve stress with a value of 36.36%, and the subject felt excited after watching the show with a value of 9.1%. Thus, correctional students feel the benefits after watching the humor show.

Several subjects who were in prison for the same period of time had different stress scores. This can be seen in the scores obtained by subjects 1 and 15 in the control group. They were in prison for the same period of time (2 years), but the scores they got were different (subject score 1 = 21 and subject score 15 = 35). In addition, in the experimental group, although the subject had been in prison for 3 years (score = 19), the score obtained was higher than that of the subject who had been in prison for 3 weeks

(score = 13). In other words, there is no effect of the length of time the subject is in prison with the stress score they get.

The researcher encountered several obstacles during the implementation of the research. The first obstacle is the state of the room where the data is taken. The room does not have a chair or table, so students have to fill out the scale sheet on the floor. The floor of the room was covered with *baldu*, so it was too soft to be used as a base for filling out the informed consent sheet, manipulation check and scale. The second obstacle was that some of the subjects had difficulty understanding the explanation from the researcher, as seen from the results of observations, where some subjects glanced and asked other subjects who were filling out the scale. Finally, the researcher had to explain repeatedly until the subject understood how to fill out the scale. The third obstacle is the setting of the room where the research takes place, allowing students who are not research subjects to participate in watching humor shows. The room has a wide window so that other students gather when the treatment is given. This creates an unfavorable condition, namely noise. However, the atmosphere can still be brought under control because there is supervisor II who is in charge of guarding the room. In order to avoid noise, it is necessary to control by elimination, namely using a soundproof room.

Pbasically, humor not only affects emotions and stress, but also on health. Norman Cousins (Wooten, 1996) conducted an experiment by watching a humorous film for 30 minutes every day. One thing that always happens is that after 30 minutes of watching humorous movies on TV in a hospital room, he can sleep soundly for two hours without much pain at all. He then did this every day as often as he could, and recorded the details of the process. Within 6 months, he recovered from a rheumatic disease that doctors diagnosed with very little chance of recovery. Thus, watching humor shows regularly is very beneficial for our health.

### Conclusion

Based on the results of the analysis and interpretation of research data, conclusions can be drawn regarding the results of the study, that, There is an influence of humor shows on stress. The stress level in the control group who did not receive humor was higher than the stress level of the experimental group who received humor.

### Reference

- Africa, D. (2020). IMPLEMENTATION OF CONTENT MANAGEMENT SERVICES FOR YOUTH IN CLASS II A CLASS II A CHILDREN DEVELOPMENT INSTITUTIONS IN BENGKULU CITY. IAIN BENGKULU.
- AK, MH (2019). Triggering Factors of Drug Use in Adolescents in Class II B Correctional Institutions Kutacane Southeast Aceh. North Sumatra State Islamic University.
- Almond, M., & Zulfa, EA (2022). Optimizing the Restorative Justice Approach to Victimless Crime (Drug Abuse) as a Solution for Overcapacity Prisons. *Tambusai Journal of Education*, 6(1), 8198–8206.
- Anggraini, D., Hadiati, T., & U.S. Bachelor, W. (2019). Newly Enrolled Convicts With Convicts Who Will Be Free Soon (Study on Convicts at the Class IIA Women's Correctional Institution Semarang). Faculty of Medicine.
- Darminto, E. (nd). THE RELATIONSHIP OF RESILIENCE AND PSYCHOLOGICAL DISTRESS WITH THE INTEREST IN LEARNING OF STATE HIGH SCHOOL STUDENTS IN SURABAYA.
- Hasanah, M. (2019). Stress and its solution in the perspective of psychology and Islam. *Ummul Qura: Journal of the Sunan Drajat Islamic Boarding School (INSUD) Lamongan*, 13(1), 104–116.
- HIDAYAT, I., Febrian, F., & Achmad, R. (2019). JURIDICAL ANALYSIS OF CONSIDERATIONS FOR CRIMINAL DEVELOPMENT OUTSIDE A CORPORATE INSTITUTION IN THE FRAMEWORK OF GIVING REMISSIONS. Sriwijaya University.
- Hikmawati, NL (2020). The Effectiveness of Implementing Criminal Sanctions in Prison Against

- Children Who Commit Crimes. *Justisia's Pen: Communication Media And Legal Studies*, 18(2).
- Kusumastuti, KR (2020). Relationship of Self-Esteem and Social Support with Stress Levels of Prisoners in Class IIB Mojokerto Correctional Institution. *PPNI HEALTHY DEVELOPMENT STICKS*.
- Minati, B., Asmarani, FL, & Judha, M. (2018). HUMOR THERAPY REDUCE HOSPITALIZATION ANXIETY IN PRESCHOOL AGE CHILDREN. *Journal of Health And Science*, 1(2), 1–7.
- NINGRUM, CP (nd). Determinants of Hypertension Incidence in Male Correctional Inmates Age 26-45 Years (Study at Class IIA Penitentiary Kediri in 2021). Faculty of Public Health.
- Rizaldi, R. (2020). Over Capacity in Class II A Cikarang Penitentiary, Causing Factors and Impact Mitigation Efforts. *JUSTITIA: Journal of Law and Humanities*, 7(3), 628–640.
- Saputra, D., Monty, PS, & Untung, S. (2019). Application of Art Therapy to Reduce Self-Injurious Behavior in Young Adults Experiencing Psychological Distress. *INQUIRY Scientific Journal of Psychology*, 10(1), 26–40.
- Sari, H. (2019). Stress Levels of Nurses in Caring for Patients with Infectious Diseases at the Dr. Zainoel Abidin Banda Aceh. *Scientific Journal of Nursing Faculty Students*, 4(1).
- Suparwati, NL (2019). PRISON AS A LIFE CHOICE FOR MOST ELDERLY IN JAPAN. PROCEDURE OF THE SEMINAR OF ODD SEMESTER RESEARCH 2018/2019 UNIVERSITY OF DARMA PERSADA, 15.
- Syadiyah, RK, Astuti, RHY, & Aprilliani, F. (2021). Positive Psychology Through Humor in Growing Mental Health. *Nosipa Kabelo: Journal of Islamic Guidance and Counseling*, 2(02), 67–78.
- Taufiq, R., & Baharuddin, Y. (2020). THE EFFECT OF WORK STRESS AND MOTIVATION ON EMPLOYEE PERFORMANCE AT THE REGIONAL DISASTER MANAGEMENT AGENCY (BPBD) KAMPAR REGENCY. *Indonesian Journal of Management Research*, 2(3), 158–164.